

Table S4. Post-intervention changes in IL-1 $\beta$  and *hs*-CRP scores.

		Week 0	Week 12		Change	
		Mean (SD)	Mean (SD)	<i>P</i> -value	Mean (SD)	<i>P</i> -value
IL-1 $\beta$ , fg/mL	Placebo	69.25 (57.37)	69.3 (43.9)	0.283	9.34 (46.01)	0.584
	Active	65.86 (40.05)	94.8 (185.2)	0.407	28.73 (183.68)	
<i>hs</i> -CRP, mg/dL	Placebo	0.04 (0.04)	0.06 (0.07)	0.071	0.02 (0.06)	0.577
	Active	0.08 (0.16)	0.14 (0.36)	0.394	0.06 (0.37)	

Data at week 12 were compared with those at week 0, using the paired *t*-test.  
Comparisons between the placebo and active groups were tested by the unpaired *t*-test.