

Supplemental Table 1. □ Changes in haematological parameters

	Reference	Group	N	0 week	4 weeks	8 weeks	12 weeks
WBC (/mL)	M: 3900-9800	A	13	5262 ± 287	5362 ± 321	5146 ± 276	5315 ± 275
		P	13	6192 ± 533	6131 ± 465	6446 ± 716	6323 ± 476
	F: 3500-9100	A	25	6248 ± 240	6124 ± 354	5980 ± 255	5672 ± 201 *
		P	26	5965 ± 358	5662 ± 276	5700 ± 193	5785 ± 288
RBC (×10 ⁴ /mL)	M: 427-570	A	13	511.6 ± 11.2	519.3 ± 10.4 *	523.5 ± 10.4 *	519.5 ± 11.8
		P	13	507.6 ± 41.9	519.7 ± 44.7	517.4 ± 42.0 *	513.7 ± 41.7
	F: 376-500	A	25	439.2 ± 6.9 #	447.2 ± 7.6 *	443.5 ± 6.6 #	441.3 ± 6.5 #
		P	26	464.2 ± 5.8	466.3 ± 6.9	472.0 ± 6.9	470.0 ± 5.7
Hb (mg/dL)	M: 13.5-17.6	A	13	15.40 ± 0.22	15.64 ± 0.24 *	15.65 ± 0.25	15.63 ± 0.30
		P	13	15.25 ± 0.38	15.51 ± 0.31	15.50 ± 0.33	15.45 ± 0.16
	F: 11.3-15.2	A	25	13.12 ± 0.20	13.30 ± 0.23	13.17 ± 0.19 #	13.19 ± 0.20 #
		P	26	13.53 ± 0.14	13.67 ± 0.16	13.74 ± 0.18	13.73 ± 0.13 *
Ht (%)	M: 39.8-51.8	A	13	47.03 ± 0.71	47.69 ± 0.74 *	47.89 ± 0.76 *	47.47 ± 0.77
		P	13	46.68 ± 1.07	47.30 ± 0.82	47.05 ± 0.82	46.53 ± 0.98
	F: 33.4-44.9	A	25	40.92 ± 0.53 #	41.20 ± 0.64	40.82 ± 0.56 #	40.66 ± 0.56 #
		P	26	42.58 ± 0.40	42.50 ± 0.53	42.69 ± 0.46	42.40 ± 0.37
PLT (×10 ⁴ /mL)	M: 13.1-36.2	A	13	26.62 ± 1.54	26.30 ± 1.35	26.49 ± 1.31	25.60 ± 1.33
		P	13	27.73 ± 1.57	28.93 ± 1.89	29.31 ± 1.59 *	28.40 ± 1.77
	F: 13.0-36.9	A	25	28.65 ± 1.08	29.01 ± 1.40	30.40 ± 1.30 *	29.28 ± 1.20
		P	26	27.45 ± 1.33	27.76 ± 1.33	28.52 ± 1.44	28.80 ± 1.64

Notes: Values are presented as mean ± standard error. n = 38 and n = 39 in the active (A) and placebo (P) groups, respectively.

Significant differences were observed compared with the placebo group (p < 0.05).

* Significant differences were observed compared with the values at 0 week (p < 0.05)

Abbreviations: F, female; Hb, haemoglobin; Ht, haematocrit; M, male; PLT, platelets; RBC, red blood cell; WBC, white blood cell.

Supplemental Table 2. □ Urinalysis results

	Reference	Group	0 week	4 weeks	8 weeks	12 weeks
Specific gravity	1.005-1.030	A	1.0193 ± 0.0014	1.0173 ± 0.0012 *	1.0169 ± 0.0013 *, #	1.0175 ± 0.0013
		P	1.0188 ± 0.0014	1.0193 ± 0.0010	1.0205 ± 0.0010	1.0189 ± 0.0010
Urine pH	5.0-7.5	A	6.38 ± 0.14	6.26 ± 0.14	6.58 ± 0.14 #	6.45 ± 0.15
		P	6.35 ± 0.14	6.31 ± 0.14	6.17 ± 0.15	6.19 ± 0.13

Notes: Values are presented as mean ± standard error; n = 38 and n = 39 in the active (A) and placebo (P) groups, respectively.

Significant differences were observed between the two groups (p < 0.05)

* Significant difference was observed compared with the values at 0 week (p < 0.05)