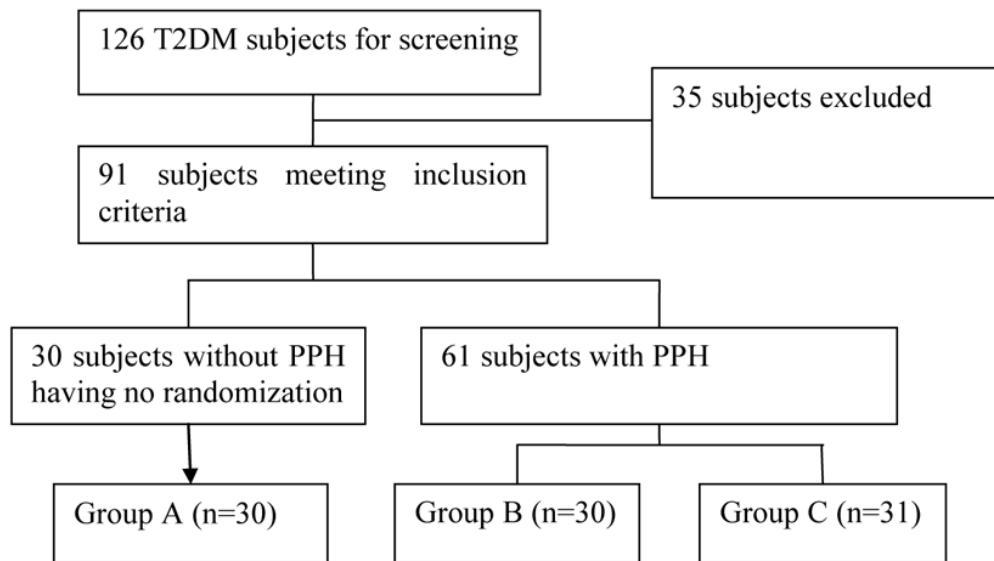**Supplementary Figure**

Flow chart for participant enrollment.

Supplementary Figure.

Supplementary Tables

Table S1. Comparison of change from treatments of blood pressures, heart rate, and glucose overtimes among three groups.

					Change from 0 min.					p-value among three groups
	0	15	30	45	60	75	90	105	120	
SBP, mmHg										<0.001*
A group	124.00 ± 11.21	0.6 ± 12.56	-3.17 ± 11.55	-5.07 ± 9.76	-4.3 ± 9.64	-2.27 ± 10.58	-4.97 ± 10.93	-3.57 ± 9.5	-3.03 ± 9.74	
B group	138.87 ± 12.38	-13.63 ± 10.89	-16.37 ± 12.04	-20.27 ± 11.52	-19.9 ± 11.62	-20.23 ± 10.81	-19.2 ± 12.63	-21.87 ± 12.23	-19.83 ± 13.54	
C group	133.77 ± 17.44	-3.58 ± 12.66	-5.19 ± 15.37	-9.26 ± 14.32	-8.84 ± 13.15	-8.26 ± 14.94	-9.71 ± 11.04	-8.52 ± 13.76	-4.94 ± 11.82	
DBP, mmHg										0.004*

										p-value
A group	71.60 ± 13.73	2.9 ± 12.14	-3.7 ± 15.97	-6.9 ± 11.82	-8.47 ± 14.8	-7.3 ± 13.61	-8.27 ± 15.95	-6.87 ± 13.28	-3.4 ± 14.82	
B group	80.47 ± 13.53	-3.7 ± 16.6	-6.67 ± 13.42	-12.4 ± 12.53	-11.97 ± 12.54	-13.23 ± 11	-12.37 ± 11.77	-14 ± 12.06	-9.5 ± 14.87	
C group	73.74 ± 11.58	2.81 ± 10.91	-0.03 ± 11.01	-3.71 ± 7.87	-3.77 ± 8.79	-2.58 ± 10.15	-3.03 ± 10.55	-3.06 ± 10.45	-0.68 ± 10.11	
MBP, mmHg										<0.001*
A group	88.73 ± 10.85	2.13 ± 10.61	-3.47 ± 12.66	-6.37 ± 9.47	-7.13 ± 11.76	-5.53 ± 11.36	-7.17 ± 12.84	-5.83 ± 10.47	-3.37 ± 11.2	
B group	99.63 ± 11.91	-7.07 ± 12.95	-9.9 ± 11.11	-15.1 ± 10.89	-14.63 ± 10.57	-15.53 ± 9.55	-14.77 ± 10.53	-16.67 ± 10.89	-13.03 ± 12.81	
C group	93.29 ± 11.53	0.71 ± 7.65	-1.68 ± 10.79	-5.52 ± 8.05	-5.35 ± 8.88	-4.39 ± 9.79	-5.1 ± 8.81	-4.74 ± 9.74	-2 ± 9.54	
HR, beats/min.										0.263
A group	75.8 ± 12.84	1.6 ± 8.24	-0.33 ± 6.61	-3.27 ± 7.53	-2.67 ± 9.65	-3.5 ± 9.24	-4.07 ± 9.49	-1.4 ± 9.23	-1.67 ± 8.13	
B group	80.73 ± 14.78	-0.8 ± 7.8	-2.2 ± 7.26	-4.5 ± 7.42	-4.57 ± 7.47	-5.33 ± 7.15	-5.43 ± 7.99	-3.57 ± 8.64	-0.03 ± 10.37	
C group	76.74 ± 12.15	4.26 ± 9.65	0.71 ± 8.39	-1.19 ± 7.25	-2.13 ± 8.11	-0.74 ± 8.21	-2.9 ± 8.62	-4.71 ± 10.03	-1.26 ± 8.69	
GLU,										0.452

