

S5 Table: Summary of blood chemistry and hematology parameters

Parameter		Intervention group	Control group	Reference group
Serum creatinine				
Baseline	n	114	116	116
	Mean \pm SD	24.7 \pm 5.4	25.6 \pm 5.6	27.5 \pm 6.6
	[μ mol/L]			
	Normal range ¹	78.9%	84.5%	87.9%
Visit 4	n	89	92	110
	Mean \pm SD	18.9 \pm 4.3	19.4 \pm 4.4	18.0 \pm 4.6
	[μ mol/L]			
	Normal range ¹	91.0%	91.3%	85.5%
Alanine aminotransferase				
Baseline	n	115	116	116
	Mean \pm SD [U/L]	26.6 \pm 11.5	27.6 \pm 12.1	27.1 \pm 11.5
	Normal range ²	90.4%	88.8%	90.5%
Visit 4	n	89	92	110
	Mean \pm SD [U/L]	28.7 \pm 10.6	29.3 \pm 8.9	35.4 \pm 13.6
	Normal range ²	92.1%	91.3%	70.0%
Hemoglobin				
Baseline	n	118	118	117
	Mean \pm SD [L/L]	150.9 \pm 18.3	151.0 \pm 17.1	150.8 \pm 17.6
	Normal range ³	19.5%	17.8%	18.8%
Visit 4	n	90	92	110
	Mean \pm SD [g/L]	118.2 \pm 7.9	119.6 \pm 7.9	117.1 \pm 7.7
	Normal range ³	94.4%	93.5%	94.5%
Hematocrit				
Baseline	n	118	118	117

	Mean \pm SD [L/L]	0.43 \pm 0.05	0.34 \pm 0.05	0.43 \pm 0.05
	Normal range ⁴	53.4%	54.2%	53.0%
Visit 4	n	90	92	110
	Mean \pm SD [g/L]	0.34 \pm 0.02	0.35 \pm 0.02	0.34 \pm 0.02
	Normal range ⁴	53.3%	63.0%	57.3%
Mean corpuscular volume				
Baseline	n	118	118	117
	Mean \pm SD [fL]	96.1 \pm 3.9	96.5 \pm 4.1	96.0 \pm 3.9
	Normal range ⁵	97.5%	97.5%	98.3%
Visit 4	n	90	92	110
	Mean \pm SD [fL]	80.5 \pm 3.8	81.0 \pm 3.3	80.3 \pm 3.6
	Normal range ⁵	90.0%	91.3%	95.5%

n: number of subjects; SD: Standard deviation; normal range: ¹serum creatinine: <30 days: 21-75 μ mol/L, 30 days to 1 year: 15-37 μ mol/L, ²alanine aminotransferase: \leq 1 year: 8-41 U/L; ³haemoglobin: <30 days: 95-135 g/L, 30 days to 1 year: 105-135 g/L; ⁴haematocrit: <30days: 0.32-0.44 L/L, 30 days to 1 year: 0.34-0.44 L/L; ⁵mean corpuscular volume: <30 days: 86-104 fL, 30 days to 1 year: 70-86 fL