Web Appendix & Supplemental Materials

Supplemental Table 1: Metabolic Outcomes in Major Trials Evaluating Two-Drug ART Regimens

Studies in ART Naïve PLWHIV								
Study	2-Drug ART Regimen	Comparator ART Regimen	Lipids	Renal	Bone Parameters	Other Parameters		
Dolutegravir with lamivudine								
GEMINI-1 & 2 16,17	DTG/3TC	DTG + TDF/3TC	Mean change in lipids from baseline (week 48):	Mean change in renal markers from baseline (week 48):	baseline (week 48):	Mean change in weight from baseline (week 144):		
			2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen		
			TC (mmol/L) ** + 0·32 - 0·15 HDL (mmol/L) ** + 0·15 + 0·02	Cr (µmol/L) ** + 10·4 + 13·5	Serum bone-specific alkaline phosphatase (μ/L) ** + 1·22 + 4·07	Weight (kg) 3·7 2·4		
			LDL (mmol/L) ** - 0·17 - 0·14 Triglycerides (mmol/L) * - 0·03 - 0·08	GFR from Cr (CKD epi; mL/min - 12·1 - 15·5 per 1·73 m2) **	Serum osteocalcin (μ/L) ** + 0·60 + 6·17			
			TC/HDL Ratio * - 0·12 - 0·24	Cystatin C (mg/L) - 0·1 0·0	Serum procallagen-1 N- terminal pro-peptide $(\mu/L)^{**}$ + 0.40 + 0.33			
				GFR from cystatin C (CKD epi; mL/min per 1·73 m2) ** + 6·3 + 4·3	Type I collagen C-peptide (μ /L) ** + 0·14 + 0·33			
Boosted protease inhibitor wit	th lamiyudina			⁺ Favorable profile maintained through week 144	⁺ Favorable profile maintained through week 144			
GARDEL 18	LPV/r + 3TC	LPV/r + 2 NRTIs	Mean change in lipids from baseline (week 48):	Not reported	Not reported			
			2-drug 3-drug					
			regimen regimen TC (%) + 32 + 26 HDL (%) + 33 + 28					
			LDL (%) + 25 + 16					
			Triglycerides (%) + 55 + 92 + Significance level not reported					
Boosted PI + Integrase Inhibito	or .							
NEAT 001/ANRS 143 19	DRV/r + RAL	DRV/r+TDF/FTC	Mean change in lipids from baseline	Mean change in renal markers from baseline	Mean % change in BMD from baseline (week			
			(week 96):	(week 96):	48):			
			2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen			
			TC (mmol/L) ** + 0.9 + 0.5 HDL (mmol/L) ** + 0.3 + 0.2	CrCl (mL/min) ** + 0⋅8 −4⋅6	Lumbar spine (%) -1·00 * -2·49**			
			LDL (mmol/L) * + 0.5 + 0.4		Total hip (%)			
					Mean % change in BMD from baseline (week			
					96): 2-drug 3-drug			
					regimen regimen			
					Lumbar spine (%) -0.43 -2.80** Total hip (%) -1.57* -3.80**			
					Femoral Neck -1.74** -5.99*			
					Mean bone biomarker changes (week 48):			
					2-drug 3-drug			
					regimen regimen Osteocalcin (ng/mL)* + 4·8 + 8·6			
					BSAP (µg/L)** + 2·4 + 6·7			
					P1NP (ng/mL)** + 12·0 + 25·8			
					Serum CTX-1 (ng/mL)** + 0·08 + 0·31			
					Osteopontin (pg/mL) - 9·3 + 451			
					Urine CTX-1/ + 59·0 + 119 creatinine*			
					Osteoprotegerin + 63·6 - 29·5 (pg/mL)*			
					RANKL (pmol/L) - 0·28 - 0·15			
					25-hydroxy vitamin D + 4·4 + 6·1 (ng/mL)			
					Intact PTH (pg/mL)* + 0·5 + 7·3			
Switch Studies of Virologically Suppressed PLWHIV								
Study	2-Drug ART Regimen	Comparator ART Regimen	Lipids	Renal	Bone			
DTG + 3TC		J	•					

TANGO 20,21	DTG/3TC	Current TAF- based triple therapy regimen	Mean change in lipids from baseline (week 48):	Mean change in renal markers from baseline (week 48):	Not reported	Mean change in measures of insulin resistance (week 48):
			2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen		2-drug 3-drug
