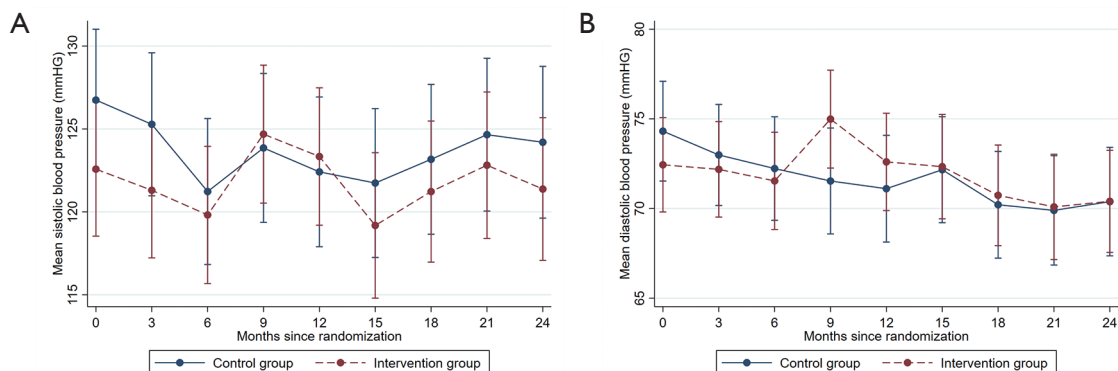


**Table S1** The laboratory measurements of the patients at baseline

Characteristic	Intervention (N=57)	Control (N=51)	Total (N=108)
White blood cell count ( $\times 10^3/\mu\text{L}$ )	6.63 $\pm$ 2.41	7.18 $\pm$ 3.41	6.44 $\pm$ 2.40
Neutrophil count ( $\times 10^3/\mu\text{L}$ )	4.14 $\pm$ 2.41	4.35 $\pm$ 2.80	3.94 $\pm$ 2.07
Monocyte count ( $\times 10^3/\mu\text{L}$ )	0.42 $\pm$ 0.17	0.48 $\pm$ 0.22	0.44 $\pm$ 0.22
Lymphocyte count ( $\times 10^3/\mu\text{L}$ ) <sup>#</sup>	1.67 $\pm$ 0.50	2.11 $\pm$ 0.95	1.81 $\pm$ 0.64
Eosinophil count ( $\times 10^3/\mu\text{L}$ )	0.19 $\pm$ 0.07	0.20 $\pm$ 0.17	0.20 $\pm$ 0.19
Red blood cells count ( $\times 10^6/\mu\text{L}$ )	4.41 $\pm$ 0.65	4.34 $\pm$ 0.65	4.38 $\pm$ 0.65
Hemoglobin (g/dL)	12.84 $\pm$ 2.05	12.94 $\pm$ 1.94	12.89 $\pm$ 1.99
Serum albumin (g/dL)	4.54 $\pm$ 0.37	4.51 $\pm$ 0.51	4.54 $\pm$ 0.41
Triglyceride (mg/dL)	131.09 $\pm$ 62.00	152.35 $\pm$ 96.55	142.60 $\pm$ 103.63
Total cholesterol (mg/dL)	189.48 $\pm$ 49.11	209.20 $\pm$ 83.53	191.42 $\pm$ 53.36
Low-density lipoprotein (mg/dL)	121.42 $\pm$ 41.00	138.44 $\pm$ 72.31	125.68 $\pm$ 45.63
IgA (g/L)	2.82 $\pm$ 1.09	2.71 $\pm$ 1.05	2.67 $\pm$ 0.98
IgG (g/L)	13.02 $\pm$ 4.32	12.74 $\pm$ 3.23	12.65 $\pm$ 3.41
IgM (g/L)	1.05 $\pm$ 0.49	0.97 $\pm$ 0.46	0.98 $\pm$ 0.46
C3 (g/L) <sup>#</sup>	1.01 $\pm$ 0.15	1.07 $\pm$ 0.19	1.04 $\pm$ 0.17
C4 (g/L)	0.26 $\pm$ 0.06	0.27 $\pm$ 0.06	0.26 $\pm$ 0.06
CH50 (g/L)	34.53 $\pm$ 6.67	35.73 $\pm$ 7.05	35.10 $\pm$ 6.84
CD3 (%)	69.86 $\pm$ 9.69	67.26 $\pm$ 10.98	67.82 $\pm$ 10.44
CD3CD4 (%)	37.43 $\pm$ 7.61	38.05 $\pm$ 7.81	37.72 $\pm$ 7.67
CD3CD8 (%)	28.64 $\pm$ 7.79	25.69 $\pm$ 8.68	27.25 $\pm$ 8.31
CD3CD4/ CD3CD8	1.45 $\pm$ 0.63	1.69 $\pm$ 0.77	1.56 $\pm$ 0.70

