

**Table 1.** Demographics and clinical characteristics of COVID-19 patients at baseline.

Characteristics	Patients, No. (%)		P value <sup>a</sup>
	Intervention group (n = 24)	Control group (n = 20)	
Age, mean $\pm$ SD, years	50.75 $\pm$ 14.43	52.95 $\pm$ 14.07	0.613
Sex			
Male	14 (58.3)	12 (60)	0.911
Female	10 (41.7)	8 (40)	
BMI, kg/m <sup>2</sup>	28.44 $\pm$ 4.69	27.37 $\pm$ 3.76	0.415
Current smoker	1 (4.2)	1 (5)	0.895
Comorbidities			
Hypertension	8 (33.3)	3 (15)	0.162
Diabetes	6 (25)	4 (20)	0.694
Rheumatic disease	1 (4.2)	3 (15)	0.213
Cardiovascular disease	3 (12.5)	0 (0)	0.101
Cancer	1 (4.2)	2 (10)	0.445
Signs and symptoms			
Fever (temperature $\geq$ 37.3 °C)	7 (29.2)	4 (20)	0.484
Cough	11 (45.8)	10 (50)	0.783
Dyspnea	17 (70.8)	13 (65)	0.679
Myalgia	16 (66.7)	8 (40)	0.077
Fatigue	19 (79.2)	14 (70)	0.484
Chill	11 (45.8)	9 (45)	0.956
Headache	13 (54.2)	7 (35)	0.204
GI symptoms	9 (37.5)	7 (35)	0.864
Chest pain	11 (45.8)	10 (50)	0.783
Sputum production	8 (33.3)	6 (30)	0.813
Rhinorrhea	3 (12.5)	4 (20)	0.498
Sore throat	5 (20.8)	6 (30)	0.484
Laboratory findings			
NLR, median (IQR)	3.3 (2.1-5.7)	3.4 (2.3-5.6)	0.822
ESR, median (IQR), mm/h	25 (14-35)	27 (17-38)	0.516
Positive CRP $\geq$ 10 mg/L	21 (87.5)	18 (90)	0.795
Pulmonary involvement	21 (87.5)	19 (95)	0.389
Time from symptom onset to randomization, median (IQR), days	7 (6-9)	7 (5-8)	0.435

COVID-19, coronavirus disease 2019; BMI, body mass index; NLR, neutrophil-lymphocyte ratio; ESR, erythrocyte sedimentation rate; CRP, C-reactive protein; No., number; SD, standard deviations; IQR, interquartile range.

<sup>a</sup> P values indicate differences between patients in the intervention group and the control group.  $P < .05$  was considered statistically significant.