

Supplemental Table 21. Changes in Inflammatory markers (pg/mL) after 6 weeks of treatment

| Variable | Treatment | | | | | | Changes among treatments | | | | | |
|--------------|---------------|----------------------------------|--------------|----------------------------------|---------------|---------------------------------------|--------------------------|-------|--|--------------|------------------------|--------------|
| | WFA (n=37) | | AI (n=38) | | RFA (n=32) | | 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 |
| IL-10 (log) | 1.01 ± 0.31 | -0.008 (-0.07;0.05) | 1.12 ± 0.37 | -0.010 (-0.07;0.05) | 1.04 ± 0.34 | -0.015 (-0.08;0.05) | -0.003 (-0.1;0.1) | 0.955 | -0.007 (-0.1;0.08) | 0.873 | -0.005 (-0.1;0.08) | 0.916 |
| IL-6 (log) | 0.18 ± 0.45 | 0.034 (-0.08;0.144) | 0.25 ± 0.55 | 0.009 (-0.10;0.12) | 0.05 ± 0.51 | -0.134 (-0.25;-0.02) | -0.025 (-0.18;0.13) | 0.752 | -0.168 (-0.33; 0.003) | 0.046 | -0.143 (-0.30;0.02) | 0.078 |
| TNF-alpha | 5.03 ± 2.14 | 0.533 (-0.08;1.1) | 5.14 ± 2.33 | 0.327 (-0.26; 0.92) | 4.72 ± 2.42 | 0.128 (-0.53; 0.79) | -0.206 (-1.1;0.65) | 0.335 | -0.405 (-1.3;0.52) | 0.387 | -0.199 (-1.1;0.69) | 0.657 |
| Endothelin-1 | 8.26 ± 4.84 | 2.40 (0.66;4.1) | 9.19 ± 4.37 | 2.51 (0.81;4.2) | 9.41 ± 5.25 | 3.68 (1.9;5.4) | 0.112 (-2.3;2.5) | 0.927 | 1.28 (-1.3;3.8) | 0.319 | 1.17 (-1.3;3.6) | 0.354 |

Post-int, post-treatment values. Change, change from baseline. IL, interleukine; TNF, tumor necrosis factor. Data expressed as mean ± standard deviation or mean (95% Confidence Interval, CI. ANCOVA Model adjusted by sex, age, difference of PUFA as percentage of energy intake, and baseline values. Significant differences depicted in **bold** and borderline ones in *italic bold*. When interaction with sex was significant, results were examined separately by sex