

Supplemental Table 1: Summary of blood test results. Weeks 0 and 12 measurements and significant differences with corresponding paired t-tests within each group are shown. Although some items significantly differed between weeks, most averages of each value were within the range of the reference value. The investigators found no problems.

| Parameter | Group | n | | 0 weeks | 12 weeks | Between Study Day <i>p</i> -Value | Reference Value |
|-------------------------------|----------------------------|------|-------|---------|----------|--------------------------------------|-----------------|
| Serum Total Protein (g/dL) | Placebo | 18 | Mean | 7.1 | 7.1 | 0.848 | 6.7 - 8.3 |
| | | | SD | 0.4 | 0.4 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 7.3 | 7.5 | 0.198 | |
| | | | SD | 0.4 | 0.5 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 7.3 | 7.3 | 0.638 | |
| | | | SD | 0.4 | 0.4 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 7.2 | 7.2 | 0.903 | | |
| | | SD | 0.3 | 0.2 | | | |
| Alb(Albumin) (g/dL) | Placebo | 18 | Mean | 4.5 | 4.4 | 0.255 | 3.8 - 5.2 |
| | | | SD | 0.3 | 0.4 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 4.5 | 4.6 | 0.513 | |
| | | | SD | 0.3 | 0.3 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 4.5 | 4.5 | 0.304 | |
| | | | SD | 0.3 | 0.3 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 4.5 | 4.4 | 0.081 | | |
| | | SD | 0.3 | 0.2 | | | |
| Total Bilirubin (mg/dL) | Placebo | 18 | Mean | 1.0 | 0.8 | 0.018 | 0.2 - 1.2 |
| | | | SD | 0.4 | 0.3 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 0.9 | 0.8 | 0.206 | |
| | | | SD | 0.3 | 0.3 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 0.9 | 0.9 | 0.933 | |
| | | | SD | 0.3 | 0.3 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 0.9 | 0.7 | 0.035 | | |
| | | SD | 0.4 | 0.3 | | | |
| AST(GOT) (U/L) | Placebo | 18 | Mean | 19.2 | 19.2 | 0.936 | 10 - 40 |
| | | | SD | 4.8 | 5.5 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 19.1 | 19.5 | 0.591 | |
| | | | SD | 5.0 | 4.4 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 21.3 | 23.4 | 0.102 | |
| | | | SD | 7.2 | 8.7 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 19.9 | 22.0 | 0.035 | | |
| | | SD | 5.5 | 7.2 | | | |
| ALT(GPT) (U/L) | Placebo | 18 | Mean | 15.7 | 16.4 | 0.502 | 5 - 45 |
| | | | SD | 7.3 | 8.5 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 15.9 | 14.9 | 0.318 | |
| | | | SD | 7.2 | 5.2 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 17.7 | 20.9 | 0.225 | |
| | | | SD | 9.2 | 15.9 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 21.8 | 21.3 | 0.886 | | |
| | | SD | 20.5 | 17.4 | | | |
| ALP (U/L) | Placebo | 18 | Mean | 180.6 | 188.5 | 0.253 | 100 - 325 |
| | | | SD | 60.4 | 64.3 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 209.1 | 219.6 | 0.081 | |
| | | | SD | 56.4 | 58.6 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 207.1 | 212.5 | 0.356 | |
| | | | SD | 63.7 | 65.4 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 188.7 | 195.4 | 0.212 | | |
| | | SD | 60.1 | 68.2 | | | |

| | | | | | | | |
|------------------------------|----------------------------|------|-------|-------|-------|-------|--|
| LD(LDH) (U/L) | Placebo | 18 | Mean | 176.4 | 170.7 | 0.100 | 120 - 240 |
| | | | SD | 17.5 | 18.9 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 178.5 | 177.6 | 0.763 | |
| | | | SD | 23.8 | 25.6 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 174.5 | 177.1 | 0.490 | |
| | | | SD | 24.2 | 31.1 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 186.1 | 186.9 | 0.832 | | |
| | | SD | 28.9 | 31.3 | | | |
