

Figure S1. A systematic illustration of the study design criteria. BCP, β -caryophyllene.

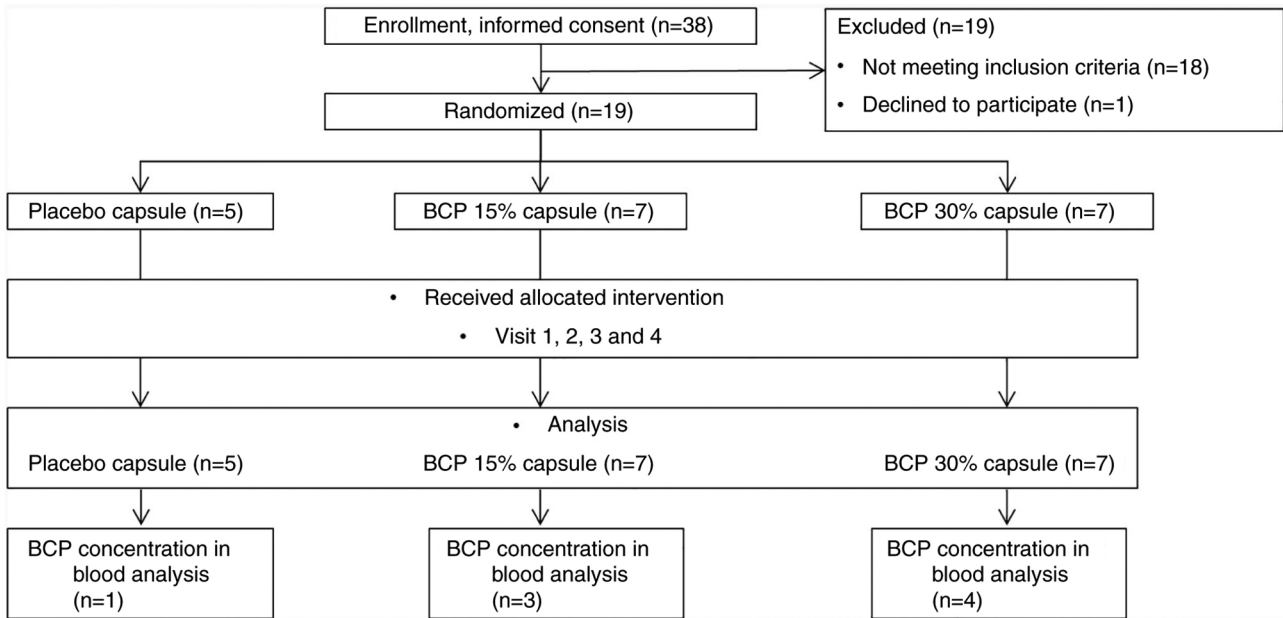


Figure S2. (A) The baPWV transition in the BCP and placebo groups during this study for all case. Solid lines represent the BCP group, and dashed lines indicate the placebo group. baPWV transition in the BCP 30%, BCP 15%, and placebo groups during this study for (B) all cases and (C) for subjects whose initial baPWV was >1,300 cm/sec. Solid lines represent the BCP 30% group, dotted lines indicate the BCP 15% group, and dashed lines represent the placebo group. *P<0.1 vs. the initial baPWV. BCP, β -caryophyllene; baPWV, brachial-ankle pulse wave velocity; %FEV_{1.0}, forced expiratory volume in 1 sec.

