

Table S1 Cumulative number of days of respiratory and systemic symptoms.

	<b>Placebo</b>	<b>LF</b>	<b>P value <sup>1</sup></b>
Total	6468	5712	
Feeling feverish	68	38	0.024
Malaise	151	78	<0.001
Chill	69	24	<0.001
Hoarseness	76	34	<0.001
Cough	123	77	0.018
Runny nose	168	125	0.155
Plugged nose	117	55	<0.001
Head congestion	120	68	0.003

<sup>1</sup> placebo vs LF by Fisher's exact test