			TC (% change) ** - 4·5 + 2·3	Cr (µmol/L) * + 6·67 + 2·12		Generic mean HOMA9·7 +4·5
			LDL (% change) ** - 5·5 + 2.2			IR (%) ** Insulin Resistance (% 65% 74%
			Triglycerides (% change) ** - 15·3 + 6·0	GFR from Cr (mL/min/1·73 m²) ** - 7·78 - 3·0		Insulin Resistance (% 65% 74% increase) *
			TC/HDL Ratio (% change) * - 3·3 - 0·5	GFR from cystatin C (mL/min/1·73 + 0·1 - 1·6		Fasting glucose 2·3 3·8
				Urine protein/Cr ratio (g/mol) - 2·9 + 1·6		Mean change in weight from baseline (week 144):
				Retinol binding protein/ Cr ratio		2-drug 3-drug regimen regimen
				(μg/mmol) + 6·3 + 6·7		Weight (kg) + 2·2 1·3 [-0·8, 5·6] [-1.5, 5.0]
				B2 microglobulin/Cr ratio (mg/mmol) - 2·2 - 7·8		[-0.6, 5.6] [-1.5, 3.0]
DOLAM ²²	DTG + 3TC	Current standard 3 Drug ART	Mean change in lipids from baseline (week 48):	Mean change in eGFR from baseline (week 48):	Not reported	Mean change in weight from baseline (week 48):
		71101	2-drug 3-drug	Mean change in eGFR		2-drug 3-drug
			TC (mmol/L) regimen regimen - 3.0 + 1.0	(mL/min per 1·73 m²) Dual therapy overall * - 3·1		regimen regimen
			TC (mmol/L) - 3·0 + 1·0 HDL (mmol/L) + 1.0 ** + 3·0 *	Dual therapy overall * - 3·1 Switching from TAF ** - 7·0		Wording (Ng)
			LDL (mmol/L) 0.0 + 5.0 TC/HDL ratio - 0.31 ** - 0.19	Switching from ABC ** - 4·0		
			TC/FIDE Tatio - 0.31 - 0.19	*No significant changes in proteinuria between group		
SALSA ²³	DTG/3TC	Current standard 3 Drug ART	Mean change in lipids from baseline (week 48):	Mean change in renal biomarkers from baseline (week 48):	Mean change in bone turn-over markers from baseline (week 48):	Mean change in weight & BMI from baseline (week 48):
			2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen
			TC (mmol/L) + 0·6 + 1·6	Cr (µmol/L) + 11·6 + + 5·2	Bone-specific alkaline -2.86 -0.24	Weight (kg) +2·1 0·6
			HDL (mmol/L) - 1·0 + 1·6 LDL (mmol/L) + 2·5 + 2·5	eGFR, Cr (mL/min/1·73 m2) - 12·6 * - 6·1 *	phosphatase* Serum osteocalcin (μ/L)* -0·94 +1.77	BMI (kg/m²) + 0·7 0·2
			TRIG (mmol/L) - 3·2 - 3·2	eGFR, cystatin C	Serum procollagen-1-N-terminal -6-47 -0-69	+Significance level not reported
			TC/HDL ratio + 1·8 + 0·2	(mL/min/1·73 m2) - 1·5 * - 0·9	propeptide (μ /L) ⁺ Type 1 collagen C-peptide (μ /L) ⁺ -0·04 +0·03	
				Urine protein/Cr ratio (g/mol)* - 27·3 * -9·6 *		
				Urine retinol binding protein/Cr ratio (mg/mmol)* - 23·0 + +3·6		
				B2 microglobulin/Cr ratio - 32·6 * - 11·1		
DTG + NRTI						
SWORD 1 & 2 ^{24-26, 79,80}	DTG + RPV	Current/ standard ART Therapy (cART)	Mean change in lipids from baseline (week 48):	Mean change in renal biomarkers from baseline (week 48) ¹ :	Mean change in bone turn-over markers from baseline (week 48):	
		At 52 weeks, these	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen	
		participants were	TC (mg/dL) + 2·1 - 0·3	Cystatin C (mg/L) 0.00 0.00	Serum bone-specific alkaline - 3.0 - 0.9	
		switched to DTG + RPV (late switch group)	HDL (mg/dL) + 1·8 + 2·4	GFR from cystatin C (mL/min/1·73 m2) 0·00 0·00 w/prior TDF exposure **	phosphatase (μ/L) ** Serum osteocalcin (μ/L) ** - 4.8 - 0.9	
		(late switch group)	LDL (mg/dL) + 1·8 -1·3	GFR from cystatin C (mL/min/ 1-73 m2) 0-00 0-00	Serum procallagen-1 N-terminal - 7.4 - 1.0	
			TRIG (mg/dL) - 8·4 - 0·5	w/no prior TDF exposure Retinol binding protein (nmol/L) -1.87 -0.76	pro-peptide (µ/L) **	
