**Supplementary material 4. Two-way ANOVA of blood chemistry between the meditation and the control group.**

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| --- | --- | --- | --- |
|  | *P* | | |
| Group | Age | Group\*Age |
| TP | .955 | .082 | .635 |
| AST | .859 | .006 | .834 |
| ALT | .796 | .327 | .880 |
| ALP | .066 | .655 | .610 |
| LDH | .244 | .099 | .621 |
| GLU | .784 | .319 | .132 |
| HDL | .014 | .057 | **.043** |
| TG | .139 | .364 | .690 |
| CREA | .641 | .871 | .966 |

Participants were divided into three age domains for the analysis: 40≤, 41~50, and >50.