

Supplementary Table S1. Inter- and intragroup comparisons regarding anthropometry, blood markers, MedDiet and FACIT-F scores

Characteristics		Melatonin Group (N = 23)		<i>p</i> -value*	Placebo Group (N = 26)		<i>p</i> -value*	<i>p</i> -value†
		before	after		before	after		
Anthro- pometry:	BW (kg)	69.9 (22.4)	68.0 (19.1)	0.008	70.7 (25.0)	68.5 (23.4)	< 0.001	0.602
	BMI (kg/m ²)	26.4 (8.1)	25.6 (6.6)	0.012	28.3 (11.4)	28.0 (11.2)	< 0.001	0.483
	Fat mass %	39.9 (17.7)	39.0 (12.0)	0.042	44.0 (14.2)	43.0 (13.2)	< 0.001	0.061
	WC (cm)	96.5 (15.0)	94.0 (16.5)	0.005	96.0 (24.3)	95.0 (23.3)	< 0.001	0.423
Blood markers:	WBC (103/uL)	5.6 (2.4)	5.0 (4.2)	0.345	6.5 (4.8)	6.3 (3.8)	0.136	0.346
	Neutrocytes %	65.1 (17.9)	63.0 (14.0)	0.859	64.4 (14.7)	65.0 (9.6)	0.573	0.719
	PL (103/uL)	199.0 (77.0)	231.0 (93.0)	0.443	243.5 (80.5)	242.0 (115.0)	0.616	0.602
	HGB (g/dL)	11.8 (2.1)	11.9 (1.0)	0.802	11.8 (1.8)	11.9 (2.0)	0.782	0.846
	HCT %	35.7 (3.8)	35.2 (4.9)	0.836	35.8 (3.4)	36.2 (3.7)	0.898	0.938
	LDH (U/L)	201.0 (136.4)	227.0 (108.0)	0.426	226.5 (128.7)	220.0 (67.0)	0.339	0.502
	Glu (mg/dL)	97.0 (16.0)	97.0 (8.0)	0.777	98.0 (9.8)	97.0 (13.0)	0.306	0.484
MedDiet:	MedDiet Score	32.0 (5.0)	34.0 (6.0)	0.004	34.5 (6.3)	35.0 (5.0)	< 0.001	0.165
FACIT-F scores:	Total Score	122.0 (45.0)	128.0 (32.0)	< 0.001	127.0 (27.5)	132.5 (28.5)	0.610	0.452
	PWB	20.0 (7.0)	21.0 (3.0)	0.003	20.5 (6.3)	22.0 (6.3)	0.976	0.658
	SFWB	20.0 (5.0)	22.0 (7.0)	0.007	23.0 (8.0)	23.5 (5.8)	0.366	0.444
	EWB	20.0 (7.0)	22.0 (6.0)	0.002	21.0 (8.3)	22.0 (7.0)	0.475	0.630
	FWB	20.0 (8.0)	22.0 (7.0)	0.001	20.0 (3.0)	20.0 (4.5)	0.253	0.513
	Fatigue	40.0 (18.0)	41.0 (16.0)	0.026	43.0 (5.5)	44.0 (7.3)	0.104	0.136

Data are expressed as median and interquartile range (IQR). **p*-value: significant differences between baseline and follow up (3 months) analyzed by the Wilcoxon signed-rank test; †*p*-value: significant differences between the Placebo and the Melatonin group at follow up analyzed by Mann–Whitney rank test. Level of statistical significance was set at 0.05. BC, breast cancer; BMI, body mass index; WC, waist circumference; WBC, white blood count; NEU, neutrophils; PL, platelets; HGB, hemoglobin; HCT, hematocrit; LDH, lactate dehydrogenase; GLU, glucose; FACIT-F, Functional Assessment of Chronic Illness Therapy – Fatigue; PBW, physical well-being; SFWB, social/family well-being; EWB, emotional well-being; FWB, functional well-being