

Supplementary Table

Table S1. Subgroup analysis of *SIRT1* expression by age.

		age	0 week		1 week		<u>p-value</u>	2 week		<u>p-value</u>
			AVE	SE	AVE	SE		AVE	SE	
Placebo	<i>n</i> = 28	20-29y	0.943	0.046	0.971	0.043	0.960	0.922	0.041	0.460
PIC	<i>n</i> = 29		0.966	0.044	0.990	0.052		0.902	0.044	
Placebo	<i>n</i> = 27	30-39y	1.036	0.053	0.961	0.043	0.074	0.947	0.046	0.730
PIC	<i>n</i> = 28		0.933	0.035	0.944	0.039		0.905	0.040	
Placebo	<i>n</i> = 31	40-49y	0.972	0.037	0.996	0.043	0.690	0.971	0.037	0.500
PIC	<i>n</i> = 24		0.971	0.046	1.017	0.051		0.947	0.034	
Placebo	<i>n</i> = 33	50-59y	1.057	0.039	1.065	0.036	0.505	1.033	0.041	0.588
PIC	<i>n</i> = 29		0.954	0.036	1.027	0.042		0.982	0.037	
Placebo	<i>n</i> = 24	60-69y	0.920	0.031	0.854	0.036	0.008	0.846	0.035	0.004
PIC	<i>n</i> = 28		0.985	0.037	1.007	0.037		1.020	0.044	

Table S2. Subgroup analysis of *SIRT1* expression according to body mass index (BMI).

		BMI	0 week		1 week		<i>p</i> -value	2 week		<i>p</i> -value
			AVE	SE	AVE	SE		AVE	SE	
Placebo	<i>n</i> = 52	$20 \leq \text{BMI} < 25$	1.000	0.034	1.014	0.036	0.290	0.975	0.033	0.241
PIC	<i>n</i> = 47		0.970	0.029	1.025	0.033		0.996	0.034	
Placebo	<i>n</i> = 47	$25 \leq \text{BMI} < 30$	0.997	0.030	1.000	0.030	0.356	0.977	0.030	0.429
PIC	<i>n</i> = 48		1.000	0.029	1.029	0.030		0.951	0.029	
Placebo	<i>n</i> = 44	$30 \leq \text{BMI}$	0.968	0.034	0.909	0.028	0.039	0.892	0.030	0.055
PIC	<i>n</i> = 43		0.910	0.033	0.931	0.038		0.902	0.030	

Table S3. Subgroup analysis of *SIRT1* expression by sex and body mass index (BMI).

		sex and BMI	0 week		1 week		<i>p</i> -value	2 week		<i>p</i> -value
			AVE	SE	AVE	SE		AVE	SE	
Placebo	<i>n</i> = 72	Men	0.993	0.026	0.994	0.026	0.358	0.961	0.024	0.585
PIC	<i>n</i> = 69		0.971	0.024	1.008	0.027		0.962	0.024	
Placebo	<i>n</i> = 71	Women	0.985	0.028	0.959	0.027	0.018	0.939	0.028	0.351
PIC	<i>n</i> = 69		0.953	0.025	0.986	0.029		0.940	0.028	
Placebo	<i>n</i> = 25	Men, 20 ≤ BMI < 25	0.947	0.043	1.014	0.059	0.949	0.951	0.042	0.603
PIC	<i>n</i> = 23		0.965	0.046	1.025	0.047		0.988	0.045	
Placebo	<i>n</i> = 25	Men, 25 ≤ BMI < 30	1.013	0.044	1.016	0.038	0.876	0.995	0.043	0.602
PIC	<i>n</i> = 24		1.012	0.038	1.010	0.042		0.969	0.041	
Placebo	<i>n</i> = 22	Men, 30 ≤ BMI	1.022	0.046	0.947	0.034	0.028	0.933	0.040	0.151
PIC	<i>n</i> = 22		0.933	0.042	0.987	0.052		0.929	0.038	
Placebo	<i>n</i> = 27	Women, 20 ≤ BMI < 25	1.049	0.051	1.013	0.045	0.045	0.998	0.051	0.193
PIC	<i>n</i> = 24		0.975	0.038	1.024	0.046		1.004	0.052	
Placebo	<i>n</i> = 22	Women, 25 ≤ BMI < 30	0.978	0.041	0.981	0.048	0.162	0.955	0.043	0.583
PIC	<i>n</i> = 24		0.988	0.044	1.048	0.044		0.933	0.043	
Placebo	<i>n</i> = 22	Women, 30 ≤ BMI	0.914	0.049	0.870	0.043	0.523	0.850	0.046	0.261
PIC	<i>n</i> = 21		0.886	0.050	0.876	0.054		0.874	0.048	

Table S4. Subgroup analysis of *SIRT1* expression by menopausal status in female.

			0 week		1 week		<i>p</i> -value	2 week		<i>p</i> -value
			AVE	SE	AVE	SE		AVE	SE	
Placebo	<i>n</i> = 46	premenopausal	0.979	0.038	0.970	0.036	0.338	0.952	0.038	0.366
PIC	<i>n</i> = 45		0.904	0.030	0.933	0.035		0.870	0.029	
Placebo	<i>n</i> = 25	postmenopausal	0.997	0.038	0.939	0.039	0.008	0.914	0.040	0.006
PIC	<i>n</i> = 24		1.043	0.042	1.079	0.045		1.071	0.050	