

**Supplemental Data Table S1.** Reference ranges for the nine CBC items included in this study

CBC item	Reference range	Reference interval
Hb (g/L)	130–170 for men, 120–160 for women	40
MCV (fL)	80–100	20
Platelets ( $10^9/L$ )	150–450	300
WBCs ( $10^9/L$ )	4–10	6
Neutrophils (%)	50–75	25
Lymphocytes (%)	20–44	24
Monocytes (%)	2–9	7
Eosinophils (%)	1–7	6
Basophils (%)	0–2	2

Abbreviations: CBC, complete blood count; MCV, mean corpuscular volume; WBCs, white blood cells.