

**Supplementary Table 5.** The trends of the change in HbA1c during the study period in subjects with and without improvement in HbA1c

Variable	HbA1c		P value <sup>a</sup>
	No improvement	Improvement	
-3 Months	8.3±1.1	8.3±1.4	0.626
0 Month	8.2±1.0	9.1±1.6 <sup>b</sup>	<0.001
+3 Months	8.5±1.2 <sup>bc</sup>	8.1±1.3 <sup>c</sup>	0.002
+6 Months	8.4±1.1 <sup>c</sup>	7.7±1.2 <sup>bc</sup>	<0.001
Change from -3 months	0.12±1.03	-0.67±1.21	<0.001
Change from the baseline	0.17±0.61	-1.36±1.04	<0.001

Values are presented as mean ± standard deviation.

HbA1c, glycosylated hemoglobin.

<sup>a</sup>Compared subjects with and without improvement using independent *t*-test, <sup>b</sup>*P*<0.05 compared to the HbA1c levels at -3 months using paired *t*-test, <sup>c</sup>*P*<0.05 compared to the HbA1c levels from the baseline using paired *t*-test.