mmol/L

A group	8.67 ± 3.56	0.42 ± 1.02	1.26 ± 1.64	1.86 ± 2.27	2.3 ± 2.38	2.42 ± 2.63	2.39 ± 2.99	2.24 ± 2.97	1.9 ± 3.16
B group	7.66 ± 3.14	0.61 ± 1.08	1.57 ± 1.92	2.09 ± 2.36	2.24 ± 2.72	2.33 ± 3.12	2.18 ± 3.42	1.84 ± 3.27	1.95 ± 3.37
C group	8.84 ± 3.36	0.24 ± 0.95	0.85 ± 1.82	1.34 ± 1.95	1.45 ± 2.28	1.73 ± 2.6	1.53 ± 2.91	1.19 ± 3.23	1.25 ± 3.54

Data were presented as mean±SD for each group.

Table S2. Post-treatment measurements in blood pressure, SDs and CVs of blood pressure and heart rate at 2 h postprandial.

Post-treatment measurements	A group (n=30)	B group (n=30)	C group (n=31)	p-value
Lowest value[a], mmHg				
SBP	110.67 ± 10.69	106.03 ± 14.92	115 ± 15.09	0.043*
DBP	57.2 ± 8.21	59 ± 11.97	63.45 ± 11.15	0.064
MBP	75.5 ± 6.37	75.27 ± 12.61	81.26 ± 10.9	0.041*
Max fall value[a], mmHg				
SBP	13.8 ± 6.65	32.83 ± 9.58[†]	18.68 ± 11.89[†]	<.001*
DBP[b]	14.5 ± 13.17	21.47 ± 10.77[†]	10.55 ± 6.84[‡]	<.001*
MBP[b]	13.4 ± 9.72	24.37 ± 9.26[†]	12.06 ± 6.95[‡]	<.001*
Time of max fall[a], min				
SBP	69.5 ± 36.42	64.5 ± 36.35	65.32 ± 35.4	0.847
DBP[b]	72.5 ± 26.74	66 ± 32.39	76.55 ± 27.7	0.457

MBP[b]	75.5 ± 28.54	73 ± 31.69	65.65 ± 32.53	0.427
Duration of fall>20mmHg[b], min				
SBP	1 ± 5.48	52.33 ± 36.17[†]	19.35 ± 25.16[†,‡]	<.001*
DBP	8.5 ± 23.53	24.31 ± 34.81[†]	3.87 ± 15.48[‡]	<.001*
MBP	7 ± 23.22	27.03 ± 30.58[†]	5.32 ± 15.76[‡]	<.001*
SD value[b]				
SBP	7.36 ± 2.16	11.07 ± 2.99[†]	9 ± 3.39[†,‡]	<.001*
DBP	7.8 ± 4.23	9.38 ± 4.61[†]	6.84 ± 3.77[‡]	0.033*
MBP	6.88 ± 2.96	9.21 ± 3.54[†]	6.47 ± 2.98[‡]	0.002*
HR	5.64 ± 2.24	6.98 ± 2.39	5.68 ± 1.85	0.029*
CV value[b]				
SBP	0.06 ± 0.01	0.09 ± 0.03[†]	0.07 ± 0.03[†,‡]	<.001*
DBP	0.12 ± 0.06	0.14 ± 0.07	0.1 ± 0.06	0.053
MBP	0.08 ± 0.03	0.11 ± 0.04[†]	0.07 ± 0.04[†,‡]	0.003*
Heart rate	0.08 ± 0.03	0.09 ± 0.04	0.08 ± 0.03	0.159

Data were presented as mean±SD by group.

[ab] Differences among groups were compared using one-way ANOVA with a post-hoc comparison, Bonferroni test for [a]data with normal distribution and Kruskal-Wallis test with a post-hoc pair-wise comparison, Mann-Whitney U test for [b]data without normal distribution.

[*] $p<0.05$, significantly different among three groups.

[†,‡] $p<0.0167$, significantly different as compared with groups [†]A and [‡]B.

Abbreviations: SBP, systolic blood pressure; DBP, diastolic blood pressure; SD, standard deviation;

CV, coefficient of variation 2

Table S3. Comparison of HRV data among three groups.

