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This is a randomized clinical trial on the second phase, registered at the Clinical Research Information Service (CRIS, <http://cris.nih.go.kr>), number ##########. Or other international registration is acceptable.

**Conflict of interest**

Choi Y is an adviser of the AAA Pharmaceutical Co. Ltd., Seoul, Korea, but he made no influence on this work in relation with the company or its products. Other authors have no potential conflicts of interest to disclose.

King SJ has been the Editor of the Annals of Occupational and Environmental Medicine since 2005. Hong GD has worked as an Assistant Editor of the journal since 2016. However, they were not involved in the peer reviewer selection, evaluation, or decision process of this article. Otherwise, no other potential conflicts of interest relevant to this article were reported. (If any authors are editorial board members, they should state this explicitly.)

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**Author contributions**

Please describe all of the following:

Conceptualization: King SJ, Hong GD. (ideas; formulation or evolution of overarching research goals and aims.)

Data curation: Jang YS, Choi Y, Park E. (management activities to annotate [produce metadata], scrub data, and maintain research data including software code, where it is necessary for interpreting the data itself for initial use and later re-use.)

Methodology/formal analysis/validation: Jang YS, Choi Y, Park E. (development or design of methodology; creation of models, application of statistical, mathematical, computational, or other formal techniques to analyze or synthesize study data, verification, whether as a part of the activity or separate, of the overall replication/reproducibility of results/experiments and other research outputs)

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