

Supplemental information

Supplementary Table 1. URI incidence rate of the study subject during the 8weeks intervention period.

Symptoms		Test group (n=28)			Placebo group (n=28)			<i>p</i> -value ²⁾
		Baseline	8-week	<i>p</i> -value ¹⁾	Baseline	8-week	<i>p</i> -value ¹⁾	
Sore throat	Score	0.00 ± 0.00	0.25 ± 0.50	1.000	1.00 ± 1.41	0.40 ± 0.55	1.000	1.000
	Duration (day)	0.00 ± 0.00	0.50 ± 1.00	1.000	0.50 ± 0.71	1.20 ± 1.64	0.500	0.971
Rhinorrhea	Score	0.33 ± 0.58	0.50 ± 0.58	1.000	0.00 ± 0.00	0.40 ± 0.89	1.000	1.000
	Duration (day)	0.33 ± 0.58	1.75 ± 2.06	0.500	0.00 ± 0.00	0.80 ± 1.79	1.000	1.000
Nasal congestion	Score	0.00 ± 0.00	0.25 ± 0.50	1.000	0.00 ± 0.00	0.00 ± 0.00		0.335
	Duration (day)	0.00 ± 0.00	0.25 ± 0.50	1.000	0.00 ± 0.00	0.00 ± 0.00		0.335
Sneezing	Score	0.33 ± 0.58	0.25 ± 0.50	1.000	0.00 ± 0.00	0.40 ± 0.55	0.500	0.331
	Duration (day)	0.33 ± 0.58	1.00 ± 2.00	1.000	0.00 ± 0.00	1.20 ± 2.17	0.500	0.331
Hoarseness	Score	0.33 ± 0.58	0.25 ± 0.50	1.000	0.00 ± 0.00	0.40 ± 0.89	1.000	0.571
	Duration (day)	0.67 ± 1.15	0.25 ± 0.50	1.000	0.00 ± 0.00	1.40 ± 3.13	1.000	0.571
Myalgia	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.40 ± 0.89	1.000	0.335
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	1.00 ± 2.24	1.000	0.335
Earaches	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-

Fever	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
Headache	Score	0.67 ± 1.15	0.00 ± 0.00	1.000	0.00 ± 0.00	0.20 ± 0.45	1.000	0.169
	Duration (day)	0.33 ± 0.58	0.00 ± 0.00	1.000	0.00 ± 0.00	0.20 ± 0.45	1.000	0.169
Cough	Score	0.00 ± 0.00	0.50 ± 0.58	0.500	0.50 ± 0.71	0.20 ± 0.45	1.000	0.331
	Duration (day)	0.00 ± 0.00	1.25 ± 1.50	0.500	1.00 ± 1.41	0.40 ± 0.89	1.000	0.322
Sputum	Score	0.67 ± 1.15	0.00 ± 0.00	1.000	0.00 ± 0.00	0.20 ± 0.45	1.000	0.169
	Duration (day)	1.00 ± 1.73	0.00 ± 0.00	1.000	0.00 ± 0.00	0.60 ± 1.34	1.000	0.169
Dyspnea	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
Diarrhea	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
Nausea	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
Vomiting	Score	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-
	Duration (day)	0.00 ± 0.00	0.00 ± 0.00	-	0.00 ± 0.00	0.00 ± 0.00	-	-

Values are presented as mean ± SD

¹⁾ Analyzed by Wilcoxon's signed rank test (within group comparison).

²⁾ Changes from baseline between the PPCE and placebo groups at week 8 were determined using the Mann-Whitney's U test.

