

Supplement Tables

Table S1. Descriptive characteristics of the 69 patients in two Interventions & one Control groups.

		Groups		
		Intervention ²⁰²⁰	Intervention ^{2021/22}	Control ^{2021/22}
		(n=13)	(n=25)	(n=31)
		n (%)		
Gender	<i>males</i>	8 (61.5)	10 (40.0)	14 (45.2)
	<i>females</i>	5 (38.5)	15 (60.0)	17 (54.8)
Age, years	<i>mean age±s.d.</i>	36.4±11.7	39.5±13.5	42.1±16.1
Family members	<i>yes</i>	4 (30.8)	7 (28.0)	15 (48.4)
Smokers	<i>non</i>	8 (61.5)	14 (56.0)	13 (42.0)
	<i>former</i>	2 (15.4)	1 (4.0)	9 (29.0)
	<i>current</i>	3 (23.1)	10 (40.0)	9 (29.0)
Morbidity (at least one chronic disease)	<i>yes^a</i>	4 (30.8)	10 (40.0)	9 (29.0)
Recurrence of Covid-19 (in last six months)	<i>yes</i>	--	--	1 (3.2)
Vaccination for SARS-CoV-2 (doses)	<i>none</i>	--	19 (50.0)	11 (35.5)
	<i>one</i>	--	5 (13.2)	3 (9.7)
	<i>two</i>	--	10 (26.3)	14 (45.2)
	<i>three</i>	--	4 (10.5)	3 (9.7)
Administration/intake of medicinal or other compound for the symptoms (before, at the point of or following inclusion to the study, additionally to CA _{Peo})	<i>painkillers</i>	3 (23.1)	13 (52.0)	19 (61.3)
	<i>antibiotics</i>	3 (23.1)	1 (4.0)	--

^a Includes nineteen different groups of diseases e.g. hypertension, diabetes mellitus, heart disease, cancer etc.

Table S2. Mean changes in the number and severity of symptoms between two Interventions and one Control group at 7th and 14th days in relation to baseline (1st record day).

		Groups			p-value	η ²
		Intervention ²⁰²⁰	Intervention ^{2021/22}	Control ^{2021/22}		
Symptoms	Days of follow-up	mean (stand.dev.)				
Number	1 st (baseline)	4.3 (2.0)	4.8 (2.3)	4.0 (2.1)		
	7 th	0.9 (1.7)	1.6 (1.9)	3.1 (3.1)		
	Δ-change (7 th from 1 st)	-3.4	-3.2	-0.9	0.002	0.15
	14 th	0.3 (0.8)	0.6 (1.2)	1.1 (1.7)		
	Δ-change (14 th from 7 th)	-0.5	-1.0	-2.0	0.011	0.11
Severity	Δ-change (14 th from 1 st)	-4.0	-4.2	-2.9	0.063	0.05
	1 st (baseline)	10.0 (5.5)	12.0 (6.2)	9.5 (5.2)		
	7 th	2.0 (2.9)	4.2 (5.4)	8.1 (8.3)		
	Δ-change (7 th from 1 st)	-8.0	-7.8	-1.4	0.006	0.12
	14 th	0.7 (1.8)	1.1 (2.5)	2.6 (4.3)		
	Δ-change (14 th from 7 th)	-1.3	-3.1	-5.6	0.043	0.07
	Δ-change (14 th from 1 st)	-9.3	-10.9	-6.9	0.033	0.07

Based on 12 topics and 9 general symptoms. The severity based on 5-points Likert scale as: 0=none, 1=very mild, 2=mild, 3=moderate and 4=severe. Scores of mean changes were extracted as summing-up all symptoms intensity.

Comparisons of Δ-changes between the three groups were performed by using Kruskal-Wallis test.