HRV parameters	A group (n=29)	B group (n=30)	C group (n=31)	p-value
mean NN[a]	811.24 ± 94.42	790.5 ± 126.31	802.06 ± 128.02	0.795
SDNN[a]	63.52 ± 21.73	67.13 ± 29.76	65.74 ± 25.25	0.864
SDANN[a]	50.34 ± 18.85	51.8 ± 25.44	49.29 ± 21.01	0.905
ASDNN[a]	35.07 ± 13.04	36.7 ± 17.66	39.42 ± 16.77	0.568
rMSSD	18.93 ± 7.67	19.57 ± 9.54	21.61 ± 11.85	0.813
pNN50	2.63 ± 3.67	3.59 ± 5.39	4.55 ± 7.31	0.826
BB50	231.79 ± 302.99	312.73 ± 455.26	370.87 ± 506.29	0.714
VLF[a]	19.58 ± 8.16	20.96 ± 10.01	21.5 ± 8.86	0.701
LF	11.28 ± 5.34	12.35 ± 6.94	13.64 ± 11.72	0.679
HF	7.83 ± 3.34	8.04 ± 4.46	139.7 ± 732.6	0.925
LF/HF[a]	1.47 ± 0.45	1.57 ± 0.48	1.56 ± 0.49	0.645

Data were represented as mean±SD by group.

[a]Difference among groups were compared using one-way ANOVA test with a post-hoc comparison, Bonferroni test for [a]data with normal distribution; and Kruskal-Wallis test with a post-hoc pair-wise comaprison, Mann-Whitney U test for other data because of data without normal distribution.

Table S4. Continuous glucose monitoring system measurements by group.

	A group (n=30)	B group (n=30)	C group (n=31)	*p*-value
Correlation Coefficient	0.9 ± 0.2	0.91 ± 0.08	0.9 ± 0.11	0.922

MBG, mmol/L	9.66 ± 2.24	8.92 ± 1.83	9.33 ± 1.57	0.317
SD, mmol/L	2.21 ± 0.77	2.15 ± 0.91	2.2 ± 1.13	0.818
Bgdiff, mmol/L	8.57 ± 2.59	9.01 ± 3.32	8.82 ± 4.56	0.899
T_{BG}>7.8 mmol/L, %	71.78 ± 25.62	58.97 ± 27.94	65.52 ± 22.39	0.169
T_{BG}>11.1 mmol/L, %	28.52 ± 24.8	24 ± 24.48	23.1 ± 23.27	0.551
Hyperglycemia AUC>7.8mmol/Lday	2.33 ± 1.76	1.65 ± 1.38	1.94 ± 1.39	0.259
Hyperglycemia AUC>11.1 mmol/Lday	0.7 ± 1.02	0.52 ± 0.68	0.53 ± 0.69	0.668
MAGE, mmol/L	4.27 ± 1.7	4.35 ± 1.63	4.39 ± 2.26	0.926
NGE, time/d	4.78 ± 2.38	4.7 ± 2.1	4.42 ± 3.06	0.368
MBG^1, mmol/L	9.38 ± 3.18	8.64 ± 3.39	8.97 ± 3.52	0.446
MBG^2, mmol/L	10.46 ± 3.53	9.21 ± 2.4	9.95 ± 2.71	0.362
BG_{diff}^1, mmol/L	3.47 ± 1.68	3.34 ± 2.25	2.49 ± 2.09†	0.042*
BG_{diff}^2, mmol/L	4.83 ± 2.67	4.77 ± 2.81	2.89 ± 1.42†‡	0.003*
Max PBG, mmol/L	11.78 ± 3.83	10.91 ± 2.95	11.52 ± 3.32	0.715

Peak Time, min	61.11 ± 25.79	68.07 ± 32.46	104.43 ± 20.55†‡	<.001*
SD2	1.28 ± 0.69	1.31 ± 0.87	1.16 ± 0.89	0.542
CV2	0.13 ± 0.07	0.14 ± 0.09	0.11 ± 0.07	0.309

Data were presented as mean±standard deviations for each group.

[1,2] at 2 hour [1]before and [2]after the meal, respectively.
[ab]Differences among groups were compared using Kruskal-Wallis test for [a]continuous variables without normal distribution; one-way ANOVA with a post-hoc pair-wise comparisons, Bonferroni test for [b]continuous variables with normal distribution.

[*]$p<0.05$, significantly different among the three groups.

[†,‡] $p<0.0167$, significantly different as compared with groups [†]A and [‡]B.

Abbreviations: MBG, mean blood glucose; SD, standard deviation; T_{BG}, the proportion of times at which the blood glucose was higher than set levels over 24 h; AUC, area under the curve; MAGE, mean amplitude of glucose excursion; NGE, number of glucose excursions; BG_{diff}, difference between maximum and minimum blood glucose concentrations; PBG, postprandial blood glucose.