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| **Table S1: Comparison of demographic, anthropometric and biochemical data between study and control groups** |
|   |   | Control Group | Study Group | p |
|   |   | Mean±SD | Median (min-max) | Mean±SD | Median (min-max) |
| Age (year) | 24.2 | ± | 4.4 | 23.9 (18-32.3) | 24.6 | ± | 5.4 | 23.3 (18.5-41.3) | 0.744 | t |
| Gender n (%) | Male | 11 |   | 42.3 |   | 24 |   | 64.8 |   | 0.076 | X² |
| Female | 15 |   | 57.7 |   | 13 |   | 35.2 |   |
| BMI n (%) | Underweight | 1 |   | 3.8 |   | 6 |   | 16.2 |   | 0.334 | X² |
| Normal | 12 |  | 46.2 |  | 19 |   | 51.3 |   |
| Overweight | 8 |  | 30.8 |  | 7 |   | 19.0 |   |
| Obese | 5 |   | 19.2 |   | 5 |   | 13.5 |   |
| Waist circumference n (%) | Normal | 20 |   | 76.9 |   | 29 |   | 78.4 |   | 0.957 | X² |
| Increased | 5 |  | 19.2 |  | 7 |   | 18.9 |   |
| No data | 1 |  | 3.9 |  | 1 |   | 2.7 |   |
| Height (cm) | 166.0 | ± | 8.9 | 165.0 (155.0-187.0) | 167.7 | ± | 8.7 | 169.0 (152.0-189.0) | 0.398 | m |
| Weight (cm) | 69.9 | ± | 14.0 | 67.0 (41.8-95.9) | 66.5 | ± | 13.8 | 63.7 (46.3-93.8) | 0.336 | t |
| WHR | 0.89 | ± | 0.05 | 0.89 (0.77-0.95) | 0.87 | ± | 0.06 | 0.87 (0.74-1.07) | 0.209 | m |
| SMM percentage (%) | 38.0 | ± | 4.9 | 37.2 (29.2-49.2) | 39.3 | ± | 6.2 | 38.5 (26.2-49.7) | 0.388 | t |
| Fat percentage (%) | 30.7 | ± | 8.1 | 32.5 (14.2-46.0) | 28.2 | ± | 10.5 | 29.7 (10.0-51.3) | 0.332 | m |
| HOMA-IR n (%) | Normal | 14 |  | 53.8 |  | 9 |   | 24.3 |   | 0.896 | X² |
| Increased | 10 |  | 38.5 |  | 7 |   | 18.9 |   |
| No data | 2 |   |  7.7 |   | 21 |   |  56.8 |   |
| Glucose (mg/dl) | 85.5 | ± | 7.3 | 88.5 (72-99) | 84.3 | ± | 12.5 | 81 (67-123) | 0.695 | t |
| Uric acid (mg/dl) | 4.6 | ± | 1.5 | 4.6 (1.8-7.7) | 4.1 | ± | 0.8 | 4.2 (2.3-5.3)  | 0.240 | t |
| AST (U/L) | 20.0 | ± | 9.5 | 17.1 (10.7-53.7) | 19.9 | ± | 4.5 | 19.5 (13.8-30.0) | 0.244 | m |
| ALT (U/L) | 20.5 | ± | 16.0 | 14.5 (5.5-65.0) | 20.4 | ± | 7.4 | 18.7 (9.9-41.0) | 0.141 | m |
| Total cholesterol (mg/dl) | 176.9 | ± | 54.7 | 176 (21.6-307.0) | 151.1 | ± | 31.1 | 168.5 (113.0-220.0) | 0.207 | m |
| Triglyceride (mg/dl) | 109.4 | ± | 62.7 | 88.3 (46.5-227.3) | 102.7 | ± | 41.2 | 91.0 (35-187.8) | 0.936 | m |
| HDL cholesterol (mg/dl) | 50.7 | ± | 16.6 | 43.5 (21.6-86.2) | 50.0 | ± | 13.0 | 48.3 (33-85.1) | 0.892 | m |
| LDL cholesterol (mg/dl) | 108 | ± | 31.2 | 107 (50.0-198.0) | 101 | ± | 29.6 | 104.5 (56.0-175.0) | 0.409 | m |
| Albumin (g/dl) | 4.9 | ± | 0.2 | 4.9 (4.3-5.2) | 5.5 | ± | 2.0 | 5.2 (4.6-15.6) | ***0.001*** | m |
| CRP (mg/L) |  | 2.1 | ± | 3 | 0.9 (0-14.0) | 7.9 | ± | 16.5 | 1.3 (0-25.0) | 0.905 | m |
| Insulin (µU/ml) | 11.2 | ± | 6.8 | 9.5 (3.8-29.5) | 22.0 | ± | 24.1 | 12.0 (1.1-85.9) | 0.244 | m |
| HbA1c (mmol/mol)  | 5.1 | ± | 0.4 | 5.1 (4.1-5.8) | 4.9 | ± | 0.4 | 4.9 (4.2-5.7) | 0.082 | t |
| t ttest / m Mann-whitney u test / X² Chi-square test  |
| ALT: Alanine aminotransferase; AST: Aspartate aminotransferase; BMI: Body mass index; CRP: C reactive protein; HbA1c: Hemoglobin A1c; HOMA-IR: Homeostasis model assesment-insulin resistance; PKU; Phenylketonuria; SD: Standart deviation; SMM: Skeletal muscle mass; WHR: Waist to hip ratio |
| p<0.05 is considered to be statistically significant |  |  |  |  |  |  |  |