## Changes in other biomarkers

Results below reflect paired t-test results for each secondary biomarker (multiple testing correction using Holm’s method).

| Biomarker     | Mean abs. change | Mean % change | T-test p-value | Corrected p-value |
|---------------|------------------|---------------|----------------|-------------------|
| Mg            | -0.08            | -4%           | 0.0027         | 0.1280            |
| LDL           | -16.16           | -10%          | 0.0076         | 0.3566            |
| Chol          | -21.09           | -9%           | 0.0984         | 0.054             |
| Fol           | -2.47            | -15%          | 0.0456         | 1.0000            |
| HDL           | -3.44            | -6%           | 0.1086         | 1.0000            |
| Lymphocytes   | 87.81            | 5%            | 0.1435         | 1.0000            |
| TIBC          | -9.50            | -3%           | 0.1480         | 1.0000            |
| AST           | 2.66             | 12%           | 0.1668         | 1.0000            |
| Platelets     | 9.09             | 4%            | 0.1741         | 1.0000            |
| Monocytes %   | -0.57            | -7%           | 0.1751         | 1.0000            |
| B12           | -42.25           | -7%           | 0.1841         | 1.0000            |
| CK            | 74.94            | 40%           | 0.2231         | 1.0000            |
| ALT           | 2.16             | 10%           | 0.2293         | 1.0000            |
| WBC           | 0.28             | 5%            | 0.2330         | 1.0000            |
| Basophils %   | -0.08            | -10%          | 0.2393         | 1.0000            |
| Ferritin      | 7.59             | 6%            | 0.2773         | 1.0000            |
| Neutrophils   | 192.31           | 7%            | 0.3627         | 1.0000            |
| Fe            | -9.44            | -8%           | 0.3651         | 1.0000            |
| Sodium        | 0.44             | 0%            | 0.3704         | 1.0000            |
| Cortisol      | -0.98            | -7%           | 0.4271         | 1.0000            |
| Glucose       | 1.25             | 1%            | 0.4319         | 1.0000            |
| MCH           | -0.08            | 0%            | 0.4734         | 1.0000            |
| DHEAS         | -10.25           | -9%           | 0.4829         | 1.0000            |
| TS            | -2.60            | -6%           | 0.4887         | 1.0000            |
| TSH           | -11.34           | -3%           | 0.7134         | 1.0000            |
| GGT           | 0.78             | 4%            | 0.4902         | 1.0000            |
| RBC-Mg        | -0.07            | -1%           | 0.4912         | 1.0000            |
| RDW           | 0.07             | 1%            | 0.5560         | 1.0000            |
| Free testosterone | -0.28          | -4%           | 0.5622         | 1.0000            |
| Albumin       | -0.03            | -1%           | 0.5936         | 1.0000            |
| Monocytes     | -9.12            | -2%           | 0.6990         | 1.0000            |
| hs-CRP        | 0.35             | 23%           | 0.7134         | 1.0000            |
| Basophils     | -1.00            | -2%           | 0.7440         | 1.0000            |
| Eosinophils   | 4.84             | 4%            | 0.7497         | 1.0000            |
| Neutrophils % | 0.53             | 1%            | 0.7676         | 1.0000            |
| Vitamin D     | 0.45             | 1%            | 0.7802         | 1.0000            |
| MCHC          | -0.05            | 0%            | 0.7902         | 1.0000            |
| TG            | 2.00             | 2%            | 0.8187         | 1.0000            |
| Calcium       | -0.02            | 0%            | 0.8269         | 1.0000            |
| Eosinophils % | -0.05            | -2%           | 0.8446         | 1.0000            |
| RBC           | 0.01             | 0%            | 0.8608         | 1.0000            |
| Hemoglobin    | -0.03            | 0%            | 0.8709         | 1.0000            |
| MCV           | -0.08            | 0%            | 0.8728         | 1.0000            |
| Hematocrit    | -0.07            | 0%            | 0.8808         | 1.0000            |
| Lymphocytes % | 0.14             | 0%            | 0.9233         | 1.0000            |