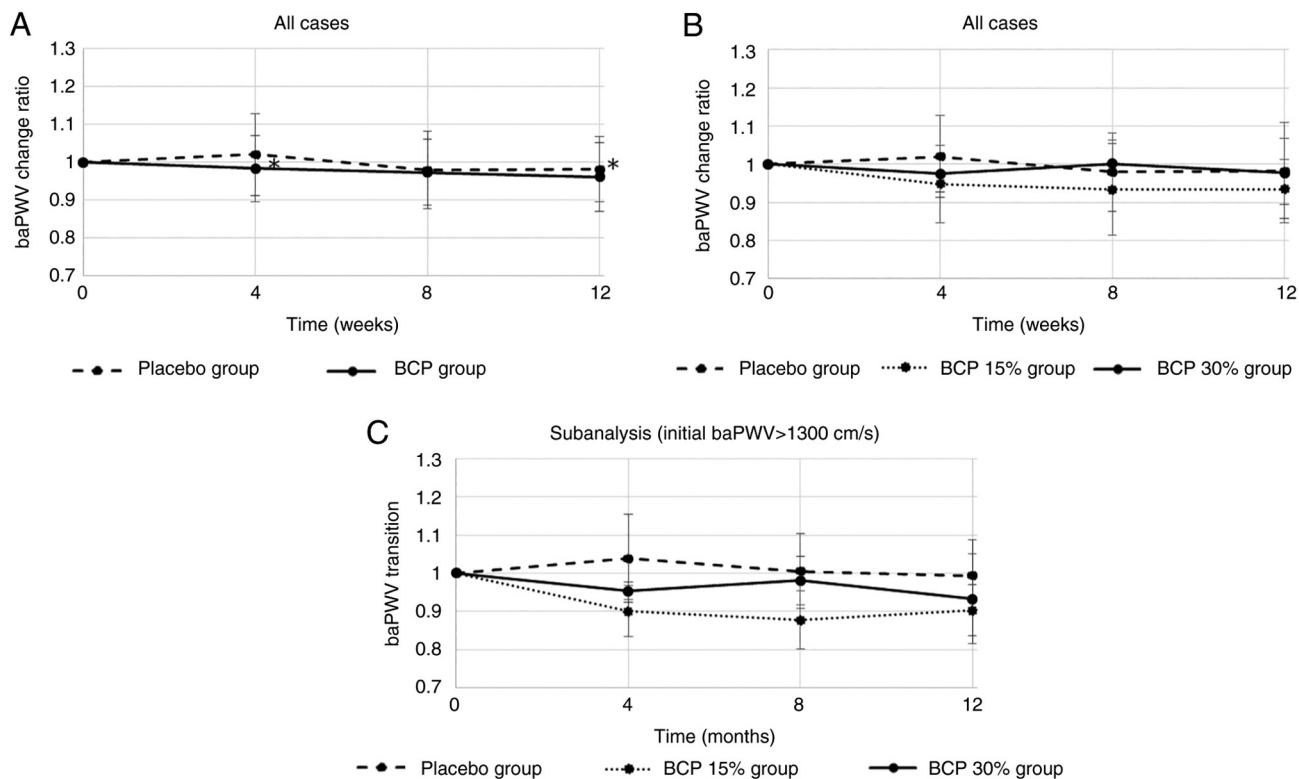


Figure S3. Transitions of (A) diastolic and systolic blood pressure, (B) pulse pressure, (C) heart rate and (D) ABI. Data are the mean of left and right arms. ABI, ankle brachial index.

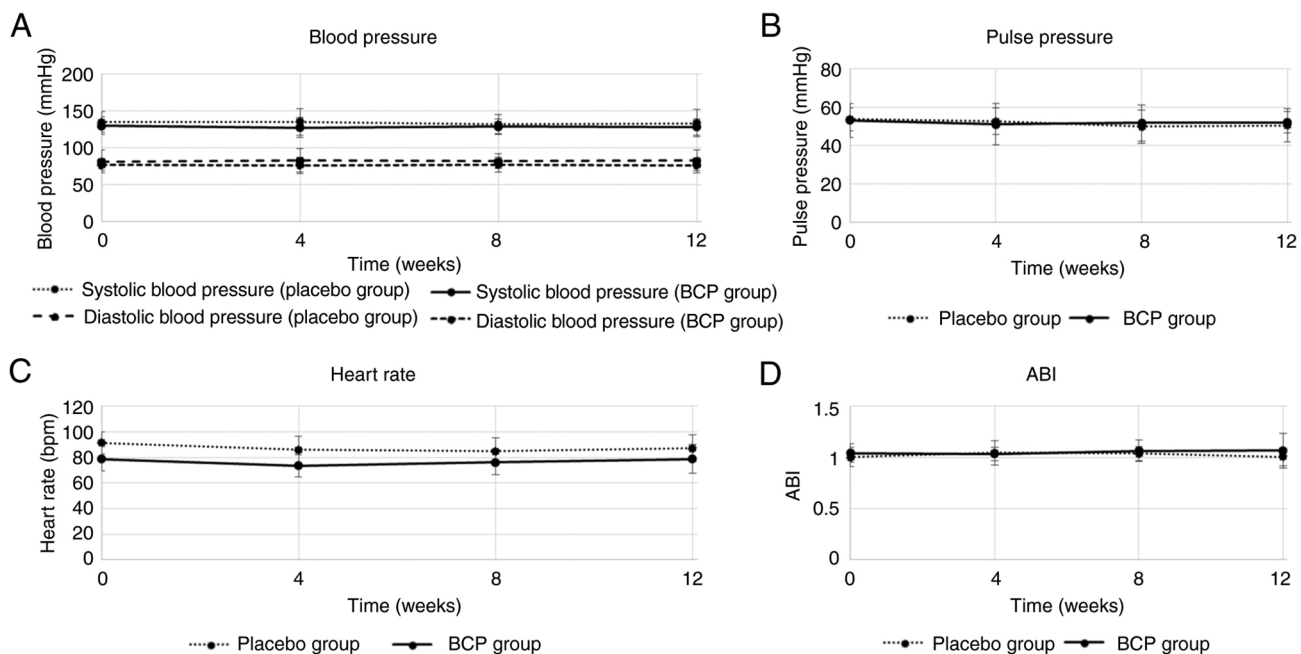


Figure S4. Transitions of (A) %VC and (B) %FEV_{1,0} in the BCP 30%, BCP 15%, and placebo groups during this study. Solid lines represent the BCP 30% group, dotted lines indicate the BCP 15% group, and dashed lines represent the placebo group. BCP, β -caryophyllene; %FEV_{1,0}, forced expiratory volume in 1 sec; %VC, % vital capacity.