Supplementary Table 2 Laboratory profiles of the subjects in this study

Laboratory profiles (standard range)	Test group (n=30)				Placebo (n=30)				<i>p</i> -value ¹⁾
	Baseline	8-week	Change value	<i>p</i> -value ¹⁾	Baseline	8-week	Change value	<i>p</i> -value ¹⁾	
WBC (4.8~10.8×10 ³ /μL)	5.07 ± 0.91	4.93 ± 0.92	-0.14 ± 0.63	0.233	5.08 ± 0.87	5.02 ± 1.12	-0.06 ± 0.72	0.667	0.695 ³⁾
RBC (M: 4.7~6.1×10 ³ /μL, F: 0.2~5.4×10 ³ /μL)	4.40 ± 0.29	4.41 ± 0.24	0.01 ± 0.18	0.837	4.40 ± 0.26	4.44 ± 0.25	0.03 ± 0.15	0.207	0.522
Hemoglobin (M: 13~18 g/dL, F: 12~16 g/dL)	13.58 ± 1.05	13.54 ± 0.87	-0.04 ± 0.53	0.960 ²⁾	13.56 ± 0.91	13.58 ± 0.94	0.03 ± 0.50	0.872 ²⁾	0.627
Hematocrit (M: 42~52, F: 37~47%)	40.68 ± 2.89	40.51 ± 2.43	-0.18 ± 1.57	0.544	40.50 ± 2.55	40.72 ± 2.53	0.22 ± 1.27	0.352	0.318
MCV (M: 80~94, F: 81~99/fL)	92.46 ± 3.47	91.91 ± 3.28	-0.55 ± 1.32	0.031 ²⁾	92.03 ± 3.57	91.80 ± 3.37	-0.23 ± 1.45	0.391	0.365
MCH (27~32/pg)	30.85 ± 1.44	30.71 ± 1.26	-0.14 ± 0.41	0.062 ²⁾	30.79 ± 1.34	30.61 ± 1.27	-0.18 ± 0.51	0.061	0.689
MCHC (33~37/g/dL)	33.38 ± 0.62	33.42 ± 0.62	0.04 ± 0.49	0.657	33.47 ± 0.78	33.35 ± 0.64	-0.12 ± 0.60	0.281	0.300
Platelet (130~450×10 ³ /μL)	252.47 ± 44.40	259.73 ± 51.65	7.27 ± 23.87	0.174 ²⁾	254.27 ± 51.33	254.60 ± 44.48	0.33 ± 23.34	0.938	0.173
Neutrophil (1.8~7.8×10 ³ /μL)	50.97 ± 6.25	50.77 ± 8.34	-0.20 ± 5.94	0.849 ²⁾	51.52 ± 6.70	52.63 ± 7.16	1.12 ± 6.45	0.351	0.448
Lymphocyte (20~44%)	39.61 ± 6.05	38.99 ± 7.83	-0.62 ± 5.14	0.514	38.67 ± 6.58	37.92 ± 6.95	-0.75 ± 5.82	0.486	0.932
Monocyte (2~9%)	6.47 ± 1.60	6.72 ± 1.84	0.25 ± 2.01	0.894 ²⁾	6.61 ± 1.53	6.51 ± 1.27	-0.11 ± 1.50	0.752 ²⁾	0.631 ³⁾
Eosinophil (~5%)	2.48 ± 1.50	3.02 ± 2.01	0.53 ± 1.29	0.025 ²⁾	2.73 ± 1.79	2.47 ± 1.50	-0.26 ± 1.29	0.282 ²⁾	0.009 ³⁾
Basophil (~2%)	0.46 ± 0.31	0.50 ± 0.32	0.04 ± 0.22	0.309 ²⁾	0.47 ± 0.42	0.47 ± 0.37	0.00 ± 0.23	0.933 ²⁾	0.976 ³⁾
ALP (45~129 IU/L)	80.17 ± 21.64	78.13 ± 22.95	-2.03 ± 8.07	0.180 ²⁾	80.73 ± 24.25	77.60 ± 19.42	-3.13 ± 10.60	0.161 ²⁾	0.853 ³⁾
GGT (M: 12~73, F: 8~48 IU/L)	23.23 ± 15.82	21.63 ± 11.07	-1.60 ± 7.63	0.710 ²⁾	23.03 ± 15.21	22.00 ± 11.22	-1.03 ± 10.47	0.395 ²⁾	0.384 ³⁾
AST (12~33 IU/L)	22.87 ± 7.20	23.40 ± 9.91	0.53 ± 4.68	0.733 ²⁾	23.57 ± 7.01	22.70 ± 4.48	-0.87 ± 5.84	0.694 ²⁾	0.619 ³⁾

