Supplementary table 2. Baseline clinical characteristics for cohort participating at baseline for the cohort that had complete follow-up data at week 16.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Baseline cohort | | | Completed the study | | | Baseline vs. Completed  p value [95% CI] | | | |
|  | *Placebo* | *NAC* | *CT* | *Placebo* | *NAC* | *CT* | *Overall* | *Placebo* | *NAC* | *CT* |
| *outcome* | *Mean (SD)* | *Mean (SD)* | *Mean (SD)* | *Mean (SD)* | *Mean (SD)* | *Mean (SD)* |  |  |  |  |
| MADRS | 29.43 (5.64) | 28.72 (5.25) | 29.34 (5.54) | 28.81 (5.78) | 29.21 (4.63) | 29.32 (4.71) | 0.790 [-1.403-1.838] | 1.000 [-2.893-2.893] | 0.742 [-1.795-2.499] | 0.768 [-2.266-3.040] |
| BDRS | 25.35 (7.98) | 25.39 (5.58) | 25.41 (6.06) | 23.40 (7.82) | 26.38 (4.93) | 24.93 (5.75) | 0.418 [-2.622-1.097] | 0.269 [-6.473-1.867] | 0.862 [-2.295-2.728] | 0.710 [-3.530-2.439] |
| HAMA | 17.37 (6.11) | 16.74 (4.46) | 17.07 (6.19) | 16.33 (5.20) | 16.40 (3.84) | 15.29 (4.74) | 0.360 [-2.970- -0.100] | 0.193 [-4.987-1.048] | 0.227 [-2.792-0.684] | 0.202 [-4.716-1.039] |
| YMRS | 3.84 (3.68) | 3.25 (2.71) | 3.87 (3.35) | 3.79 (3.85) | 3.61 (2.93) | 4.00 (3.90) | 0.385 [-1.425 -0.554] | 0.480 [-2.917-1.402] | 0.798 [-1.115-1.439] | 0.591 [-2.303-1.336] |
| SOFAS | 56.19 (9.35) | 57.26 (9.29) | 55.66 (10.56) | 57.36 (8.69) | 55.40 (9.19) | 55.74 (11.55) | 0.882 [-3.117 – 2.681] | 0.890 [-4.129-4.735] | 0.403 [-5.138-2.111] | 0.694 [-4.679-6.937] |
| LIFE-RIFT | 14.15 (2.96) | 14.11 (2.63) | 14.64 (2.74) | 13.51 (2.92) | 14.62 (2.23) | 14.32 (2.41) | 0.475 [-1.119-0.525] | 0.261 [-2.441-0.684] | 0.501 [-0.698-1.400] | 0.376 [-2.007-0.781] |
| CGI-S | 4.56 (0.76) | 4.56 (0.75) | 4.64 (0.96) | 4.48 (0.71) | 4.68 (0.67) | 4.55 (0.81) | 0.857 [-0.238-0.198] | 1.000 [-0.396-0.396] | 0.860 [-0.282-0.336] | 0.555 [-0.571-0.313] |
| Q-LES-Q-SF | 41.63 (12.68) | 41.75 (12.65) | 37.98 (13.82) | 43.88 (13.81) | 40.10 (9.40) | 41.88 (13.37) | 0.364 [-2.017-5.445] | 0.405 [-4.127-9.971] | 0.929 [-5.691-5.209] | 0.224 [-2.868-11.739] |
| IL-6 | 0.462 (0.52) | 0.354 (0.68) | 0.304 (0.63) | 1.677 (0.93) | 2.139 (1.85) | 1.504 (0.92) | 0.996 [-0.337-0.369] | 0.881 [-0.558-0.481] | 0.176 [-0.250-1.315] | 0.158 [-0.948-0.161] |
| TAC | 0.463 (0.09) | 0.471 (0.10) | 0.458 (0.12) | 0.455 (0.11) | 0.487 (0.98) | 0.450 (0.13) | 0.684 [-0.025-0.038] | 0.285 [-0.077-0.023] | 0.135 [-0.011-0.080] | 0.490 [-0.81-0.040] |

NAC = N-acetylcysteine; CT = Combination Nutraceutical Treatment; MADRS = Montgomery-Åsberg Depression Rating Scale; BDRS = Bipolar Depression Rating Scale; HAMA = Hamilton Anxiety Rating Scale; YMRS = Young Mania Rating Scale; SOFAS = Social and Occupational Assessment Scale; LIFE-RIFT = The Range of Impaired Functioning Tool; CGI-S = Clinical Global Impressions – Severity Scale; Q-LES-Q = Quality of Life Enjoyment; IL-6 = Interleukin 6; TAC = Total Antioxidant Capacity; SD = Standard Deviation.

CT = Combination Nutraceutical Treatment; MADRS = Montgomery-Åsberg Depression Rating Scale; BDRS = Bipolar Depression Rating Scale; HAMA = Hamilton Anxiety Rating Scale; YMRS = Young Mania Rating Scale; SOFAS = Social and Occupational Assessment Scale; LIFE-RIFT = The Range of Impaired Functioning Tool; CGI-S = Clinical Global Impressions – Severity Scale; Q-LES-Q = Quality of Life Enjoyment; n = Number of subjects per time point; SD = Standard Deviation.