

Supplementary Table 1. Biochemical analysis with pre-test of placebo and GS supplementation

Parameter	Placebo	GS	<i>p</i>-value
AST (IU/L)	17.29 ± 5.64	16.53 ± 1.54	0.6855
ALT (IU/L)	8.33± 4.28	8.41 ± 1.61	0.9527
CK (U/L)	69.91 ± 11.46	65.56 ± 9.12	0.3600
ALB (g/dL)	4.46 ± 0.19	4.60 ± 0.25	0.1725
ALP (IU/L)	72.83±12.83	73.13 ± 14.82	0.9619
TP (g/L)	75.57± 3.00	74.91 ± 4.23	0.1611
GLU (mg/dL)	77.98± 7.49	78.53± 6.64	0.8625
TC (mg/dL)	158.25±15.39	152.55 ± 22.34	0.5150
TG (mg/dL)	81.91 ± 46.72	78.20 ± 25,88	0.8285
HDL (mg/dL)	53.08± 6.32	53.54 ±8.81	0.8938
LDL (mg/dL)	99.91 ± 9.86	100.67 ± 16.67	0.9019

Data are mean ± SD, n = 10 subjects/group. The subjects will assess 6-week placebo or GS supplementation. The statistical analysis was a one-way ANOVA, and *p* values of <0.05 were considered to significantly differ. AST, aspartate aminotransferase; ALT, alanine aminotransferase; CK, creatine kinase; ALB, albumin; ALP, alkaline phosphatase; TP, total protein; GLU, glucose; TC, total cholesterol; TG, triglycerides; HDL, high-density lipoprotein; LDL, low-density lipoprotein