

Supplemental Table. Changes in the levels of biochemical, hematological, hair-related, and hormonal factors of serum constituents

Category	Test	Unit	Initial		3M					6M					Initial-6M	
			Mean	Standard Deviation	mean	std	/Initial	t-test	P < 0.05	mean	std	/Initial	t-test	P < 0.05	ANOVA	P < 0.05
Hematological	White Blood Cell Counts	/μL	5290.91	907.14	5018.18	1099.83	95%	0.377		5163.64	893.61	98%	0.687		0.6394	
	Red Blood Cell Counts	×10 ⁴ /μL	469.91	16.83	457.36	24.61	97%	0.017	*	457.82	15.23	97%	0.016	*	0.0274	*
	Hemoglobin	g/dL	13.76	0.74	13.40	0.66	97%	0.024	*	13.42	0.65	97%	0.071		0.06	
	Hematocrit	%	42.64	1.81	41.92	1.90	98%	0.115		41.71	1.61	98%	0.124		0.1805	
	Platelet Counts	×10 ⁴ /μL	24.44	4.49	23.77	4.88	97%	0.385		23.86	5.16	98%	0.375		0.6065	
Biochemical	Aspartate Aminotransferase	U/L	20.64	3.64	18.36	2.29	89%	0.016	*	21.09	4.23	102%	0.683		0.0197	*
	Alanine Aminotransferase	U/L	19.73	5.41	16.18	4.17	82%	0.054		20.27	11.52	103%	0.836		0.2577	
	γ-Glutamyl Transpeptidase	U/L	42.45	43.34	24.45	16.18	58%	0.075		30.09	30.82	71%	0.031	*	0.0499	*
	Total Cholesterol	mg/dL	222.82	31.98	214.91	33.32	96%	0.125		210.82	35.81	95%	0.014	*	0.058	
	HDL-Cholesterol	mg/dL	80.45	13.79	78.91	12.41	98%	0.343		80.91	13.66	101%	0.843		0.6332	

LDL-Cholesterol	mg/d L	125. 09	34.15	116. 18	33.0 5	93%	0.0 25	*	111. 55	36.3 9	89%	0.0 04	*	0.002 4	*
Triglyceride	mg/d L	107. 18	45.20	146. 82	70.6 6	137 %	0.1 52		126. 09	61.2 1	118 %	0.3 02		0.186 3	
Serum Iron	µg/d L	100. 91	12.35	102. 82	34.1 9	102 %	0.8 47		94.7 3	22.4 1	94%	0.4 08		0.555 3	
Hormonal Estradiol	pg/m L	<10	-	34.7 3	20.7 9	-	-	-	33.7 3	23.5 2	-	-	-	-	-
Follicle Stimulating Hormone	mIU/ mL	80.9 6	22.32	42.1 7	19.7 2	52%	0.0 00	*	43.3 0	17.4 9	53%	0.0 00	*	0.000 1	*
Progesterone	ng/m L	0.23	0.18	≤0.0 5	-	-	-	-	≤0.0 5	-	-	-	-	-	-
Prolactin	ng/m L	9.09	3.70	7.70	3.85	85%	0.1 84		7.29	3.61	80%	0.1 84		0.213 2	
Testosterone	ng/m L	0.12	0.11	0.10	0.09	90%	0.4 63		0.12	0.11	100 %	1.0 00		0.662 6	
Free Testosterone	pg/m L	1.25	1.04	1.07	0.61	86%	0.3 00		1.30	0.93	104 %	0.7 13		0.268 2	
5 Alpha- Dihydrotestosteron e	ng/m L	0.07	0.04	0.06	0.04	95%	0.7 00		0.08	0.04	116 %	0.2 99		0.333 9	
Free Triiodothyronine	pg/m L	2.91	0.26	2.72	0.17	94%	0.0 80		2.88	0.27	99%	0.8 38		0.131 1	
Free Thyroxine	ng/d	1.17	0.16	1.18	0.18	101	0.8		1.20	0.16	103	0.4		0.795	

	L						% 16			% 26		5	
Adiponectin	μg/m						0.4			0.5		0.714	
	L	5.04	1.42	4.88	1.65	97%	85		4.89	1.63	97%	91	1
Leptin	ng/m	15.0		16.2	11.1	108	0.3		19.5	12.7	130	0.0	0.024
	L	4	8.62	7	4	%	47		0	3	%	44	2
Hair-related	ng/m	43.1		45.1	21.7	105	0.6		45.7	19.2	106	0.4	0.778
	L	8	12.78	6	5	%	77		6	4	%	74	9
Serum Zinc	μg/d	74.5		71.1			0.3		71.7			0.3	0.490
	L	5	10.32	8	5.27	95%	52		3	9.49	96%	85	7