

Table 1. Baseline characteristics of participants according to group

	All (N=48)	Placebo group (N=23)	Intervention group (N=25)	p value
Age (years)	63.88±7.59	62.70±6.84	64.96±8.20	0.31
Sex (M:F)	16:32	8:15	8:17	0.84
Education (years)	10.56±3.75	11.17±4.08	10.00±3.42	0.28
Family history of dementia (N, %)	8 (16.7%)	6 (26.1%)	2 (8.0%)	0.13
APOE4 gene (N, %)	5 (10.4%)	2 (8.7%)	3 (12.0%)	1.00

Data are presented as the mean(SD) or frequency(percentage).

P value are calculated by Student's t-test, Fisher's exact test, or Chi square test.

Table 2. Lipid profiles according to group at baseline and 12 weeks

	baseline		12 weeks		p value
	Placebo	Black rice	Placebo	Black rice	
Total cholesterol	177.30±32.48	182.48±24.07	173.30±37.95	174.60±29.16	0.60
Triglyceride	144.87±83.24	128.12±58.01	150.87±78.74	145.92±82.54	0.62
HDL	51.30±12.69	53.31±13.54	49.82±12.11	52.41±12.58	0.84
LDL	104.52±36.09	108.64±21.80	100.74±32.05	105.04±28.13	0.98

Data are presented as the mean(SD) or frequency(percentage).

Data were analyzed with repeated measure of ANOVA.

Table 3. Neuropsychological test scores according to group at baseline and 12 weeks

	baseline		12 weeks		p value
	Placebo	Black rice	Placebo	Black rice	
SMCQ	5.52±3.81	5.84±2.94	3.87±2.46	4.72±3.26	0.49
ADAS-cog	12.48±3.07	12.96±3.50	11.70±3.34	11.20±3.62	0.27
CERAD-K total score	66.39±7.14	64.56±8.78	74.13±7.03	71.40±10.44	0.59
verbal fluency (VF)	13.35±3.21	12.80±3.35	14.48±3.13	13.52±4.09	0.63
15-item Boston Naming Test (BNT)	11.57±1.70	11.52±2.45	12.52±1.59	12.52±1.98	0.90
Mini Mental Status Examination (MMSE)	26.04±1.87	25.80±2.65	26.26±2.60	25.32±3.00	0.26
word list memory (WLM)	17.39±2.62	16.88±2.70	20.65±3.10	19.60±4.45	0.57
constructional praxis (CP)	10.13±1.22	9.48±1.50	10.26±1.36	9.76±1.42	0.69
word list recall (WLR)	5.30±0.93	5.28±1.60	6.78±1.28	6.60±1.76	0.72
word list recognition (WLRc)	8.65±1.50	8.60±1.50	9.43±0.66	9.40±0.87	0.96
constructional recall (CR)	6.48±2.45	6.04±2.56	8.39±1.92	7.88±2.30	0.92
trail making A (seconds)	54.91±17.33	63.44±24.24	46.52±17.55	61.88±31.05	0.24
trail making B (seconds)	186.17±83.04	215.13±86.89	159.52±84.79	194.58±91.27	0.77

Data are presented as the mean(SD) or frequency(percentage).

Data were analyzed with repeated measure of ANOVA.

SMCQ, Subjective Memory Complaints Questionnaire

ADAS-cog, Alzheimer's Disease Assessment Scale-cognitive subscale

CERAD-K, Korean version of the Consortium to Establish a Registry for Alzheimer's disease

CERAD-K total score=VF+BNT+WLM+CP+WLR+WLRc