Table 1- baseline demographic data and clinical features of the trial participants

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| *p*-value | Control Group  (n= 18) | Intervention Group  (n= 18) |  |
| 0.844 | 42.83±9.53 | 42.22±8.89 | **Mean age**(years±SD) |
| 0.502 | 11 (61.11)  7 (38.89) | 9(50)  9(50) | **Sex**( number)  Male  Female |
| 0.143  0.252 | 52.61±29.59  62.67±52.07 | 37.72±13.19  37.56±10.83 | **Liver enzymes**(units per liter)  AST  ALT |
| 0.013 | 24.38±2.55 | 25.97±1.28 | **BMI**(kg/m2) |
| 0.505 | 7 (38.89)  11 (61.11) | 10(55.55)  8(44.45) | **Grade of fatty liver**  Grade 1  Grade 2 |

BMI: Body mass index, ALT: alanine aminotransferase, AST: aspartate aminotransferase, SD: standard deviation