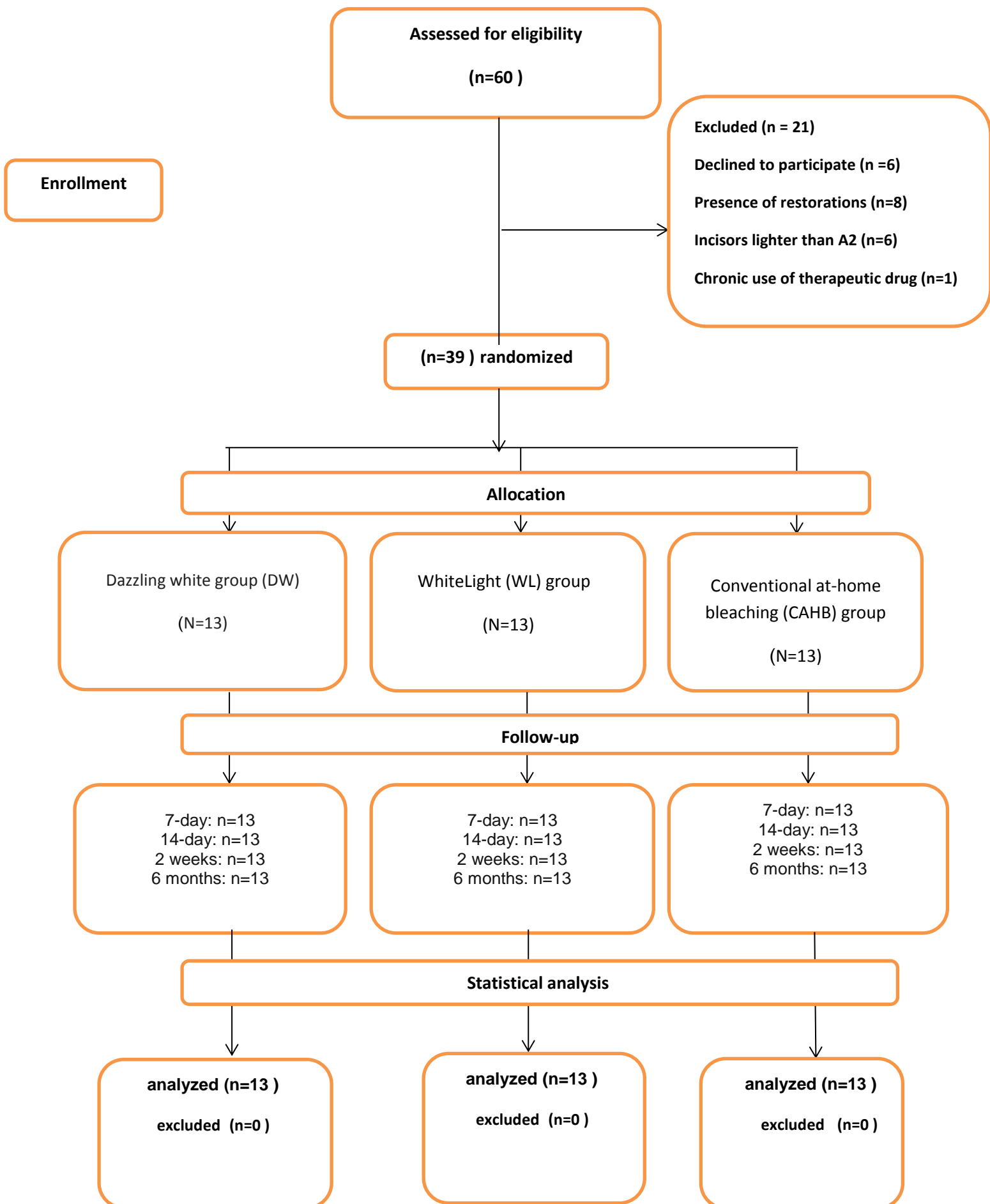
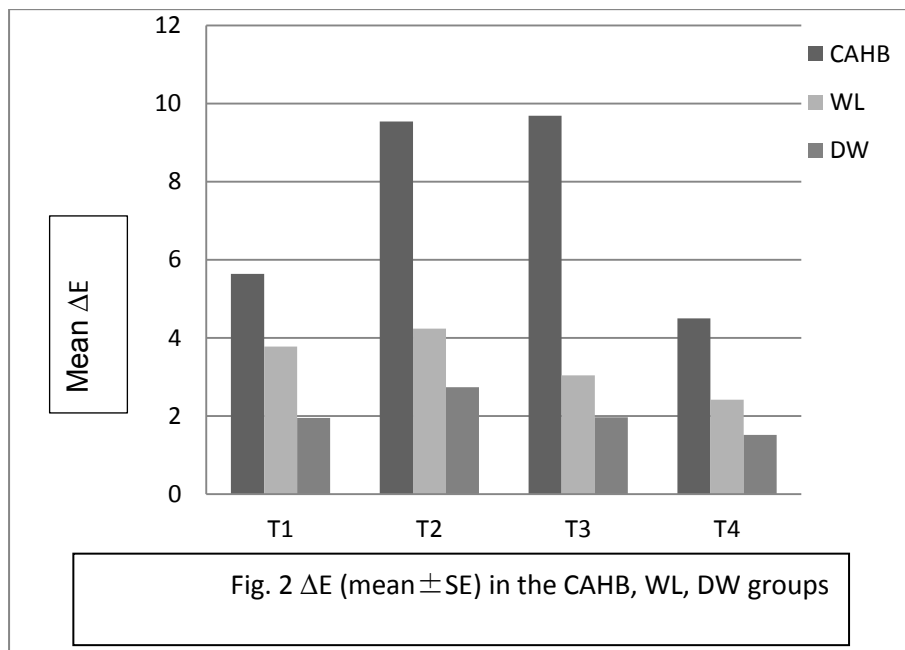


