

Supplemental files list

Supplementary Table S1. Nutritive components of the standard meal

Standard meal menu	Weight (g)	Nutritive component	Content
Steamed rice	210	Energy (Kcal)	640
Beef bulgogi (Korean beef stew)	100	Carbohydrates (g)	97.3
Soup	300	Lipids (g)	15.4
Stir-fried Vegetables(with mushroom)	100	Protein (g)	28.2
Radish kimchi	50	Fiber (g)	8.1



Supplementary Table S2. Laboratory profiles of the subjects in this study

Laboratory profiles (standard range)	AGNE group(n=48)			Placebo group (n=45)			
	Baseline	Week 12	p-value ¹⁾	Baseline	Week 12	p-value ¹⁾	P value ²⁾
WBC (4.8–10.8×10 ³ /μL)	5.8±1.4	5.9±1.7	0.309	5.7±1.5	5.7±1.3	0.717	0.289
RBC (4.2–5.4×10 ³ /μL)	4.7±0.5	4.7±0.5	0.356	4.7±0.4	4.6±0.4	0.891	0.560
Hemoglobin (12–16g/dL)	14.2±1.5	14.1±1.5	0.244	14.2±1.5	14.1±1.4	0.618	0.636
Hematocrit (37–47%)	42.6±3.9	42.2±4.2	0.054	42.2±3.7	42.0±3.5	0.386	0.438
Platelet (130–450×10 ³ /μL)	274.6±44.8	272.7±47.2	0.483	267.1±61.8	265.1±61.0	0.587	0.979
ALP (45–129IU/L)	67.3±20.0	67.6±20.7	0.811	66.8±19.9	68.0±18.3	0.305	0.566
GGT (8–48IU/L)	32.3±27.6	36.0±35.1	0.358	28.2±22.2	28.9±24.3	0.679	0.475
AST (12–33IU/L)	23.2±7.2	24.5±7.8	0.223	25.6±6.9	24.5±8.1	0.254	0.094
ALT (5–35IU/L)	29.7±17.2	32.6±21.4	0.160	30.4±15.3	27.7±16.8	0.081	0.029
Total bilirubin (0.2–1.2mg/dL)	0.96±0.4	0.95±0.4	0.927	0.87±0.3	0.84±0.4	0.529	0.647
Total protein (6.7–8.3g/dL)	7.5±0.4	7.5±0.3	0.621	7.4±0.4	7.4±0.4	0.960	0.725
Albumin (3.5–5.3g/dL)	4.4±0.2	4.5±0.2	0.059	4.4±0.2	4.4±0.2	0.513	0.257
BUN (8–23mg/dL)	14.3±2.9	14.9±3.4	0.067	15.1±3.8	15.0±3.9	0.705	0.169
Creatinine (0.7–1.7mg/dL)	0.68±0.2	0.7±0.1	0.898	0.69±0.2	0.7±0.2	0.285	0.439
Glucose (74–106mg/dL)	87.1±10.0	90.2±10.2	0.006	86.6±10.2	87.8±9.0	0.281	0.222
CK (50–200 IU/L)	102.3±48.0	111.7±84.5	0.266	101.8±50.2	122.1±169.0	0.383	0.659
LDH (218–472 IU/L)	365.8±46.8	372.5±51.9	0.304	375.0±62.5	359.3±51.6	0.010	0.012
pH (4.5–9.0)	6.5±0.9	6.3±0.7	0.058	6.4±0.8	6.3±0.7	0.464	0.355

Values are presented as mean ± SD

¹⁾ Analyzed by paired *t* test

²⁾ Analyzed by Linear Mixed Model between groups

Abbreviations: 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.