

Supplemental Table 11. Changes in Lipids and Apolipoproteins after 6 weeks of treatment

Treatment							Changes among treatments					
Variable	WFA (n=41)		AI (n=40)		RFA (n=43)		AI vs WFA		RFA vs WFA		RFA vs AI	
	Post-int	Change	Post-int	Change	Post-int	Change	Mean (95%CI)	P	Mean (95%CI)	P	Mean (95%CI)	P
Cholesterol, mg/dl												
Total	225 ± 27.9	-5.57 (-12;1.0)	211 ± 33.5	-8.83 (-15; -2.4)	217 ± 27.5	-3.00 (-9.6; 3.6)	-3.26 (-2.0;6.0)	0.485	2.56 (-6.8;12)	0.589	5.83 (-3.4;15)	0.212
HDL	57.1 ± 14.4	-1.25 (-3.1; 0.64)	54 ± 12.4	-0.621 (-2.5; 1.2)	52.4 ± 9.5	-2.31 (-4.2;0.38)	0.631 (-2.0;3.3)	0.640	-1.06 (-3.8;1.6)	0.442	-1.69 (-4.4;0.99)	0.214
LDL	145± 23.9	-4.24 (-10; 1.2)	136 ± 23.4	-6.66 (-12;- 1.1)	143 ± 22.5	-0.003 (-5.8; 5.7)	-2.23 (-10;5.7)	0.578	4.42 (-3.7;12)	0.280	6.65 (-1.3;14)	0.100
VLDL	22.2 ± 12.6	0.192 (-1.6; 1.9)	20.0 ± 9.4	-1.54 (-3.3; 0.19)	20.0 ± 9.5	-0.729 (-2.5; 1.1)	-1.73 (-4.2;0.76)	0.171	-0.921 (-3.4;1.6)	0.473	0.811 (-1.7;3.3)	0.521
Col/HDL ratio	4.15 ± 1.14	0.024 (-0.12; 0.16)	4.01 ± 0.92	-0.148 (-0.28;-0.01)	4.24 ± 0.96	0.088 (-0.05; 0.23)	-0.172 (-0.37;0.02)	0.083	0.064 (-0.13;0.26)	0.523	0.236 (0.04;0.43)	0.018
LDL/HDL ratio	2.73 ± 0.88	0.008 (-0.11; 0.13)	2.61 ± 0.72	-0.120 (-0.24; 0.002)	2.83 ± 0.73	0.092 (-0.03; 0.22)	-0.127 (-0.30;0.03)	0.152	0.084 (-0.09;0.26)	0.349	0.212 (0.04;0.34)	0.018
TG (log), mg/dL	1.99 ± 0.22	-0.007 (-0.04; 0.03)	1.96 ± 0.18	-0.037 (-0.04; -0.003)	1.96 ± 0.18	-0.023 (-0.06; 0.01)	-0.030 (-0.1;0.02)	0.227	-0.016 (-0.07;0.03)	0.540	0.015 (-0.03;0.06)	0.558

Table 1.4 (cont)												
NEFA, <i>mmoL/L</i>	0.48 ± 0.30	0.027 (-0.07; 0.12)	0.47 ± 0.31	0.053 (-0.04; 0.15)	0.38 ± 0.13	-0.056 (-0.15; 0.04)	0.026 (-0.11;0.12)	0.699	-0.083 (-0.22;0.05)	0.227	-0.109 (-0.24;0.02)	0.108
ApoA1, <i>mg/dL</i>	137 ± 18.1	-4.80 (-8.9;-0.67)	145± 23.0	-4.23 (-8.9;-0.37)	138 ± 20.4	-6.49 (-11;-2.3)	0.372 (-5.4;6.2)	0.900	-1.69 (-7.6;4.2)	0.573	-2.06 (-7.9;3.8)	0.486
ApoB, <i>mg/dL</i>	114 ± 19.5	-0.424 (-4.2; 3.4)	118 ± 20.1	-2.12 (-5.9; 1.6)	111 ± 21.2	0.140 (-3.8; 4.0)	-1.69 (-7.1;3.7)	0.536	0.564 (-4.9;6.0)	0.869	2.26 (-3.1;7.7)	0.410
ApoA1/ ApoB ratio	1.24 ± 0.25	-0.025 (-0.07; 0.02)	1.27 ± 0.32	-0.025 (-0.07; 0.02)	1.28 ± 0.27	-0.057 (-0.10;-0.01)	0.001 (-0.06;0.06)	0.982	-0.032 (-0.1;0.03)	0.330	-0.033 (-0.1;0.03)	0.312

Post-int, post-treatment values. Change, change from baseline. HDL, high density lipoproteins; LDL, low density lipoproteins; VLDL, very low density lipoproteins; TG, triglycerides; NEFA, non-esterified fatty acids; Apo, apolipoproteins. Data expressed as mean ± standard deviation or mean (95% Confidence Interval, CI. ANCOVA Model adjusted by sex and age. Significant differences depicted in **bold** and borderline ones in *italic bold*.