

**Supplementary Table 3.** Basal biochemical values, reference ranges, and percentages of basal values within the reference range

Measured parameter	Men (N = 10)		
	mean SD	Reference range; Absolute values	Basal values % of reference
Age; years	44 (11.54)	20 - 70	100
Cholesterol; mmol/L	5.08 (0.69)	3.1 - 5.15	40
Triglycerides; mmol/L	0.93 (0.37)	0.45 - 1.86	100
HDL; mmol/L	1.41 (0.15)	> 1.30	70
Apolipoprotein A1; mg/dL	136.20 (6.79)	122 - 161	100
Apolipoprotein B100; mg/dL	96.60 (17.39)	70 - 105	50
Glucose; mg/dL	99.80 (10.28)	59.4 - 109.8	90
Uric acid; mg/dL	5.15 (0.90)	3.6 - 7.7	100
Bilirubin; mg/dL	0.84 (0.22)	< 1.1	80
Creatinine; mg/dL	0.66 (0.17)	0.6 - 1.30	70
Urea; mg/dL	33.70 (8.47)	15 - 45	90
Glutamic oxaloacetic transaminase; U/L	24.90 (9.71)	< 38	90
Glutamic pyruvic transaminase ; U/L	21.20 (9.63)	10 - 41	90
Gamma glutamyl transferase ; U/L	21.00 (9.67)	11 - 50	100
Alkaline phosphatase; U/L	130.30 (29.91)	98 - 279	90