

Supplemental Table 1. Clinical and biochemical characteristics at baseline according to dietary intervention sequence.¹

	Alcohol-free beer with regular composition → Alcohol-free beer with modified composition sequence N = 8	Alcohol-free beer with modified composition → Alcohol-free beer with regular composition sequence N = 6	<i>P</i>
Age, years	55.5±7.82	57.0±3.90	0.676
Gender, n (%) males	7 (87.5)	4 (66.7)	0.347
Weight, kg	95.9±13.2	93.0±14.6	0.707
Waist circumference, cm	120 [105-23.0]	110 [80.7-121]	0.474
Fat mass, kg	26.5±6.72	37.5±23.1	0.249
Fat free mass, kg	63.3±9.70	52.5±19.4	0.256
Visceral fat, levels	13.3±2.43	20.5±20.2	0.421
Systolic blood pressure, mmHg	135±15.1	130±12.7	0.505
Diastolic blood pressure, mmHg	82.7±7.79	83.4±10.7	0.894
Metformin, n (%)	0	2 (33.3)	0.165
Total cholesterol, mg/dL	200±15.8	206±24.6	0.537
HDL cholesterol, mg/dL	50.6±7.13	59.5±11.3	0.096
Triglycerides, mg/dL	98.6±33.6	73.0±16.6	0.114
LDL cholesterol, mg/dL	129±12.4	132±26.4	0.769
Apolipoprotein B, mg/dL	103±13.8	98.4±18.7	0.613
Glucose, mg/dL	107±14.3	105±13.2	0.819
Insulin, mg/dL	10.2±5.00	7.60±2.83	0.237
HOMA-IR	2.58±0.91	2.59±1.09	0.977
HbA1c, %	5.88±0.75	6.12±0.38	0.487
GGT, U/L	21.0 [16.8-34.0]	24.5 [19.3-37.3]	0.438
AST, U/L	31.0 [25.5-33.3]	26.0 [20.0-38.5]	0.297
GPT, U/L	27.4±7.93	29.2±16.0	0.786
CRP, mg/dL	0.09 [0.07-0.42]	0.19 [0.14-0.35]	0.698

¹ Values are expressed as mean±SD or median (25th percentile – 75th percentile) as applicable. AST denotes aspartate transaminase; CRP; C-reactive protein; GGT, gamma-

glutamyl transferase; GPT, gamma-glutamyl transaminase; HbA1c, glycated hemoglobin; HOMA-IR, Homeostasis model assessment of insulin resistance.

²*P* refers to differences within each beer intervention period calculated by χ^2 test, *t*-test or Mann-Whitney U test as applicable.