

Supplemental files list

**Supplementary Table 1.** URI incidence in study subjects during the 8-week intervention period.

Symptoms	PTE group (n=8)				Placebo group (n=2)			<i>p</i> -value <sup>1)</sup>		
	Baseline	Week 4	Week 8	<i>p</i> -value <sup>1)</sup>	Base line	Week 4	Week 8	<i>p</i> -value <sup>1)</sup>		
<b>Total Score</b>	3.0±2.2	6.0±1.4	1.5±0.7	0.125	3.0±0.0	2.00	4.00	-	<b>0.030<sub>2)</sub></b>	
<b>Sore throat</b>	score		0.5±0.7	0.247					0.417	
	duration		0.5±0.7	0.247					0.417	
<b>Rhinorrhea</b>	score	-	1.0	0.00	-	0.5±0.7	1.00	1.00	0.939	0.132
	duration	-	4.5±3.5	0.00	<b>0.045</b>	2.5±3.5	15.00	4.00	0.111	<b>0.037</b>
<b>Nasal congestion</b>	score	-	-	-	-	0.5±0.7	0.00	0.00	0.808	0.324
	duration	-	-	-	-	2.5±3.5	0.00	0.00	0.245	<b>0.040</b>
<b>Sneezing</b>	score	0.3±0.5	1.5±0.7	0.00	<b>0.055</b>	1.0±0.0	1.00	2.00	-	<b>0.022</b>
	duration	0.5±1.0	4.0±1.4	0.00	<b>0.017</b>	4.0±1.4	10.00	2.00	0.140	<b>0.056</b>
<b>Hoarseness</b>	score	0.5±0.6	0.00	0.00	0.363	-	-	-	-	0.569
	duration	4.5±7.1	0.00	0.00	0.556	-	-	-	-	0.365
<b>Myalgia</b>	score	0.3±0.5	0.00	0.00	0.680	-	-	1.00		0.086
	duration	1.0±2.0	0.00	0.00	0.680	-	-	2.00		0.199
<b>Fever</b>	score	0.3±0.5	0.00	0.00	0.680	-	-	-		0.823
	duration	1.3±2.5	0.00	0.00	0.680	-	-	-		0.701
<b>Headache</b>	score		1.5±2.1	0.00	0.247					0.328
	duration		1.5±2.1	0.00	0.247					0.328
<b>Cough</b>	score	1.0±0.8	1.5±0.7	0.5±0.7	0.487	0.5±0.7	0.00	0.00	0.939	0.576
	duration	8.0±1.2	2.5±0.7	1.0±1.4	0.630	1.5±2.1	0.00	0.00	0.975	0.583
<b>Sputum</b>	score	0.8±0.5	0.5±0.7	0.5±0.7	0.842	0.5±0.7	0.00	0.00	0.934	0.984
	duration	4.3±4.2	1.0±1.4	1.0±1.4	0.453	1.5±2.1	0.00	0.00	0.975	0.465

Values are presented as means  $\pm$  SDs

<sup>1)</sup> Analyzed by linear mixed model<sup>2)</sup> Multiple comparison by Bonferroni correction; Test 2<sup>nd</sup>-3<sup>rd</sup> vs Placebo 2<sup>nd</sup>-3<sup>rd</sup>:  $p=0.0194$

<sup>3)</sup> Multiple comparison by Bonferroni correction; Test 1st-2<sup>nd</sup> vs Placebo 1st-2<sup>nd</sup> :  $p=0.0330$ , Test 2<sup>nd</sup>-3<sup>rd</sup> vs Placebo 2<sup>nd</sup>-3<sup>rd</sup>:  $p=0.0354$

<sup>4)</sup> Multiple comparison by Bonferroni correction; Test 1st-2<sup>nd</sup> vs Placebo 1st-2<sup>nd</sup> :  $p=0.0485$ , Test 1st-3<sup>rd</sup> vs Placebo 1<sup>st</sup>-3<sup>rd</sup> :  $p=0.0485$

<sup>5)</sup> Multiple comparison by Bonferroni correction; Test 2<sup>nd</sup>-3<sup>rd</sup> vs Placebo 2<sup>nd</sup>-3<sup>rd</sup> :  $p=0.0152$

<sup>6)</sup> Multiple comparison by Bonferroni correction; Test 2<sup>nd</sup>-3<sup>rd</sup> vs Placebo 2<sup>nd</sup>-3<sup>rd</sup> :  $p=0.0370$