Conversion factors for units: triglyceride in mg/dL to mmol/L,  $\times 0.01129$ ; total cholesterol and low-density lipoprotein in mg/dL to mmol/L,  $\times 0.02586$ . <sup>#</sup> The *P* value of lymphocytes and C3 was significantly different between the control and intervention groups ( $P < 0.01$  and  $P = 0.04$ , respectively). IgA/G/M, serum immunoglobulin A/G/M; C3/4, serum complement 3/4; CH50, 50% hemolytic complement activity of serum; CD3/CD4/CD8, CD3/CD4/CD8 lymphocyte counts of serum.



**Figure S1** Effect of SAA on blood pressure. Error bars indicate 95% CIs. (A) Systolic blood pressure. (B) Diastolic blood pressure

**Table S2** The secondary laboratory outcomes at 24 months by intervention group (adjusted for baseline values)

Outcome	Intervention (N=57)	Control (N=51)	Difference (intervention-control) [95% CI]	P value
White blood cell count ( $\times 10^3/\mu\text{L}$ )	6.26 [5.61–6.90]	6.79 [6.11–7.48]	0.18 [–0.52–0.89]	0.6
Neutrophil count ( $\times 10^3/\mu\text{L}$ )	3.86 [3.30–4.43]	4.07 [3.47–4.68]	0.00 [–0.69–0.70]	0.9
Monocyte count ( $\times 10^3/\mu\text{L}$ )	0.44 [0.37–0.50]	0.45 [0.38–0.51]	0.05 [–0.04–0.13]	0.3
Lymphocyte count ( $\times 10^3/\mu\text{L}$ )	1.66 [1.49–1.83]	1.92 [1.74–2.10]	0.17 [–0.01–0.36]	0.07
Eosinophil count ( $\times 10^3/\mu\text{L}$ )	0.17 [0.12–0.22]	0.22 [0.16–0.28]	–0.03 [–0.09–0.03]	0.3
Red blood cell count ( $\times 10^6/\mu\text{L}$ )	4.22 [4.05–4.40]	4.29 [4.11–4.48]	–0.13 [–0.27–0.00]	0.06
Hemoglobin (g/dL)	12.56 [12.00–13.12]	12.92 [12.33–13.51]	–0.27 [–0.67–0.14]	0.2
Serum albumin (g/dL)	4.45 [4.34–4.56]	4.41 [4.29–4.52]	0.01 [–0.12–0.13]	0.9
Serum uric acid (mg/dL)	6.67 [6.25–7.09]	6.70 [6.25–7.14]	–0.03 [–0.61–0.55]	0.9
Triglyceride (mg/dL)	136.40 [108.95–163.86]	163.86 [134.63–193.09]	–6.20 [–40.74–27.46]	0.7
Total cholesterol (mg/dL)	189.87 [175.56–204.18]	199.54 [184.45–214.62]	10.05 [–6.19–26.30]	0.2
Low-density lipoprotein (mg/dL)	124.13 [111.76–136.50]	130.32 [117.17–143.46]	10.83 [–3.48–25.14]	0.1
Serum potassium (mEq/L)	8.76 [8.50–9.02]	8.98 [8.70–9.26]	–0.12 [–0.40–0.16]	0.4
Serum calcium (mEq/L)	4.70 [4.62–4.80]	4.88 [4.78–4.98]	–0.10 [–0.26–0.08]	0.3
Serum phosphorus (mEq/L)	2.60 [2.46–2.74]	2.50 [2.36–2.66]	0.06 [–0.08–0.20]	0.4

Conversion factors for units: serum uric acid in mg/dL to  $\mu\text{mol/L}$ ,  $\times 59.48$ ; triglyceride in mg/dL to mmol/L,  $\times 0.01129$ ; total cholesterol and low-density lipoprotein in mg/dL to mmol/L,  $\times 0.02586$ ; serum potassium, serum calcium, and serum phosphorus in mEq/L to mmol/L,  $\times 0.5$ .