Supplemental Table 20. Changes in Oxidative Stress markers after 6 weeks of treatment

Variable	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
Oxidative stress markers												
OxLDL, *U/L*	72 ± 25	0.812 (-4.4;6.0)	69 ± 23	-0.551 (-5.6; 4.5)	67 ± 33	3.26 (-2.4; 8.9)	-1.36 (-8.6;5.9)	0.710	2.45 (-5.4;10)	0.539	3.81 (-3.7;11)	0.319
OxLDL adjusted, *U/cg of LDL*	0.51 ± 0.13	0.015 (-0.02;0.05)	0.51 ± 0.14	0.021 (-0.01;0.05)	0.47 ± 0.11	0.012 (-0.02;0.05)	0.006 (-0.04;0.05)	0.799	-0.003 (-0.05;0.05)	0.917	-0.009 (-0.06;0.04)	0.726
PON1 mass, *mg/dL*												
Total	175 ± 40	5.83 (-3.3; 15)	193 ± 50	-3.09 (-12; 5.8)	173 ± 33	-2.95 (-13;6.9)	-8.92 (-18;8.6)	0.172	-7.97 (-22;3.9)	0.259	-8.79 (-22;4.9)	0.207
Men (n=47)	174 ± 34	9.45 (-7.4; 26)	210 ± 57	8.53 (-5.4; 22)	169 ± 39	2.16 (-13;17)	-0.920 (-23;31)	0.934	-7.29 (-29;15)	0.509	-6.37 (-27;14)	0.543
Women	175 ± 43	1.89	177 ± 37	**-14.8**	176 ± 27	-4.51	**-16.7**	**0.039**	-6.41	0.480	10.3	0.262

	Post-int	Change	Post-int	Change	Post-int	Change						
(n=60)		(-8.8; 12)		**(-27;-3.0)**		(-18; 9.2)	**(-33;-0.83)**		(-24;12)		(-7.9;28)	
PON raw, *U/L* (log)	2.43 ± 0.21	-0.010 (-0.04; 0.02)	2.43 ± 0.23	-0.018 (-0.05; 0.02)	2.38 ±0.18	**0.048 (0.006; 0.09)**	-0.008 (-0.05; 0.04)	0.730	**0.058 (0.003; 0.11)**	**0.039**	**0.066 (0.01; 0.12)**	**0.022**
Arylest raw, *U/L*	107 ± 24	-1.62 (-6.6; 3.3)	111 ± 24	2.91 (-1.8; 7.7)	113 ± 27	-2.02 (-7.4; 3.3)	4.53 (-2.4 ; 11)	0.197	0.400 (-7.9; 7.1)	0.916	-4.93 (-12; 2.2)	0.175
PON specific, *U/mg prot*												
Total	1.79 ± 0.98	-0.076 (-0.18; 0.03)	1.63 ± 0.81	-0.007 (-0.11; 0.09)	1.48 ± 0.57	0.053 (-0.06; 0.17)	0.068 (-0.08; 0.22)	0.336	0.129 (-0.03; 0.29)	0.120	0.060 (-0.09; 0.21)	0.439
Men (n=47)	1.62 ± 0.83	-0.146 (-0.33; 0.04)	1.43 ± 0.88	-0.087 (-0.23; 0.06)	1.52 ± 0.77	-0.008 (-0.16; 0.15)	0.058 (-0.18; 0.29)	0.624	0.138 (-0.11; 0.38)	0.263	0.080 (-0.13; 0.29)	0.452
Women (n=60)	1.87 ± 1.07	-0.029 (-0.17; 0.11)	1.83 ± 0.70	0.062 (-0.09; 0.21)	1.46 ± 0.87	106 (-0.07; 0.28)	0.092 (-0.11; 0.30)	0.372	0.135 (-0.10; 0.37)	0.261	0.043 (-0.19; 0.28)	0.716
Arylest specific, *U/mg prot*	0.64 ± 0.23	-0.015 (-0.06; 0.03)	0.62 ± 0.21	0.016 (-0.03; 0.06)	0.68 ± 0.23	0.005 (-0.04; 0.05)	0.031 (-0.03; 0.09)	0.312	0.020 (-0.05; 0.09)	0.547	-0.011 (-0.07; 0.05)	0.728

Post-int, post-treatment values. Change, change from baseline. PON, paraoxonase; Arylest, arylesterase. 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