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Supplement Table 2. Results of laboratory investigations

Result	Baseline			Visit 4			p-value[a]
	Experimental group	Control group	p-value	Experimental group	Control group	p-value	
White blood cell, ×10³/μL	6.14±1.21	6.47±1.47	0.250	5.97±1.67	5.80±1.03	0.595	0.090
Hemoglobin, g/dL	13.83±1.17	14.02±1.07	0.505	14.41±1.19	14.62±0.85	0.395	<0.001
Hematocrit, %	41.53±3.58	41.87±2.86	0.637	42.96±3.48	42.95±2.70	0.997	<0.001
Platelet, ×10³/μL	244.30±59.60	239.07±54.59	0.676	234.15±51.54	233.67±43.57	0.968	0.026
Sodium, mmol/L	139.77±1.88	139.67±1.60	0.793	140.37±1.96	140.57±2.50	0.743	0.055
Potassium, mmol/L	4.32±0.37	4.24±0.31	0.314	4.41±0.26	4.40±0.36	0.916	0.001
Chloride, mmol/L	103.56±2.25	103.73±1.80	0.694	104.13±2.12	104.29±2.81	0.820	0.140
AST, U/L	23.55±9.00	23.77±5.92	0.888	22.85±6.49	22.33±4.98	0.713	0.844
ALT, U/L	23.59±15.19	26.30±12.96	0.376	21.80±10.65	23.19±6.37	0.577	0.434
BUN, mg/dL	15.32±3.98	15.62±3.81	0.730	15.73±3.56	16.73±3.95	0.318	0.078
Creatinine, mg/dL	0.89±0.16	0.85±0.11	0.231	0.94±0.15	0.92±0.14	0.608	<0.001
Total cholesterol, mg/dL	182.41±33.42	176.27±37.33	0.446	183.63±35.47	179.57±33.41	0.645	0.824
Total protein, g/dL	7.45±0.50	7.36±0.36	0.339	7.24±0.37	7.18±0.31	0.457	<0.001
Albumin, g/dL	4.37±0.34	4.27±0.29	0.148	4.34±0.30	4.35±0.30	0.871	0.428
Testosterone, ng/mL	4.00±1.24	3.95±1.37	0.847	5.14±2.15	4.15±1.59	0.037	<0.001

Values are presented as mean±standard deviation.
AST: aspartate aminotransferase, ALT: alanine aminotransferase, BUN: blood urea nitrogen.
Student's t-test, [a]Baseline vs. endpoint, dependent t-test.