- **Participant Flow:** Participants were recruited into three groups of Healthy Controls (HC), Mild Cognitive Impairment (MCI) and Mild-AD based on NINCDS-ADRDA criteria.

- **Baseline Characteristics:** A tabular summary showing baseline demographic (age and gender) and clinical characteristics of the participants.

Groups	Healthy Controls	Mild Cognitive impairment (MCI)	Mild Alzheimer's
Number of participants	22	23	15
Mean age	63.36	67.13	72.86
Gender (#female)	14	11	6

- **Outcome Measures:**

Primary outcome measure

Groups	Healthy Controls	Mild Cognitive impairment (MCI)	Mild Alzheimer's
Serum amyloid-beta 40 levels measured using ELISA test at baseline *(mean ± SD)*	116.5 (±41)	139.7 (±42)	203.3 (±35)
Serum amyloid-beta 42 levels measured using ELISA test at baseline *(mean ± SD)*	119.4 (±39)	155.8 (±46)	187.3 (±41)
Serum Phosphorylated Tau level measured using ELISA test at baseline *(mean ± SD)*	140.3 (±40)	162.7 (±29)	187.0 (±31)
Serum Neurofilament light-chain (NFL) levels measured using ELISA test at baseline *(mean ± SD)*	189.5 (±36)	187.4 (±35)	157.7 (±29)
Level of cognitive performance measured by ICA test at baseline *(mean ± SD)*	70.0 (±6)	63.1 (±7)	41.2 (±13)

- **Adverse Events:** There were no adverse events associated with this trial.