

## Supplementary Material

### Supplementary Data

**Table S1.** Hematological parameters of healthy volunteers for each experimental time. Mean [95% CI], n=19 (women, n=9; men, n=10).

Parameter	Baseline	4 weeks	12 weeks	<i>F, p-value</i>	Reference value*
<b>RBC (10<sup>6</sup> /μl)</b>	4.82 [4.54, 5.10]	4.88 [4.62, 5.14]	4.93 [4.62, 5.24]	NS	3.90 - 5.15
<b>Hgb (g/dl)</b>	13.8 [13.2, 14.5]	14.0 [13.5, 14.6]	14.2 [13.4, 14.9]	NS	12.0 - 15.4
<b>Hct (%)</b>	41.6 [39.7, 43.6]	42.4 [40.8, 43.9]	41.4 [39.4, 43.4]	NS	35.5 - 45.0
<b>MCV (fl)</b>	86.8 [83.6, 89.9]	87.3 [83.6, 89.9]	84.7 [81.5, 87.8] <sup>2,3</sup>	<i>F</i> =27.20, <i>p</i> <0.0005	78.5 - 94.5
<b>MCH (pg)</b>	28.9 [27.7, 30.0]	28.9 [27.8, 30.1]	29.0 [27.7, 30.3]	NS	26.3 - 32.8
<b>MCHC (g/dl)</b>	33.3 [32.8, 33.7]	33.1 [32.7, 33.6]	34.2 [33.7, 34.7] <sup>2,3</sup>	<i>F</i> =12.79, <i>p</i> <0.0005	31.5 - 36.0
<b>RDW.SD (fl)</b>	41 [40, 43]	41 [40, 43]	40 [39, 41]	NS	38 - 48
<b>RDW.CV (%)</b>	13 [13, 14]	13 [13, 14]	13 [13, 14]	NS	11 - 15
<b>WBC (10<sup>3</sup>/μl)</b>	6.6 [5.4, 7.7]	6.7 [6.0, 7.3]	7.0 [6.3, 7.7] <sup>3</sup>	<i>F</i> =5.90, <i>p</i> =0.007	4.3 - 11.1
<b>Neutrophils (10<sup>3</sup>/μl)</b>	3.9 [2.7, 5.0]	4.0 [3.3, 4.6]	4.1 [3.5, 4.7] <sup>3</sup>	<i>F</i> =5.06, <i>p</i> =0.012	1.7 - 7.9
<b>Lymphocytes (10<sup>3</sup>/μl)</b>	2.0 [1.7, 2.3]	2.0 [1.7, 2.3]	2.1 [1.8, 2.4]	NS	1.2 - 5.0
<b>Monocytes (10<sup>3</sup>/μl)</b>	0.50 [0.43, 0.57]	0.54 [0.49, 0.59]	0.57 [0.50, 0.64]	NS	0.10 - 0.93
<b>Eosinophils (10<sup>3</sup>/μl)</b>	0.15 [0.12, 0.18]	0.17 [0.13, 0.21]	0.19 [0.14, 0.25]	NS	0.02 - 0.60
<b>Basophils (10<sup>3</sup>/μl)</b>	0.04 [0.03, 0.05]	0.04 [0.03, 0.05]	0.05 [0.04, 0.06]	<i>F</i> =5.08, <i>p</i> =0.012	0.00 - 0.20
<b>Neutrophils (%)</b>	56.7 [51.3, 62.3]	57.8 [53.2, 63.4]	57.7 [53.3, 62.1]	NS	37.5 - 77.0
<b>Lymphocytes (%)</b>	32.2 [27.5, 36.9]	30.3 [25.8, 34.9]	30.4 [26.6, 34.3]	NS	20.0 - 45.5
<b>Monocytes (%)</b>	7.9 [7.1, 8.7]	8.2 [7.5, 8.9]	8.4 [7.5, 9.2]	NS	1.6 - 9.0
<b>Eosinophils (%)</b>	2.5 [1.9, 3.1]	2.5 [1.9, 3.0]	2.7 [2.0, 3.4]	NS	0.5 - 5.5
<b>Basophils (%)</b>	0.7 [0.5, 0.8]	0.7 [0.5, 0.9]	0.8 [0.6, 1.0]	NS	0.0 - 1.8
<b>IG (10<sup>3</sup>/μl)</b>	0.02 [0.02, 0.02]	0.03 [0.01, 0.05]	0.03 [0.02, 0.04] <sup>2,3</sup>	<i>F</i> =5.80, <i>p</i> =0.007	0.00 - 0.03
<b>IG (%)</b>	0.31 [0.24, 0.38]	0.37 [0.19, 0.55]	0.44 [0.31, 0.58] <sup>2,3</sup>	<i>F</i> =5.69 <i>p</i> =0.008	0.00 - 0.05
<b>PLT (10<sup>3</sup>/μl)</b>	217 [190, 243]	236 [213, 258]	231 [210, 252]	NS	170 - 400
<b>PDW (fl)</b>	15 [14, 16]	14 [14, 15]	15 [14, 16]	NS	9 - 14
<b>MPV (fl)</b>	11.6 [11.3, 12.0]	11.5 [11.1, 11.9]	11.5 [11.1, 11.9]	NS	9.2 - 12.8
<b>P.LCR (%)</b>	38.0 [35.4, 40.7]	37.4 [34.2, 40.6]	37.9 [34.8, 41.0]	NS	21.6 - 50.0
<b>PCT (%)</b>	0.25 [0.23, 0.27]	0.27 [0.25, 0.29] <sup>1</sup>	0.28 [0.26, 0.30] <sup>3</sup>	<i>F</i> =7.80, <i>p</i> =0.002	0.20 - 0.36

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Pairwise comparisons among experimental times (<sup>1</sup>, 4 weeks *versus* Baseline; <sup>2</sup>, 12 weeks *versus* 4 weeks; and <sup>3</sup>, 12 weeks *versus* Baseline): MCV - <sup>2</sup>,  $p < 0.0005$ ; <sup>3</sup>,  $p < 0.0005$ ; MCHC - <sup>2</sup>,  $p < 0.0005$ ; <sup>3</sup>,  $p < 0.0005$ ; WBC - <sup>3</sup>,  $p < 0.05$ ; Neutrophils ( $10^3/\mu\text{l}$ ) - <sup>3</sup>,  $p < 0.05$ ; IG ( $10^3/\mu\text{l}$ ) - <sup>2</sup>,  $p < 0.05$ ; <sup>3</sup>,  $p < 0.05$ ; IG % - <sup>2</sup>,  $p < 0.05$ ; <sup>3</sup>,  $p < 0.05$ ; PCT (%) - <sup>1</sup>,  $p < 0.05$ ; <sup>3</sup>,  $p < 0.005$ . \*The reference values refer to healthy subjects in according to the official guidelines.