Table S1– Chemical composition of sulphurous, carbogaseous,bicarbonate with calcium and magnesium natural mineral water of the Telese spa (Benevento-Italy).

Chemical composition	Concentration
pH	6.08
fixed residue at 180°C (mg/L)	2080
iodide (mg/L)	<0.02
hydrogen sulfide (H_2S) (mg/L)	11.7
sodium (mg/L)	127
potassium (mg/L)	19.8
calcium (mg/dL)	505
magnesium (mg/L)	83.4
lithium (mg/L)	0.70
chloride (mg/L)	194
iron (mg/L)	0.04
bromide (mg/L)	2.9
bicarbonate (mg/L)	1962
sulphate (mg/L)	37.1
silica (mg/L)	17.1
carbon dioxide (mg/L)	1680

Table S2– Reliability and Validity of SF-36

		Internal consistency reliability	Test-retest reliability	Concurrent Validity
		Cronbach's α	*ICC*	
PC	**Physical functioning**	0.837	0.930	0.701
	Physical role functioning	0.834	0.737	0.840
	Body pain	0.827	0.808	0.729
	General health perceptions	0.824	0.876	0.664
MC	**Vitality**	0.816	0.904	0.789
	Social role functioning	0.831	0.820	0.744
	Emotional role functioning	0.827	0.742	0.750
	Mental health	0.821	0.821	0.780

ICC, Intra-class correlation*;* PC, physical component; MC, mental component

```
Logistic regression                          Number of obs    =          95
                                             LR chi2(6)       =       21.63
                                             Prob > chi2      =      0.0014
Log likelihood = -51.704141                  Pseudo R2        =      0.1730
```

Group_SHT	Coef.	Std. Err.	z	P>|z|	[95% Conf. Interval]	
Age	.021227	.0234887	0.90	0.366	-.0248099	.067264
BMI	.0083429	.064485	0.13	0.897	-.1180453	.1347312
delta_Glycemia_2_0	.0227688	.0197814	1.15	0.250	-.0160021	.0615396
Delta_ROMs	.0369859	.0154356	2.40	0.017	.0067326	.0672392
N_drug	.1643743	.2104597	0.78	0.435	-.2481191	.5768678
Sex						
F	.3619755	.530955	0.68	0.495	-.6786773	1.402628
_cons	-2.058655	2.108171	-0.98	0.329	-6.190594	2.073284

Figure S1

```
Logistic regression                          Number of obs    =          95
                                             LR chi2(6)       =       21.63
                                             Prob > chi2      =      0.0014
Log likelihood = -51.704141                  Pseudo R2        =      0.1730
```

Group_SHT	Odds Ratio	Std. Err.	z	P>|z|	[95% Conf. Interval]	
Age	1.021454	.0239926	0.90	0.366	.9754953	1.069578
BMI	1.008378	.0650252	0.13	0.897	.8886558	1.144229
delta_Glycemia_2_0	1.02303	.020237	1.15	0.250	.9841253	1.063473
Delta_ROMs	1.037678	.0160172	2.40	0.017	1.006755	1.069551
N_drug	1.178655	.2480595	0.78	0.435	.780267	1.780453
Sex						
F	1.436164	.7625384	0.68	0.495	.5072875	4.065872
_cons	.1276255	.2690564	-0.98	0.329	.0020486	7.950895

Note: **_cons** estimates baseline odds.

Fig. S1