

Supplementary Table S1. Post hoc analysis conducted after significant ANOVA/Chi square test results for the participants' clinical characteristics.

	Control	Prehypertension	Hypertension	p-value	C vs Pre	C vs Hyp	Pre vs Hyp
Age	45.2	51.7	50.2	0.003	<0.001	0.077	0.871
Hypertension treatment							
Tablets	0	2	5	0.043	0.23	0.021	0.41
DASH	0	2	5	0.043	0.23	0.021	0.41

C: Control; Pre: Prehypertension; Hyp: Hypertension