**Supplementary table 1. Baseline characteristics of the participants**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Titration group**  **(N=27, 30.4%)** | **Standard group**  **(N=31, 34.8%)** | **Control group**  **(N=31, 34.8%)** | **P-value**† |
| **Age, mean (SD), year** | 62.34 ± 9.04 | 59.97 ± 9.66 | 61.16 ± 9.11 | 0.608 |
| **Male, n (%)** | 19 (70.4) | 20 (64.5) | 23 (74.2) | 0.706 |
| **Hypertension, n (%)** | 18(66.7) | 20(64.5) | 20(64.5) | 0.981 |
| **Diabetes mellitus, n (%)** | 4(14.8) | 6(19.4) | 7(22.6) | 0.565 |
| **Dyslipidemia, n (%)** | 9(33.3) | 8(25.8) | 14(45.2) | 0.273 |
| **Previous stroke, n (%)** | 4(18.4) | 3(9.7) | 5(16.1) | 0.612 |
| **TIA, n (%)** | 1(3.7) | 1(3.2) | 0(0.0) | NA |
| **Coronary heart disease, n (%)** | 0(0.0) | 0(0.0) | 1(3.2) | NA |
| **Chronic kidney disease, n (%)** | 0(0.0) | 0(0.0) | 1(3.2) | NA |
| **Heart rate (beats/min)** |  |  |  |  |
| **Visit 2 (Day 0), mean (SD)** | 72.52±12.75 | 77.34±13.77 | 76.91±12.46 | 0.2703 |
| **Visit 3 (Day 14), mean (SD)** | 75.86±11.52 | 82.75±12.71 | 82.39±11.33 | **0.0380** |
| **Visit 4 (Day 28), mean (SD)** | 75.11±9.19 | 80.17±12.74 | 80.16±11.44 | 0.1509 |
| **Change from Visit 2 (baseline) (beats/min)** |  |  |  |  |
| **Visit 3-Visit 2, mean (SD)** | 3.95±13.31 | 2.38±14.93 | 5.23±13.81 | 0.799 |
| **Visit 4-Visit 2, mean (SD)** | 2.21±13.87 | 2.03±12.33 | 3.94±11.82 | 0.812 |

\*Abbreviation: SD, standard deviation; TIA, transient ischemia attack; NA, not applicable

†P value, among three groups