| γ -GT (U/L) | Placebo | 18 | Mean | 28.4 | 31.0 | 0.335 | male : \leq 80 female : \leq 30 |
| | | | SD | 22.0 | 26.2 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 20.8 | 22.5 | 0.434 | |
| | | | SD | 8.7 | 11.1 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 21.7 | 22.5 | 0.542 | |
| | | | SD | 12.2 | 12.3 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 24.5 | 26.3 | 0.426 | | |
| | | SD | 14.8 | 17.0 | | | |
| Serum Amylase (U/L) | Placebo | 18 | Mean | 72.2 | 77.0 | 0.027 | 40 - 122 |
| | | | SD | 21.3 | 26.5 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 69.5 | 76.6 | 0.003 | |
| | | | SD | 18.1 | 21.4 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 79.3 | 85.6 | 0.024 | |
| | | | SD | 23.9 | 26.6 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 74.8 | 80.6 | 0.000 | | |
| | | SD | 18.1 | 21.0 | | | |
| CK (U/L) | Placebo | 18 | Mean | 113.1 | 104.3 | 0.186 | male : 60 - 270 female : 40 - 150 |
| | | | SD | 62.5 | 56.9 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 95.3 | 115.2 | 0.279 | |
| | | | SD | 40.7 | 90.5 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 99.4 | 113.4 | 0.138 | |
| | | | SD | 45.7 | 55.5 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 111.4 | 149.9 | 0.324 | | |
| | | SD | 55.3 | 196.5 | | | |
| Creatinine (mg/dL) | Placebo | 18 | Mean | 0.7 | 0.7 | 0.281 | male : 0.61 - 1.04 female : 0.47 - 0.79 |
| | | | SD | 0.1 | 0.1 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 0.7 | 0.7 | 0.068 | |
| | | | SD | 0.2 | 0.1 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 0.7 | 0.7 | 0.804 | |
| | | | SD | 0.1 | 0.2 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 0.7 | 0.7 | 0.257 | | |
| | | SD | 0.1 | 0.1 | | | |
| Urea Nitrogen-BUN (mg/dL) | Placebo | 18 | Mean | 12.1 | 11.8 | 0.548 | 8.0 - 20.0 |
| | | | SD | 3.4 | 3.0 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 11.0 | 12.4 | 0.116 | |
| | | | SD | 3.2 | 4.5 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 12.6 | 11.6 | 0.159 | |
| | | | SD | 3.7 | 3.9 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 12.7 | 12.1 | 0.276 | | |
| | | SD | 3.2 | 3.2 | | | |
| Uric Acid (mg/dL) | Placebo | 18 | Mean | 4.5 | 4.7 | 0.114 | male : 3.8 - 7.0 female : 2.5 - 7.0 |
| | | | SD | 1.3 | 1.3 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 5.1 | 5.1 | 0.654 | |
| | | | SD | 1.4 | 1.5 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 4.7 | 4.6 | 0.416 | |
| | | | SD | 1.2 | 1.2 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 5.3 | 5.1 | 0.342 | | |
| | | SD | 1.2 | 1.1 | | | |

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|---------------------------------|----------------------------|------|-------|-------|-------|-------|------------------------------------|
| Blood Glucose (mg/dL) | Placebo | 18 | Mean | 85.1 | 88.5 | 0.045 | 70 - 109 |
| | | | SD | 6.9 | 9.6 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 82.7 | 83.6 | 0.746 | |
| | | | SD | 10.1 | 12.6 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 83.3 | 86.7 | 0.180 | |
| | | | SD | 4.3 | 10.9 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 83.8 | 81.8 | 0.303 | | |
| | | SD | 9.8 | 7.9 | | | |
| Total Cholesterol (mg/dL) | Placebo | 18 | Mean | 221.1 | 223.3 | 0.610 | 120 - 219 |
| | | | SD | 37.8 | 30.3 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 198.4 | 204.7 | 0.242 | |
| | | | SD | 31.0 | 26.9 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 207.7 | 208.1 | 0.912 | |
| | | | SD | 33.5 | 29.8 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 212.8 | 209.6 | 0.409 | | |
| | | SD | 33.4 | 33.2 | | | |