ALT (5~35 IU/L)	22.43 ± 10.44	23.87 ± 12.57	1.43 ± 7.11	0.187 ²⁾	24.13 ± 11.04	22.97 ± 8.58	-1.17 ± 7.07	0.929 ²⁾	0.224 ³⁾
Total bilirubin (0.2~1.2 mg/dL)	0.85 ± 0.22	0.84 ± 0.28	-0.01 ± 0.20	0.944 ²⁾	0.84 ± 0.28	0.88 ± 0.21	0.04 ± 0.20	0.220 ²⁾	0.341
Total protein (6.7~8.3 g/dL)	7.41 ± 0.33	7.37 ± 0.26	-0.04 ± 0.27	0.424	7.38 ± 0.33	7.36 ± 0.26	-0.02 ± 0.23	0.585	0.790
Albumin (3.5~5.3 g/dL)	4.32 ± 0.17	4.25 ± 0.15	-0.07 ± 0.16	0.063 ²⁾	4.28 ± 0.16	4.26 ± 0.12	-0.02 ± 0.11	0.220 ²⁾	0.484 ³⁾
BUN (8~23 mg/dL)	14.67 ± 3.59	15.97 ± 4.08	1.30 ± 3.02	0.025	15.13 ± 3.51	15.53 ± 3.61	0.40 ± 4.21	0.607	0.340
Creatinine (0.7~1.7 mg/dL)	0.63 ± 0.14	0.63 ± 0.13	0.00 ± 0.07	0.942	0.61 ± 0.13	0.62 ± 0.13	0.01 ± 0.09	0.638	0.627
Total cholesterol (~200 mg/dL)	211.73 ± 34.15	212.07 ± 33.13	0.33 ± 24.95	0.942	203.97 ± 32.49	214.90 ± 33.68	10.93 ± 29.38	0.051	0.506 ³⁾
Triglycerides (~200 mg/dL)	137.03 ± 59.84	147.53 ± 66.83	10.50 ± 62.03	0.292 ²⁾	132.60 ± 54.92	137.20 ± 60.93	4.60 ± 50.60	0.733 ²⁾	0.628
HDL cholesterol (41.5~67.3 mg/dL)	50.73 ± 10.04	50.93 ± 10.85	0.20 ± 4.50	0.809	49.77 ± 9.95	52.90 ± 11.41	3.13 ± 6.93	0.019	0.087 ³⁾
LDL cholesterol (~140 mg/dL)	133.57 ± 28.48	131.67 ± 30.24	-1.90 ± 20.78	0.620	127.67 ± 31.25	134.53 ± 31.11	6.87 ± 26.91	0.173	0.425 ³⁾
Glucose (74~106 mg/dL)	85.30 ± 6.52	85.97 ± 6.57	0.67 ± 6.86	0.599	83.13 ± 6.86	86.20 ± 6.47	3.07 ± 6.00	0.009	0.207
Creatinine Kinase (50~200 IU/L)	96.77 ± 47.21	111.37 ± 90.65	14.60 ± 55.95	0.293 ²⁾	94.00 ± 41.30	87.40 ± 34.07	-6.60 ± 32.43	0.274 ²⁾	0.117 ³⁾
LDH (218~472 IU/L)	394.07 ± 51.77	402.40 ± 56.45	8.33 ± 44.81	0.236 ²⁾	387.73 ± 45.89	393.60 ± 59.77	5.87 ± 32.96	0.307 ²⁾	0.717 ³⁾
ESR (~9 mm/hr)	17.30 ± 10.57	10.40 ± 10.40	-6.90 ± 9.88	0.0002 ²⁾	18.43 ± 16.91	10.00 ± 8.27	-8.43 ± 14.23	0.004 ²⁾	0.604 ³⁾
SG (1.005~1.030)	1.02 ± 0.01	1.02 ± 0.00	0.00 ± 0.01	0.087 ²⁾	1.02 ± 0.01	1.02 ± 0.01	0.00 ± 0.01	0.478	0.834
pH (4.5~9.0)	5.98 ± 0.89	6.23 ± 0.69	0.25 ± 0.85	0.093 ²⁾	6.13 ± 0.71	6.05 ± 0.80	-0.08 ± 0.73	0.523 ²⁾	0.096 ³⁾

Values are presented as mean ± SD

¹⁾ Analyzed by linear mixed effect model for repeated measure data.

²⁾ Analyzed by Wilcoxon's signed rank test (within group comparison).

³⁾ Changes from baseline between the PPCE and placebo groups at week 8 were determined using the Mann-Whitney's U test.

Abbreviations: M, Male, F, Female, WBC, White Blood Cell; RBC, Red Blood Cell; ALP, Alkaline Phosphatase; GGT, Gamma Glutamyl Transferase; AST, Aspartate Transaminase; ALT, Alanine Transaminase; BUN, Blood Urea Nitrogen; CK, creatine kinase; LDH, lactate dehydrogenase.