

Table SI. Changes of immunoglobulins by the ingestion of fucoidan.

	0	1M	2M	3M	4M	5M	6M
IgG (mg/dl)	1402±426	1380±408	1365±447	1340±366	1407±423	1391±394	1216±499
IgA (mg/dl)	346±116	331±133	324±129	326±126	329±133	324±125	299±154
IgE (IU/ml)	121±242	130±264	121±243	150±339	156±355	148±334	133±294

Table SII. Changes of hematology parameters by the ingestion of fucoidan.

Parameters	0	1M	2M	3M	4M	5M	6M
Neutr (μl)	3610 \pm 899	3744 \pm 1500	3713 \pm 2547	3254 \pm 1458	3217 \pm 1016	3210 \pm 992	3591 \pm 1390
Lymph (μl)	2006 \pm 529	1653 \pm 715	1637 \pm 699	2733 \pm 2403	3306 \pm 3851	2832 \pm 1899	2632 \pm 2999
Mono (μl)	302 \pm 148	341 \pm 159	328 \pm 158	331 \pm 150	344 \pm 130	270 \pm 138	315 \pm 156
Baso (μl)	112 \pm 137	138 \pm 144	119 \pm 130	101 \pm 84	130 \pm 94	67 \pm 44	130 \pm 96
RBC ($10^4/\mu\text{l}$)	432 \pm 42	437 \pm 40	434 \pm 42	429 \pm 48	431 \pm 40	424 \pm 33	415 \pm 36
Hb (g/dl)	13.3 \pm 1.1	13.4 \pm 0.8	13.3 \pm 1.1	13.0 \pm 1.2	13.3 \pm 1.2	12.9 \pm 1.2	12.6 \pm 1.4
Plt ($10^4/\mu\text{l}$)	22.3 \pm 5.1	22.8 \pm 4.4	23.6 \pm 5.0	23.8 \pm 5.6	22.3 \pm 4.9	22.3 \pm 4.7	21.8 \pm 5.7

Neutr, neutrophils; Lymph, lymphocytes; Mono, monocytes; Baso, basophils; RBC, red blood cells; Hb, hemoglobin; Plt, platelets.

Table III. Changes of biochemical parameters by the ingestion of fucoidan.

	0	1M	2M	3M	4M	5M	6M
Alb (g/dl)	4.2±0.3	4.1±0.3	4.0±0.4	4.0±0.3	4.2±0.2	4.1±0.2	4.2±0.5
T.Bil (mg/dl)	0.58±0.23	0.53±0.26	0.54±0.27	0.51±0.23	0.55±0.27	0.51±0.24	0.50±0.28
AST (U/l)	32±8	35±19	32±16	29±11	30±11	32±17	31±13
ALT (U/l)	30±17	34±35	28±14	25±15	25±13	29±26	31±20
ALP (U/l)	250±77	252±81	257±83	252±70	250±79	242±70	258±88
γ-GTP (U/l)	47±40	49±45	43±38	39±34	38±28	38±28	48±42
LDL (mg/dl)	103±28	105±22	101±24	103±23	101±18	105±24	106±21
HDL (mg/dl)	59±15	58±14	59±12	58±11	61±17	58±14	60±13
TG (mg/dl)	151±107	154±93	143±69	147±66	149±82	164±75	134±86
BUN (mg/dl)	17.7±4.1	16.8±4.9	15.3±3.9	16.9±4.3	16.5±4.3	16.8±4.8	17.2±5.1
Cr (mg/dl)	0.79±0.23	0.76±0.23	0.79±0.23	0.76±0.2	0.77±0.23	0.8±0.23	0.72±0.21
UA (mg/dl)	5.4±1.5	5.4±1.4	5.3±1.3	5.4±1.5	5.5±1.4	5.6±1.3	5.5±1.4
Na (mEq/l)	140±2	140±3	141±2	141±2	141±1	140±3	141±5
K (mEq/l)	4.1±0.3	4.2±0.4	4.1±0.5	4.1±0.4	4.0±0.4	4.3±0.6	4.0±0.6
Ca (mg/dl)	9.1±0.3	9.0±0.2	9.0±0.4	8.9±0.3	9.1±0.3	9.1±0.2	8.9±0.8

Alb, albumin; T.Bil, total bilirubin; AST, aspartate aminotransferase; ALT, alanine transaminase; Alp, alkaline phosphatase; γ-GTP, γ-glutamyl transferase; LDL, low-density lipoprotein cholesterol; HDL, high-density lipoprotein cholesterol; TG, triglyceride; BUN, blood urea nitrogen; Cr, creatinine; UA, uric acid; Na, sodium; K, potassium; Ca, calcium.