| HDL(HDL Cholesterol) (mg/dL) | Placebo | 18 | Mean | 69.0 | 70.3 | 0.445 | male : 40 - 85 female : 40 - 95 |
| | | | SD | 17.2 | 18.5 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 59.5 | 65.6 | 0.010 | |
| | | | SD | 20.0 | 20.3 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 61.7 | 65.8 | 0.029 | |
| | | | SD | 13.7 | 18.1 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 61.8 | 64.7 | 0.030 | | |
| | | SD | 14.6 | 14.5 | | | |
| LDL(LDL Cholesterol) (mg/dL) | Placebo | 18 | Mean | 130.7 | 130.9 | 0.937 | 65 - 139 |
| | | | SD | 35.1 | 29.0 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 118.3 | 119.3 | 0.830 | |
| | | | SD | 29.9 | 25.7 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 126.4 | 120.6 | 0.141 | |
| | | | SD | 31.9 | 26.5 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 131.9 | 127.4 | 0.223 | | |
| | | SD | 30.0 | 30.0 | | | |
| TG(Neutral Fats) (mg/dL) | Placebo | 18 | Mean | 116.8 | 115.8 | 0.959 | 30 - 149 |
| | | | SD | 82.5 | 81.7 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 106.8 | 93.8 | 0.252 | |
| | | | SD | 72.7 | 60.6 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 102.5 | 152.9 | 0.386 | |
| | | | SD | 49.9 | 270.5 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 93.4 | 86.2 | 0.070 | | |
| | | SD | 40.2 | 37.0 | | | |
| Na (mEq/L) | Placebo | 18 | Mean | 140.1 | 140.8 | 0.210 | 137 - 147 |
| | | | SD | 1.7 | 2.0 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 140.8 | 141.1 | 0.561 | |
| | | | SD | 1.9 | 1.7 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 140.5 | 140.7 | 0.724 | |
| | | | SD | 1.3 | 1.6 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 141.3 | 141.3 | 0.895 | | |
| | | SD | 1.7 | 1.7 | | | |
| K (mEq/L) | Placebo | 18 | Mean | 4.0 | 4.1 | 0.387 | 3.5 - 5.0 |
| | | | SD | 0.2 | 0.3 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 3.9 | 4.0 | 0.432 | |
| | | | SD | 0.2 | 0.3 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 4.0 | 4.0 | 0.600 | |
| | | | SD | 0.3 | 0.2 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 4.1 | 4.0 | 0.080 | | |
| | | SD | 0.2 | 0.2 | | | |

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|---|----------------------------|------|--------|--------|--------|-------|--|
| Cl (mEq/L) | Placebo | 18 | Mean | 103.9 | 104.5 | 0.219 | 98 - 108 |
| | | | SD | 1.5 | 1.8 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 103.1 | 103.5 | 0.420 | |
| | | | SD | 2.1 | 2.3 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 103.4 | 104.0 | 0.091 | |
| | | | SD | 1.8 | 1.8 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 104.1 | 104.9 | 0.183 | | |
| | | SD | 1.9 | 2.0 | | | |
| Ca (mg/dL) | Placebo | 18 | Mean | 9.1 | 9.2 | 0.273 | 8.4 - 10.4 |
| | | | SD | 0.3 | 0.4 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 9.2 | 9.5 | 0.009 | |
| | | | SD | 0.3 | 0.4 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 9.3 | 9.3 | 0.782 | |
| | | | SD | 0.3 | 0.3 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 9.2 | 9.2 | 0.592 | | |
| | | SD | 0.3 | 0.3 | | | |
| Mg (mg/dL) | Placebo | 18 | Mean | 2.1 | 2.1 | 0.001 | 1.9 - 2.5 |
| | | | SD | 0.1 | 0.1 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 2.2 | 2.1 | 0.001 | |
| | | | SD | 0.2 | 0.1 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 2.2 | 2.1 | 0.131 | |
| | | | SD | 0.1 | 0.1 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 2.1 | 2.1 | 0.012 | | |
| | | SD | 0.1 | 0.2 | | | |
| Fe (µg/dL) | Placebo | 18 | Mean | 108.1 | 97.4 | 0.297 | male : 50 - 200 female : 40 - 180 |
| | | | SD | 45.1 | 43.6 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 106.5 | 104.4 | 0.843 | |
