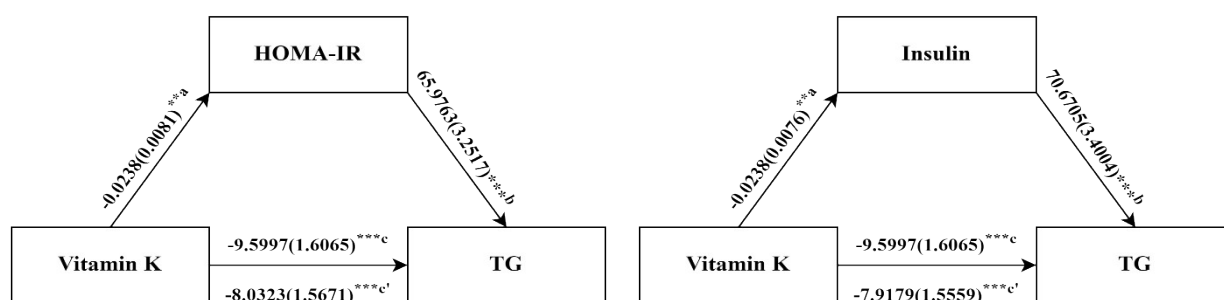


Figure S1 Flow chart for screening of research subjects



FigureS2 Regression results of the mediation analysis models. Mediator: HOMA-IR/ insulin;

exposure: vitamin K intake; outcome: TG. Path a assessed the association between mediator and

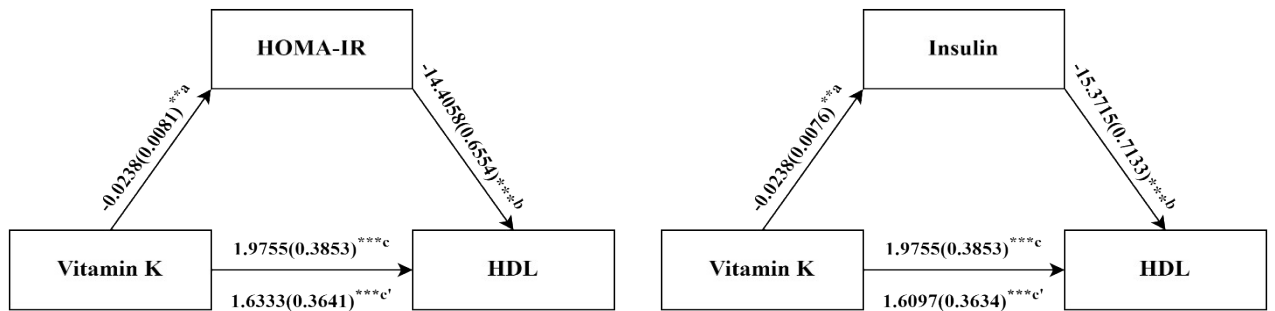
exposure. Path b measured the effect of mediator on outcome. Path c measured the total effect and

path c' measured the direct effect. The regression coefficient (standard error) was shown on the

paths. Total effect = direct effect + mediated effect(a*b), there may be minor differences due to the

limitations of the number of decimal places that make the above equation not valid. *** $P < 0.001$;

** $P < 0.01$; * $P < 0.05$



FigureS3 Regression results of the mediation analysis models. Mediator: HOMA-IR/ insulin, exposure: vitamin K intake, outcome: HDL. Path a assessed the association between mediator and exposure. Path b measured the effect of mediator on outcome. Path c measured the total effect and path c' measured the direct effect. The regression coefficient (standard error) was shown on the paths. Total effect = direct effect + mediated effect(a*b), there may be minor differences due to the limitations of the number of decimal places that make the above equation not valid. *** $P < 0.001$; ** $P < 0.01$; * $P < 0.05$.