

Appendix Table 1. Baseline values of physical symptoms.

	Intervention group	Control group
Cold, mean (SD)	1.5 (0.8)	1.7 (1.4)
Allergy, mean (SD)	1.2 (0.4)	1.4 (0.9)
Dizziness, mean (SD)	1.7 (1.2)	1.2 (0.4)
Rapid heartbeat, mean (SD)	1.7 (1.2)	1.4 (0.9)
Short breath, mean (SD)	1.3 (0.6)	1.0 (0.0)
Ache, mean (SD)	3.0 (1.3)	2.7 (1.3)
Headaches, mean (SD)	2.1 (1.2)	1.3 (0.8)
Acne and oily skin, mean (SD)	1.4 (0.8)	1.5 (1.1)
Cramps, mean (SD)	1.8 (1.3)	1.8 (1.0)
Heartburn, mean (SD)	1.6 (0.8)	1.4 (0.8)
Constipation, mean (SD)	1.2 (0.4)	1.5 (1.0)
Diarrhea, mean (SD)	1.5 (0.7)	1.3 (0.6)
Nausea, mean (SD)	1.8 (1.2)	1.5 (0.8)
Bloat/gas, mean (SD)	2.0 (1.0)	1.7 (1.1)