| | | | SD | 37.8 | 33.1 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 117.1 | 111.8 | 0.690 | |
| | | | SD | 40.1 | 31.7 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 113.4 | 92.9 | 0.007 | | |
| | | SD | 32.7 | 33.7 | | | |
| WBC (White Blood Cell Count) (/µL) | Placebo | 18 | Mean | 5588.9 | 5705.6 | 0.699 | 3300 - 9000 |
| | | | SD | 1200.4 | 1370.0 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 6431.6 | 6389.5 | 0.905 | |
| | | | SD | 1617.3 | 1965.8 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 6010.0 | 5855.0 | 0.712 | |
| | | | SD | 1380.3 | 1732.2 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 5680.0 | 6270.0 | 0.073 | | |
| | | SD | 1115.7 | 2112.9 | | | |
| RBC (Red Blood Cell Count) (×10 ⁴ /µL) | Placebo | 18 | Mean | 452.8 | 453.1 | 0.955 | male : 430 - 570 female : 380 - 500 |
| | | | SD | 37.6 | 42.7 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 476.1 | 471.4 | 0.380 | |
| | | | SD | 47.9 | 39.5 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 468.2 | 462.1 | 0.150 | |
| | | | SD | 33.7 | 35.9 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 462.2 | 460.7 | 0.755 | | |
| | | SD | 33.6 | 39.0 | | | |
| Hb(Hemoglobin) (g/dL) | Placebo | 18 | Mean | 13.5 | 13.5 | 0.818 | male : 13.5 - 17.5 female : 11.5 - 15.0 |
| | | | SD | 1.7 | 1.7 | | |
| | <i>Euglena</i> 500 mg | 19 | Mean | 14.4 | 14.4 | 0.784 | |
| | | | SD | 1.4 | 1.1 | | |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 14.3 | 14.1 | 0.104 | |
| | | | SD | 1.3 | 1.3 | | |
| <i>Euglena</i> 3,000 mg | 20 | Mean | 14.2 | 14.2 | 0.956 | | |
| | | SD | 1.4 | 1.5 | | | |

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|--|----------------|----|------|------|------|-------|--|
| Ht(Hematocrit) (%) | Placebo | 18 | Mean | 42.2 | 41.8 | 0.306 | male : 39.7 - 52.4 female : 34.8 - 45.0 |
| | | | SD | 4.0 | 4.4 | | |
| | <i>Euglena</i> | 19 | Mean | 44.7 | 43.9 | 0.192 | |
| | 500 mg | | SD | 4.0 | 2.9 | | |
| | <i>Euglena</i> | 20 | Mean | 44.1 | 43.1 | 0.022 | |
| | 1,000 mg | | SD | 3.1 | 3.4 | | |
| MCV (fL) | Placebo | 18 | Mean | 93.3 | 92.4 | 0.033 | 85 - 102 |
| | | | SD | 6.1 | 6.0 | | |
| | <i>Euglena</i> | 19 | Mean | 94.1 | 93.3 | 0.114 | |
| | 500 mg | | SD | 5.2 | 4.2 | | |
| | <i>Euglena</i> | 20 | Mean | 94.4 | 93.4 | 0.076 | |
| | 1,000 mg | | SD | 3.6 | 4.4 | | |
| MCH (Pg) | Placebo | 18 | Mean | 29.8 | 29.7 | 0.690 | 28.0 - 34.0 |
| | | | SD | 2.7 | 2.6 | | |
| | <i>Euglena</i> | 19 | Mean | 30.4 | 30.6 | 0.145 | |
| | 500 mg | | SD | 1.9 | 1.5 | | |
| | <i>Euglena</i> | 20 | Mean | 30.5 | 30.5 | 0.856 | |
| | 1,000 mg | | SD | 1.5 | 1.4 | | |
| MCHC (%) | Placebo | 18 | Mean | 31.9 | 32.1 | 0.172 | 30.2 - 35.1 |
| | | | SD | 1.4 | 1.0 | | |
| | <i>Euglena</i> | 19 | Mean | 32.3 | 32.8 | 0.004 | |
| | 500 mg | | SD | 0.8 | 0.7 | | |
| | <i>Euglena</i> | 20 | Mean | 32.3 | 32.7 | 0.103 | |
| | 1,000 mg | | SD | 1.1 | 1.1 | | |
| PLT (Platelet Count) ($\times 10^4/\mu\text{L}$) | Placebo | 18 | Mean | 27.6 | 29.5 | 0.021 | 14.0 - 34.0 |
| | | | SD | 3.9 | 4.5 | | |
| | <i>Euglena</i> | 19 | Mean | 30.8 | 31.9 | 0.021 | |
| | 500 mg | | SD | 5.2 | 6.3 | | |
| | <i>Euglena</i> | 20 | Mean | 26.6 | 26.1 | 0.335 | |
| | 1,000 mg | | SD | 5.2 | 4.9 | | |
| | <i>Euglena</i> | 20 | Mean | 27.0 | 27.0 | 0.878 | |
| | 3,000 mg | | SD | 4.6 | 4.6 | | |

Supplemental Table 2: Summary of blood pressure and pulse rate test results. Weeks 0, 4, 8, and 12 measurements and significant differences with corresponding paired t-tests within each group are shown. The investigator found no problems.

