

Supplementary Table 1: Extra-intestinal Symptom Questionnaire

	<b>0</b> Not present	<b>1</b> Minimal	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Very severe
1. Bad dreams						
2. Excessive sleepiness						
3. Insomnia						
4. Fatigue						
5. Inability to concentrate						
6. Irritability						
7. Dry mouth						
8. Headache						
9. Weakness						
10. Dizziness						
11. Joint pain						
12. Muscle pain						
13. Nasal congestion						
14. Skin rash						
15. Bruising						

Supplementary Table 2: Percentage of participants reporting new/worse and better/unchanged/resolved symptoms

		Percentage of participants who reported <b>new/worse</b> symptoms at the End of Study (week 6)			Percentage of participants with symptoms at baseline who reported <b>better/unchanged/resolved</b> symptoms at the End of Study (week 6)		
		DBM (n=30)	DBP (n=71)	TAU (n=72)	DBM (n=30)	DBP (n=71)	TAU (n=72)
SLEEP	Bad dreams (%)	3.3	11.3	15.3	36.7	35.2	37.5
	Excessive sleepiness (%)	16.7	12.7	11.1	40.0	33.8	41.7
	Insomnia (%)	10.0	11.3	12.5	36.7	31.0	36.1
	Fatigue (%)	0.0	23.9	18.1	63.3	45.1	62.5
NEURO	Inability to concentrate (%)	3.3	18.3	8.3	43.3	36.6	31.9
	Irritability (%)	0.0	7.0	15.3	33.3	40.8	37.5
	Dry mouth (%)	6.7	7.0	11.1	26.7	22.5	20.8
	Headache (%)	13.3	16.9	16.7	33.3	31.0	38.9
	Weakness (%)	6.7	1.4	2.8	13.3	14.1	23.6
	Dizziness (%)	10.0	5.6	8.3	23.3	19.7	22.2
MSK	Joint pain (%)	3.3	7.0	11.1	33.3	32.4	29.2
	Muscle pain (%)	6.7	8.5	9.7	26.7	28.2	26.4
RESP	Nasal congestion (%)	10.0	25.4	20.8	40.0	31.0	29.2
DERM	Skin rash (%)	10.0	4.2	4.2	6.7	15.5	13.9
	Bruising (%)	0.0	7.0	8.3	13.3	11.3	6.9

DBP = Double Blind Placebo; DPM = Double Blind Mint; TAU=Treatment as Usual