Supplemental Table 22. Changes in inflammatory markers (pg/mL) after 6 weeks of treatment by gender

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)												
All	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 (-0.10;0.10)	0.955	-0.007 (-0.10;0.08)	0.873	-0.005 (-0.10;0.08)	0.916
Men (n=45)	0.93 ± 0.36	0.005 (-0.10;0.11)	1.14 ± 0.50	-0.004 (-0.09;0.08)	0.94 ± 0.36	-0.081 (-0.17;0.01)	-0.009 (-0.15;0.13)	0.901	-0.085 (-0.23;0.06)	0.229	-0.077 (-0.20;0.05)	0.221
Women (n=62)	1.06 ± 0.28	0.006 (-0.07;0.08)	1.07 ± 0.18	0.003 (-0.08;0.09)	1.10 ± 0.32	-0.016 (-0.11;0.08)	-0.002 (-0.12;0.11)	0.965	-0.022 (-0.15;0.11)	0.733	-0.020 (-0.15;0.11)	0.765
IL-6 (log)												
All	0.18 ± 0.45	0.034 (-0.08;0.14)	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*
Men (n=45)	0.13 ± 0.65	0.139 (-0.07;0.35)	0.27 ± 0.469	-0.015 (-0.18;0.15)	0.05 ± 0.47	-0.160 (-0.33;0.02)	-0.153 (-0.42;0.12)	0.259	**-0.298 (-0.57;-0.02)**	**0.033**	-0.145 (-0.39;0.10)	0.232

Table 3A (cont)

Women (n=62)	0.16 ± 0.34	0.021 (-0.10;0.14)	0.30 ± 0.49	0.047 (-0.08;0.18)	0.16 ± 0.50	-0.124 (-0.28;0.03)	0.026 (-0.15;0.20)	0.765	-0.145 (-0.35;0.06)	0.155	-0.171 (-0.37;0.03)	0.099
TNF-alpha												
All	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
Men (n=45)	4.66 ± 1.80	0.504 (-0.32;1.3)	4.98 ± 2.80	0.062 (-0.58;0.71)	4.65 ± 2.05	0.046 (-0.66;0.75)	-0.441 (-1.5;0.61)	0.403	-0.457 (-1.5;0.63)	0.400	-0.016 (-0.97;0.94)	0.973
Women (n=62)	5.12 ± 2.18	0.695 (-0.15;1.5)	5.19 ± 1.67	0.503 (-0.44;1.4)	4.98 ± 2.52	0.059 (-1.0;1.1)	-0.192 (-1.4;1.1)	0.761	-0.636 (-2.1;0.80)	0.378	-0.444 (-1.9;1.1)	0.541
Endothelin-1												
All	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
Men (n=45)	9.89 ± 5.25	**4.02 (1.4;6.6)**	8.86 ± 2.76	**2.46 (0.42;4.5)**	8.96 ± 4.87	**2.92 (0.67;5.2)**	-1.54 (-4.8;1.7)	0.346	-1.08 (-4.6;2.4)	0.539	0.452 (-2.7;3.6)	0.770
Women (n=62)	7.51 ± 4.10	1.55 (-0.49;3.6)	9.30 ± 5.02	**3.25 (1.1;5.4)**	9.72 ± 4.73	**4.00 (1.6;6.4)**	1.70 (-1.2;4.6)	0.252	2.44 (-0.86;5.7)	0.143	0.747 (-2.5;4.0)	0.650

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