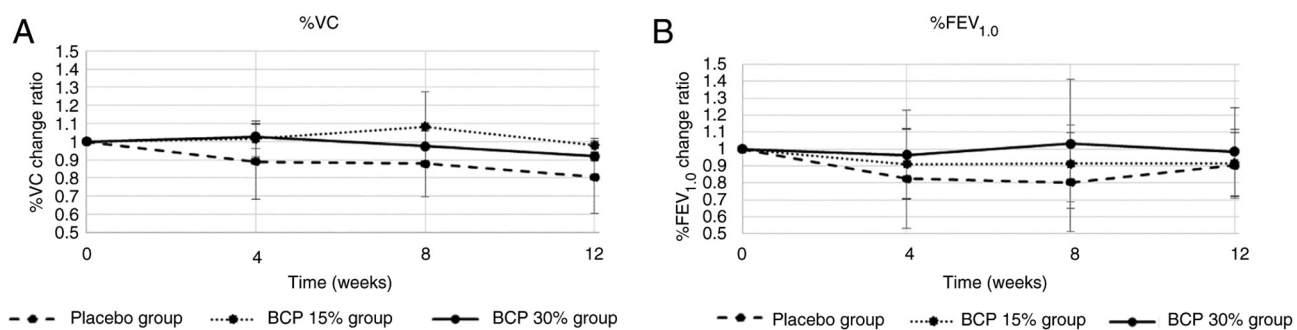


Figure S5. (A) Correlation between %FEV_{1,0} in 12 weeks and the AUC of BCP. Spearman's rank correlation coefficient is 0.548, and the P-value is 0.171. (B) Correlation between the AUC of BCP and baPWV transition. Spearman's rank correlation coefficient is -0.714, and the P-value is 0.0576. %FEV_{1,0}, forced expiratory volume in 1 sec; BCP, β -caryophyllene; baPWV, brachial-ankle pulse wave velocity; AUC, area under the curve of blood concentration.

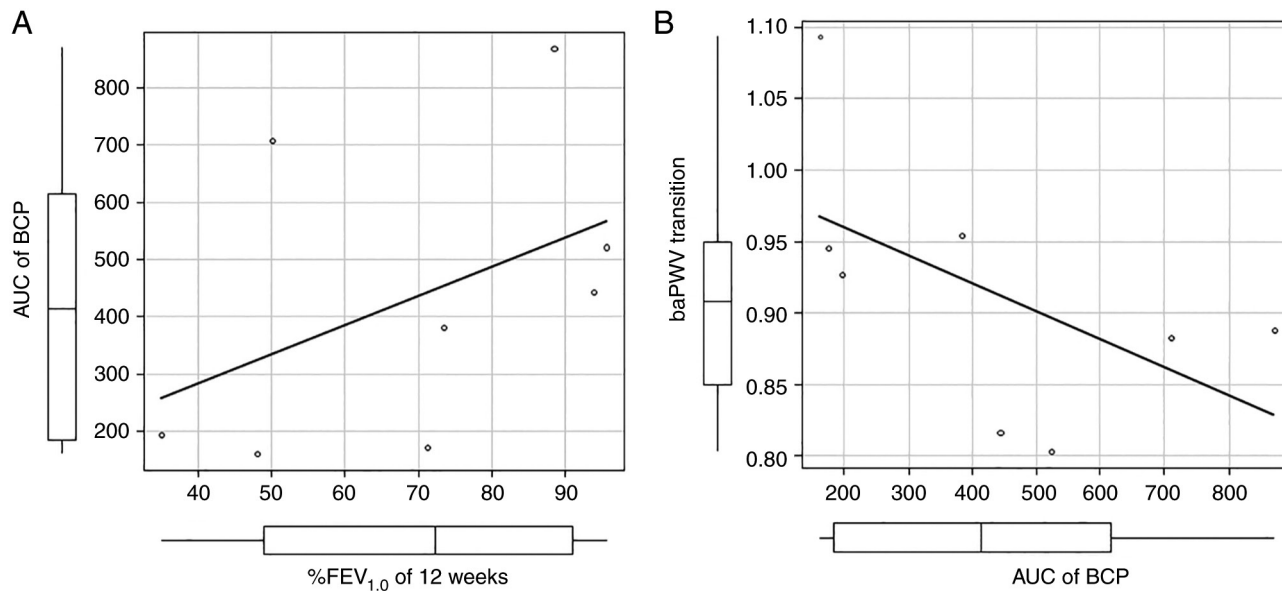


Figure S6. Transition of the number of smoked cigarettes per day during the study. Average and standard deviation per week are plotted. Solid lines represent the BCP 30% group, dotted lines indicate the BCP 15% group, and dashed lines represent the placebo group. BCP, β -caryophyllene.