**Supplementary Table 2.** Laboratory profiles of the subjects in this study

Laboratory profiles (standard range)	PTE group(n=60)			Placebo group (n=60)			
	Baseline	Week 8	p-value <sup>1)</sup>	Baseline	Week 8	p-value <sup>1)</sup>	p value <sup>2)</sup>
WBC (4.8–10.8×10 <sup>3</sup> /μL)	5.4±1.2	5.0±1.1	0.001	5.6±1.2	5.3±1.1	0.013	0.292
RBC (4.2–5.4×10 <sup>3</sup> /μL)	4.4±0.4	4.3±0.4	0.001	4.4±0.4	4.3±0.3	0.050	0.471
Hemoglobin (12–16g/dL)	13.5±1.3	13.3±1.2	0.008	13.5±1.1	13.3±0.9	0.087	0.562
Hematocrit (37–47%)	39.9±3.6	39.3±3.6	0.007	39.39±3.1	39.4±2.5	0.050	0.723
Platelet (130–450×10 <sup>3</sup> /μL)	243.2±57.1	233.4±47.9	0.001	246.4±49.0	245.4±50.3	0.758	0.057
Neutrophil (50–75%)	52.6±8.5	54.2±8.8	0.068	51.7±7.9	53.3±6.9	0.056	0.955
Lymphocyte (20~44%)	37.9±7.4	35.9±7.9	0.014	38.3±7.8	36.7±6.5	0.024	0.700
Monocyte (2~9%)	6.7±1.4	7.0±1.4	0.0067	7.1±1.5	6.9±1.2	0.438	0.064
Eosinophil (~5%)	2.1±1.4	2.2±1.3	0.567	2.2±1.7	2.3±1.8	0.548	0.814
Basophil (~2%)	0.7±0.3	0.7±0.3	0.122	0.7±0.3	0.8±0.3	0.071	0.762
ESR (Male~9mm/hr Female:~20mm/hr)	18.5±11.9	21.5±15.4	0.021	18.5±11.4	17.8±11.7	0.839	0.119
hs-CRP (~5mg/L)	0.5±1.0	1.6±6.2	0.155	1.2±2.8	0.7±1.2	0.178	0.061
GGT (8–48IU/L)	19.1±10.9	21.1±17.0	0.087	20.1±14.6	20.2±10.5	0.911	0.269
AST (12–33IU/L)	23.3±5.5	24.9±5.2	0.011	23.3±4.6	24.8±7.7	0.170	0.970
ALT (5–35IU/L)	21.9±8.2	23.4±7.4	0.057	21.7±6.8	24.7±12.4	0.087	0.425
Total bilirubin (0.2–1.2mg/dL)	0.80±0.26	0.81±0.31	0.738	0.88±0.26	0.86±0.25	0.539	0.501
Total protein (6.7–8.3g/dL)	7.0±0.2	0.7±0.2	0.141	6.9±0.3	6.9±0.3	0.802	0.855
Albumin (3.5–5.3g/dL)	4.5±0.2	4.5±0.2	0.030	4.5±0.2	4.4±0.2	0.065	0.336
BUN (8–23mg/dL)	15.0±3.3	15.4±4.0	0.467	16.1±3.8	15.7±3.6	0.465	0.302
Creatinine (0.7–1.7mg/dL)	0.66±0.15	0.67±0.2	0.141	0.68±0.2	0.70±0.2	0.077	0.597
Glucose (74–106mg/dL)	87.7±9.7	86.9±11.5	0.442	90.3±9.4	88.4±8.8	0.039	0.392
CK (50~200 IU/L)	101.8±43.9	106.3±50.6	0.416	126.6±156.0	124.4±104.3	0.923	0.776
LD (218~472 IU/L)	405.0±53.3	411.2±46.9	0.2883	395.7±48.9	410.9±52.4	0.006	0.249
Ph(urine) (4.5~9.0)	6.4±1.1	6.2±1.0	0.557	6.4±0.9	6.4±1.0	0.969	0.629

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Values are presented as mean  $\pm$  SD

<sup>1)</sup> Analyzed by paired *t* test

<sup>2)</sup> Analyzed by Linear Mixed Model between groups

Abbreviations: WBC, White Blood Cell; RBC, Red Blood Cell; ALP; Alkaline Phosphatase; GGT, Gamma Glutamyl Transferase; AST; Aspartate Transaminase; ALT, Alanine Transaminase; BUN, Blood Urea Nitrogen; CK, creatine kinase; LDH, lactate dehydrogenase.