**Supplementary Table 2**

**Post COVID-19 symptomatic and BRH intake**

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| --- | --- | --- | --- | --- | --- | --- |
| Responder’s sex and age | BMI | List of post-covid symptoms | Number of post-covid symptoms | Comorbidities | Smoking status | Duration of BRH Intake |
| Male – 67 | 23.45 | Tiredness  Cough  Persistent high temperature  Headaches  Loss of sense of smell | 5 | Hypertension | Never smoker | 14 days |
| Female – 58 | 24.72 | Cough  Persistent high temperature  Headaches | 3 | Hypertension | Never smoker | 10 days |
| Female - 43 | 21.38 | Tiredness  Cough  Persistent high temperature  Pain in muscles and joints  Headache | 5 | None | Never smoker | 14 days |
| Male – 32 | 33.87 | Tiredness  Cough  Persistent high temperature | 4 | None | Never smoker | 14 days |
| Female – 64 | 21.3 | Tiredness  Cough  Persistent high temperature  Headache  Loss of sense of smell | 5 | None | Never smoker | 14 days |
| Female – 30 | 35.98 | Tiredness  Shortness of breath  Cough  Chest discomfort  Persistent high temperature  Headache  Pain in muscle or joints | 7 | None | Never smoker | 14 days |
| Male – 75 | 35.92 | Tiredness  Shortness of Breath  Cough  Chest discomfort  Persistent high temperature  Pain in joints and muscles  Headache | 7 | Hypertension | Never Smoker | 14 days |
| Female - 43 | 20.4 | Tiredness  Cough  Persistent high temperature  Pain in muscles and joints  Headache | 5 | None | Never smoker | 14 days |