| Parameter | Group | n | | 0 weeks | 4 weeks | 8 weeks | 12 weeks |
|--|----------------------------|----|-----------------|---------|---------|---------|----------|
| Pulse Rate (bpm) | Placebo | 18 | Mean | 67.3 | 70.2 | 70.0 | 70.4 |
| | | | SD | 7.0 | 10.6 | 11.8 | 12.1 |
| | | | <i>p</i> -Value | | 0.460 | 0.776 | 0.690 |
| | <i>Euglena</i> 500 mg | 19 | Mean | 72.3 | 74.1 | 73.7 | 72.8 |
| | | | SD | 8.4 | 12.7 | 9.6 | 8.4 |
| | | | <i>p</i> -Value | | 1.000 | 1.000 | 1.000 |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 72.7 | 68.2 | 69.6 | 72.8 |
| | | | SD | 10.8 | 9.0 | 10.4 | 16.3 |
| | | | <i>p</i> -Value | | 0.022 | 0.214 | 1.000 |
| | <i>Euglena</i> 3,000 mg | 20 | Mean | 70.0 | 70.2 | 69.9 | 69.9 |
| | | | SD | 8.4 | 10.2 | 7.6 | 9.6 |
| | | | <i>p</i> -Value | | 1.000 | 1.000 | 1.000 |
| SBP(Systolic Blood Pressure) (mmHg) | Placebo | 18 | Mean | 109.8 | 112.9 | 110.1 | 113.0 |
| | | | SD | 8.4 | 10.1 | 11.3 | 7.7 |
| | | | <i>p</i> -Value | | 0.515 | 1.000 | 0.194 |
| | <i>Euglena</i> 500 mg | 19 | Mean | 119.7 | 117.1 | 118.3 | 120.1 |
| | | | SD | 15.7 | 16.5 | 14.5 | 14.1 |
| | | | <i>p</i> -Value | | 1.000 | 1.000 | 1.000 |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 113.2 | 113.1 | 113.3 | 115.7 |
| | | | SD | 11.3 | 13.4 | 12.2 | 14.9 |
| | | | <i>p</i> -Value | | 1.000 | 1.000 | 0.888 |
| | <i>Euglena</i> 3,000 mg | 20 | Mean | 114.3 | 112.5 | 113.0 | 114.6 |
| | | | SD | 10.2 | 12.1 | 11.3 | 14.8 |
| | | | <i>p</i> -Value | | 1.000 | 1.000 | 1.000 |
| DBP(Diastolic Blood Pressure) (mmHg) | Placebo | 18 | Mean | 67.1 | 66.3 | 66.9 | 68.9 |
| | | | SD | 7.5 | 8.9 | 7.9 | 8.4 |
| | | | <i>p</i> -Value | | 1.000 | 1.000 | 0.683 |
| | <i>Euglena</i> 500 mg | 19 | Mean | 74.4 | 71.7 | 70.3 | 74.2 |
| | | | SD | 11.0 | 10.6 | 10.0 | 9.9 |
| | | | <i>p</i> -Value | | 0.413 | 0.054 | 1.000 |
| | <i>Euglena</i> 1,000 mg | 20 | Mean | 74.8 | 68.8 | 68.7 | 71.1 |
| | | | SD | 8.0 | 8.8 | 8.8 | 10.1 |
| | | | <i>p</i> -Value | | 0.028 | 0.021 | 0.311 |
| | <i>Euglena</i> 3,000 mg | 20 | Mean | 73.5 | 68.6 | 68.4 | 71.4 |
| | | | SD | 7.6 | 9.4 | 9.3 | 9.9 |
| | | | <i>p</i> -Value | | 0.064 | 0.013 | 0.817 |