Supplementary material

Table S1. Non-serious adverse events reported in the study (safety set).

AE (verbatim)	Mg-Teadiola n=51		Placebo n=55	
	Events n	Number of participants n′ (%)	Events n	Number of participants n′ (%)
Headaches/migraines	23	16 (31.4)	32	21 (38.2)
Musculoskeletal pain	14	12 (23.5)	11	9 (16.4)
Dental pain	1	1 (2.0)	5	3 (5.5)
Fatigue	6	4 (7.8)	3	3 (5.5)
Gynecological disorders	0	0 (0.0)	13	8 (14.5)
Digestive disorders	16	10 (19.6)	12	10 (18.2)
Dermatological disorders	3	3 (5.9)	3	3 (5.5)
Infections COVID	2	2 (3.9)	1	1 (1.8)
Urinary tract infections	0	0 (0.0)	2	2 (3.6)

AE, adverse event; COVID, coronavirus disease; n, number of AEs, n′, number of participants.