

Supplementary Table 1. The complete blood count and serum biochemistry before and after intervention

	Placebo		Low dose group		High dose group	
	Baseline	4 weeks	Baseline	4 weeks	Baseline	4 weeks
Hematology						
WBC ($10^9/L$)	5.65±1.21	5.62±1.13	6.2±1.44	6.01±1.37	5.80±1.24	5.72±1.17
GR (%)	55.24±7.67	55.9±5.84	54.66±5.82	55.05±6.64	53.4±14.15	55.5±7.72
LY (%)	37.34±7.63	37.17±5.79	37.95±5.99	37.6±6.65	38.15±10.94	37.52±7.59
MID (%)	7.46±1.11	6.93±1.14	7.39±0.99	7.36±0.82	7.26±1.27	6.98±0.99
RBC ($10^{12}/L$)	4.73±0.57	4.67±0.49	4.63±0.47	4.63±0.48	4.57±0.49	6.06±1.47
HGB(g/dL)	138.12±14.42	137.38±12.6	137.42±11.42	138.21±14.07	133.46±18.17	134.18±19.12
HCT (%)	40.96±4.49	40.43±3.74	40.7±3.5	40.57±3.88	39.77±5.26	6.06±1.47
MCV (pl)	86.90±3.49	86.79±3.48	87.77±3.46	87.24±3.66*	86.75±5.95	86.29±5.85
MCH (pg)	29.44±1.61	29.5±1.51	29.74±1.39	29.79±1.38	29.22±2.27	29.24±2.28
MCHC (%)	337.76±7.95	340.26±7*	338.67±7.19	340.97±5.64*	336.51±6.84	338.43±6.53
CV (fL)	14.26±0.9	14.14±0.89	14.29±0.73	14.14±0.7	14.4±0.94	14.29±0.85
SD (fL)	46.63±2.41	46.02±2.43	47.39±2.87	46.6±2.92*	46.83±3.47	46.21±3.15
PLT ($10^9/L$)	239.74±41.61	241.76±45.28	238.67±53.87	230±55.24*	257.49±55.6	256.3±59.74
PCT (%)	0.21±0.03	0.21±0.04	0.22±0.05	0.21±0.04**	0.23±0.04	0.22±0.05
MPV (fL)	9.12±0.95	9.03±0.89	9.52±0.9	9.82±1.17	9.22±0.96	9.05±1.03
PDW (%)	11.56±0.96	11.73±1	12.18±1.62	12.11±1.15	11.71±1.14	11.45±1.12
Blood chemistry						
TBIL (mg/dL)	16.06±6.44	16.94±7.71	13.49±5.8	13.94±5.65	13.07±3.31	14.67±4.03*
IBIL (mg/dL)	5.86±2.8	6.43±3.63	4.6±1.98	4.92±2.02	4.37±1.5	5.06±1.83
DB (mg/dL)	10.2±3.9	10.51±4.38	8.89±4.12	9.02±3.94	8.7±2.06	9.61±2.5
TP(g/dL)	70.82±2.62	69.14±2.32*	70.62±3.31	69.96±3.27	70.4±3.46	69.48±3.01
ALB(g/dL)	46.66±1.64	44.02±1.65*	45.71±2.04	43.99±2.48**	46.25±2.91	44.16±2.28***
GLOB(g/dL)	24.16±2.37	25.12±2.49**	24.92±1.94	25.97±1.84**	24.15±2.29	25.32±2.74***
A/G	1.95±0.2	1.77±0.22***	1.84±0.14	1.7±0.15***	1.94±0.23	1.76±0.24***
ALT(IU/L)	13.74±10.52	13.68±5.63	12.58±5.96	13.55±7.65	13.59±6.97	15.03±7.78
AST(IU/L)	18.76±4.72	18.62±3.38	17.67±4.38	17.12±4.12	20.16±8.51	18.73±5.64
ALT/AST	1.69±0.6	1.56±0.58	1.57±0.5	1.48±0.52	1.67±0.57	1.42±0.52
ALP(IU/L)	52.85±11.83	54.56±13.71	50.64±13.55	51.97±14.31	49.65±10.76	50.7±9.61
GGT(IU/L)	14.79±3.80	14.85±3.77	16.73±6.23	16.33±7.06	16.78±8.79	17.59±8.94
BUN (mg/dL)	4.52±0.87	3.90±0.76	4.56±1.28	4.01±1.1**	4.61±1.26	4.02±1.03***
Cr(mg/dL)	62.98±8.89	46.69±9.25	62.85±9.98	42.91±8.19**	63.29±12.74	45.67±10.07***
UA (mg/dL)	310.17±77.47	333.58±83.15	327.35±73.97	322.85±66.3	315.12±94.59	321.82±84.47

Data expressed as mean±standard deviations. The levels of complete blood count and serum biochemistry were analyzed among three groups at baseline and the end of intervention using one-way analysis of variance or the Kruskal–Wallis H-test, and the Benjamin–Krieger–Yekutieli method was used to adjust *P* values for pairwise comparisons. Self-comparisons within the groups before and after the intervention were carried out. * represent *P* < 0.05, ** represent *P* < 0.01, *** represent *P* < 0.001.