◀ Fig 1 CONSORT flow diagram of the experiment



➤ Figure 2 presents mean \pm SE of the ΔE in the bleaching groups



Differences between the groups were evaluated using ANOVA one way and considered as statistically significant at $p < 0.05$

T1: 7-day of bleaching, T2: 14-day of bleaching, T3: 2 weeks after bleaching, T4: 6 months after bleaching.

➤ **table 1** study sample distribution according to patient's gender and bleaching system.

Bleaching system	Patients			Percentage %		
	female	male	total	female	male	total
CAHB	12	1	13	84.6	15.4	100
WL	11	2	13	69.2	30.8	100
DW	9	4	13	92.3	7.7	100
Total sample	13	13	13	82.1	17.9	100

◀ **table 2** ΔE values at different time points within each group

Bleaching system	T1	T2	T3	T4
	ΔE (SE)	ΔE (SE)	ΔE (SE)	ΔE (SE)
CAHB	5.64 (2.42) ^a	9.54 (3.86) ^a	9.69 (3.58) ^a	9.95 (3.83) ^a
WL	3.78 (3.82) ^b	4.24 (2.97) ^b	3.04 (2.96) ^b	2.42 (2.67) ^b
DW	1.95 (2.34) ^c	2.74 (2.70) ^c	1.79 (2.04) ^c	1.52 (2.03) ^c
P value	0.000	0.000	0.000	0.000

Differences between the groups were evaluated using ANOVA one way

and considered as statistically significant at $p < 0.05$

T1: 7-day of bleaching, T2: 14-day of bleaching, T3: 2 weeks after bleaching, T4: 6 months after bleaching.

Different letters in the same column indicate the statistical significance $p < 0.05$.

◀ **Table 3** TS reported by patients using VAS

Time	Group	TS mean	SE	P
Day-1	CAHB	0.69	1.03	0.015
	WL	0	0	
	DW	0.08	0.28	
Day-2	CAHB	0.92	1.26	0.001
	WL	0.08	0.28	
	DW	0	0	
Day-3	CAHB	1.08	0.86	0.000
	WL	0.08	0.08	
	DW	0	0	
Day-7	CAHB	1	1	0.001
	WL	0.15	0.38	
	DW	0	0	
Day-14	CAHB	2.15	1.91	0.000
	WL	0	0	
	DW	0	0	

Differences between the groups were evaluated using Kruskal-Wallis and considered as statistically significant at $p < 0.05$

◀ There were no adverse effects in this study.