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| **Supplemental Digital Content 5.** CLINICAL PATHOLOGY TEST AND VITAL SIGNS (ITT GROUP) | | | | | | | | | |
|  | *BRE (*n *= 53)* | | | | *Placebo (*n *= 52)* | | | | *Pb* |
| *0 week* | *12 week* | *Change*  (*12wk-0wk*) | *Pa* | *0 week* | *12 week* | *Change*  (*12wk-0wk*) | *Pa* |
| ALT (IU/L) | 22.79 ± 19.12 | 22.70 ± 19.98 | -0.09 ± 8.21 | 0.9 | 22.25 ± 10.05 | 20.06 ± 7.61 | -2.19 ± 8.50 | 0.07 | 0.2 |
| AST (IU/L) | 23.92 ± 17.82 | 24.23 ± 18.19 | 0.30 ± 5.69 | 0.7 | 22.44 ± 5.98 | 22.08 ± 5.19 | -0.37 ± 5.18 | 0.6 | 0.5 |
| Total Protein (g/dl) | 7.07 ± 0.35 | 7.02 ± 0.32 | -0.05 ± 0.28 | 0.2 | 7.01 ± 0.48 | 7.03 ± 0.43 | 0.02 ± 0.30 | 0.7 | 0.2 |
| Albumin (g/dl) | 4.58 ± 0.19 | 4.51 ± 0.23 | -0.07 ± 0.2 | 0.01 | 4.55 ± 0.24 | 4.53 ± 0.23 | -0.01 ± 0.18 | 0.6 | 0.1 |
| BUN (mg/dl) | 13.97 ± 3.45 | 14.47 ± 3.92 | 0.50 ± 3.42 | 0.3 | 15.32 ± 3.32 | 14.32 ± 3.04 | -0.99 ± 2.81 | 0.01 | 0.02 |
| Glucose (mg/dl) | 96.13 ± 10.94 | 97.66 ± 9.33 | 1.53 ± 9.47 | 0.3 | 96.35 ± 9.78 | 97.56 ± 8.76 | 1.21 ± 4.39 | 0.05 | 0.8 |
| Insulin (μIU/ml) | 6.57 ± 4.91 | 6.08 ± 4.33 | -0.49 ± 3.67 | 0.3 | 5.30 ± 2.74 | 5.35 ± 2.77 | 0.05 ± 2.50 | 0.9 | 0.4 |
| SBP (mmHg) | 131.02 ± 14.19 | 126.71 ± 12.35 | -4.31 ± 11.69 | 0.01 | 131.53 ± 13.43 | 125.37 ± 14.4 | -6.16 ± 13.69 | 0.002 | 0.5 |
| DBP (mmHg) | 78.76 ± 9.26 | 74.02 ± 8.6 | -4.75 ± 7.95 | <0.001 | 78.00 ± 8.52 | 74.00 ± 9.28 | -4.00 ± 9.16 | 0.003 | 0.7 |
| Pulse (rate/min) | 76.27 ± 10.23 | 75.90 ± 9.58 | -0.37 ± 9.21 | 0.8 | 75.43 ± 7.85 | 75.31 ± 8.39 | -0.12 ± 7.57 | 0.9 | 0.9 |
| Values are presented as mean ± SD | | | | | | | | | |
| *a*Compared within groups: *P* value by paired t-test | | | | | | | | | |
| *b*Compared between groups: *P* value by RM-ANOVA | | | | | | | | | |
| ITT, intention-to-treat; ALT, alanine aminotransferase; AST, aspartate transaminase; BUN, blood urea nitrogen; SBP, systolic blood pressure; DBP, diastolic blood pressure | | | | | | | | | |