

**Supplementary Table 6. The inflammatory factors before and after intervention**

	Placebo		Low dose group		High dose group	
	Baseline	4 Weeks	Baseline	4 Weeks	Baseline	4 Weeks
<b>TNF-<math>\alpha</math>(pg/ml)</b>	0.78 $\pm$ 0.70	1.4 $\pm$ 0.97	0.78 $\pm$ 0.61	0.98 $\pm$ 0.74	0.80 $\pm$ 0.64	1.01 $\pm$ 0.73
<b>IL-6(pg/ml)</b>	0.26 $\pm$ 0.27	0.34 $\pm$ 0.25	0.33 $\pm$ 0.484	0.56 $\pm$ 0.41	0.30 $\pm$ 0.35	0.54 $\pm$ 0.41
<b>IL-1<math>\beta</math>(pg/ml)</b>	0.67 $\pm$ 0.63	0.80 $\pm$ 0.71	1.18 $\pm$ 0.63	1.27 $\pm$ 0.73	0.95 $\pm$ 0.65	1.08 $\pm$ 0.72

Data expressed as mean $\pm$ standard deviations. The levels of inflammatory factors 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.