

Supplementary Table 4. Additional baseline characteristics of study participants

	Experimental group (N=70)	Control group (N=72)	Total (N=142)	P-value
Age				
N	70	72	142	
Mean ± SD	62.77 ± 3.85	63.00 ± 3.99	62.89 ± 3.91	0.79
Median	63.00	63.00	63.00	
Min, max	55.00, 70.00	56.00, 70.00	55.00, 70.00	
Age category, N (%)				
55 ≤ age < 60	16 (22.86)	17 (23.61)	33 (23.24)	0.68
60 ≤ age < 65	32 (45.71)	28 (38.89)	60 (42.25)	
65 ≤ age < 70	22 (31.43)	27 (37.50)	49 (34.51)	
Total	70 (49.30)	72 (50.70)	142 (100.00)	
Menopause				
N	68	71	139	
Mean ± SD	49.85 ± 3.94	49.04 ± 5.32	49.44 ± 4.70	0.44
Median	51.00	50.00	50.00	
Min, max	37.00, 59.00	31.00, 58.00	31.00, 59.00	
Smoking quantity (pack/day)				
N	1	1	2	
Mean ± SD	0.50	1.00	0.75 ± 0.35	NA
Median	0.50	1.00	0.75	
Min, max	0.50, 0.50	1.00, 1.00	0.50, 1.00	
Smoking (yr)				
N	5	1	6	
Mean ± SD	19.00 ± 12.45	20.00	19.17 ± 11.14	0.76
Median	15.00	20.00	17.50	
Min, max	10.00, 40.00	20.00, 20.00	10.00, 40.00	
Alcohol consumption (units/week)				
N	8	11	19	
Mean ± SD	1.13 ± 0.58	1.25 ± 0.65	1.19 ± 0.61	0.69
Median	1.00	1.00	1.00	
Min, max	0.50, 2.00	0.20, 2.00	0.20, 2.00	
Caffeine consumption (mg/day)				
N	46	39	85	
Mean ± SD	124.43 ± 63.94	118.64 ± 65.58	121.78 ± 64.38	0.53
Median	107.00	107.00	107.00	
Min, max	26.00, 321.00	52.00, 266.00	26.00, 321.00	
Height (cm)				
N	70	72	142	
Mean ± SD	155.26 ± 4.87	156.22 ± 3.93	155.75 ± 4.43	0.20
Median	155.15	156.05	155.90	
Min, max	145.40, 164.70	146.80, 164.00	145.40, 164.70	
Weight (kg)				
N	70	72	142	
Mean ± SD	58.10 ± 8.15	57.73 ± 7.23	57.91 ± 7.67	0.78
Median	58.15	58.50	58.15	
Min, max	41.20, 78.00	38.90, 77.10	38.90, 78.00	

SD, standard deviation.