**Supplementary Table:** Effect of ACN and PBO supplementation on biochemical and inflammatory biomarkers

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| **Parameters** | **Mean (SD)** | **Reference Range** |
|  | **PREACN** | **POSTACN** | **PREPBO** | **POSTPBO** |  |
| Albumin (g/L) | 46.3 (1.9) | 45.5 (2.5) | 45.7 (2.1) | 46.2 (3.5) | 32-45 |
| ALP (U/L) | 60.3 (16.3) | 57.1 (16.5) | 57.2 (15.0) | 61.6 (16.6) | 30-110 |
| ALT (U/L) | 16.0 (5.3) | 17.0 (4.8) | 15.9 (5.3) | 19.8 (10.9) | <35 |
| AST (U/L) | 20.8 (3.6) | 20.8 (20.8) | 20.2 (2.0) | 21.9 (5.1) | <40 |
| Calcium (mmol/L) | 2.35 (0.06) | 2.36 (0.07) | 2.33 (0.06) | 2.41 (0.14) | 2.10-2.60 |
| Chol (mmol/L) | 4.99 (1.21) | 4.93 (1.13) | 4.87 (1.15) | 5.10 (1.08) | <4.0 |
| Creatinine (µmol/L) | 66.5 (8.7) | 70.1 (9.7) | 67.7 (11.2) | 69.9 (10.5) | 45-110 |
| GGT (U/L) | 20.8 (15.0) | 19.4 (12.7) | 19.4 (13.6) | 19.6 (12.2) | <50 |
| Glucose (mmol/L) | 4.6 (0.4) | 4.4 (0.3) | 4.4 (0.3) | 4.6 (0.4) | 3.0-5.4 |
| HDL (mmol/L) | 1.47 (0.29) | 1.46 (0.31) | 1.45 (0.29) | 1.51 (0.33) | 1.0-2.2 |
| Phos (mmol/L) | 1.24 (0.13) | 1.19 (0.19) | 1.19 (0.11) | 1.23 (0.13) | 0.75-1.50 |
| LDH (U/L) | 143.6 (16.9) | 142.8 (21.3) | 139.7 (20.1) | 146.6 (21.5) | 120-250 |
| TBili (µmol/L) | 11.3 (4.0) | 12.2 (4.5) | 11.1 (3.2) | 12.1 (2.8) | <20 |
| Total Protein (g/L) | 72.5 (4.4) | 73.1 (4.0) | 71.4 (3.6) | 75.3 (4.9) | 60-80 |
| Trig (mmol/L) | 0.89 (0.34) | 0.83 (0.27) | 0.88 (0.27) | 0.91 (0.20) | <1.7 |
| Urea (mmol/L) | 4.9 (1.1) | 5.2 (1.3) | 5.0 (1.7) | 4.6 (1.3) | 3.0-8.0 |
| Sodium (mmol/L) | 139.2 (1.8) | 139.8 (4.2) | 138.8 (2.8) | 142.2 (8.0) | 135-145 |
| Potassium (mmol/L) | 4.1 (0.1) | 4.1 (0.4) | 4.0 (0.2) | 4.1 (0.2) | 3.5-5.2 |
| Chloride (mmol/L) | 103.2 (2.5) | 104.5 (4.4) | 102.6 (2.6) | 106.6 (7.0) | 95-110 |
| LDL (mmol/L) | 3.3 (1.0) | 3.3 (0.9) | 3.4 (1.1) | 3.4 (0.9) | 2.0-3.4 |
| CK (U/L) | 82.9 (27.1) | 75.1 (20.1) | 67.8 (17.4) | 72.6 (19.4) | 30–220 |
| Uric Acid (mmol/L) | 0.28 (0.07) | 0.30 (0.07) | 0.30 (0.8) | 0.29 (0.07) | 0.15–0.45 |
| CRP (mg/L) | 1.1 (1.1) | 1.2 (1.3) | 1.2 (1.3) | 1.3 (1.9) | <5.0 |

ALP, Alkaline phosphatase; ALT, Alanine aminotransferase; AST, Aspartate aminotransferase; Chol, Cholesterol; CK, Creatinine kinase; CRP, C-reactive protein; GGT, Gamma-glutamyl transpeptidase; HDL, High density lipoprotein; LDH, Lactate dehydrogenase; LDL, Low density lipoprotein; Phos, Phosphate; TBili, Total bilirubin; TP, Total protein; Trig, Triacylglycerol. Data is presented as mean ± SD.