			TC/HDL ratio - 0·11 - 0·08	B2 microglobulin (nmol/L) - 3-39 - 0.00	Type I collagen C-peptide (μ/L) ** - 0.17 - 0.06	
			Mean change in lipids from baseline (week		Mean change in bone turn-over markers from baseline (week 48):	
			148): Early Late	Mean change in renal biomarkers from baseline (week 148):	Early Late	
			switch switch TC (mg/dL) + 0·13 + 0·08	Early Late	Serum bone-specific alkaline	
			TC (mg/dL) $+ 0.13 + 0.08$ HDL (mg/dL) $+ 0.05 + 0.01$	switch switch % change in urine retinol-binding	phosphatase (μ/L)**	
			LDL (mg/dL) + 0·11 + 0·12	protein/creatinine ratio (+ TDF pre-switch)	Serum osteocalcin (µ/L)** - 4·9 - 4·8	
			TRIG (mg/dL) - 0·02 - 0·12	% change in urine β2 macroglobulin/Cr ratio, (no TDF pre-switch) -2·3 +0·4	Serum procallagen-1 N-terminal pro- peptide (μ/L) *** - 4·2 - 7·3	
			TC/HDL ratio - 0·04 + 0·03	% change in urine β2 macroglobulin/Cr	Type I collagen C-peptide (μ/L) * - 0·1 - 0·1	
			* No meaningful differences detected in	ratio, (+ 1DF pre-switch)		
			mean change from baseline/ late-switch baseline	% change in urine β2 macroglobulin/Cr ratio, (no TDF pre-switch) -28·9 +1·6		
	•	•	Boos	ited PI + 3TC		

DUALIS 33	DTG + bDRV	Continuation of 2 NRTI + bDRV	Mean change in lipids from baseline (week 48):		Not reported		Not reported		
					3-drug egimen				
			TC (mg/dL) *	+ 20-0	0.0				
			HDL (mg/dL) *	+4.9	- 1.0				
			LDL (mg/dL) *		0.0				
			Triglycerides (mg/dL) *		+ 11.0				
			TC/HDL ratio *	- 0.5	+ 0·1				
OLE ²⁷	LPV/r + 3TC	LPV/r + 3TC or FTC + a second NRTI	Mean change in lipids 48):			Mean change in renal bioma (week 48):	rkers from baselin	e Not reported	
				2-drug regimen r	3-drug regimen		2-drug 3-drug regimen regime		
			TC (mg/dL) *	+ 7·19	- 0.8				
			LDL (mg/dL) **	+ 5.8	- 2·1	eGFR (mL/min/1.73m2)	+ 5.04 - 1.05		
			HDL (mg/dL)	+ 3·1 +	+ 2·19				
			Triglycerides (mg/dL)	+ 12·08 -	- 1·78				
SALT 28, 29	ATV/r + 3TC	ATV/r + 2 NRTIs	Mean change in lipids 48):			Mean change in renal bioma (week 48) 1:		from baseline (week 48):	Changes in fat distribution from baseline (week 48)
				2-drug regimen i	3-drug regimen		2-drug 3-dru regimen regim	g 2-drug 3-drug regimen regimen	2-drug 3-drug regimen regimen
			TC (mg/dL) **	+ 4·1	- 6.5	eGFR (mL/min/1.73m2)	- 1·1 - 0·	eGEP (ml /min/1 73m2) 1.1 0.5	Trunk fat (DEXA); % change + 3·5 + 3·1
			Triglycerides (mg/dL)	+ 0.2	- 4.3	,		*No statistically significant differences from	Limb fat (DEXA); % change + 3·5 + 1·4
			TC/HDL ratio *	+ 1.3	- 4.7	*No statistically significant diffe	erences from baseline	baseline	Limb: Trunk fat ratio; % change + 0·2 - 3·0 +No statistically significant differences from
									baseline
DUAL- GESIDA 8014-RIS- EST45 32	DRV/r + 3TC	DRV/r + TDF/FTC OR DRV/r + ABC + 3TC	Median change in lipid (week 48):	ls from baseli	ine	Median change in renal bion (week 48):	narkers from basel	in Not reported	
			7	2-drug regimen	3-drug regimen		2-drug 3-drug regimen regimer		
			TC (mg/dL) **	13	0	eGFR CKD-EPI (mL/min/1·73 m2)	2 1		
			LDL (mg/dL)	6	2	eGFR Cockcroft Gault (ml/min)*	5 2		
			HDL (mg/dL) **	2	-1	Creatinine*	6 2		
			TC/HDL ratio	0	0				
			Triglycerides (mg/dL)	3	0				
			*Switching to dual therapy significant increases in T not HDL/TC in those what baseline *No significant change in a who received ABC at base.	C, LDL, & HD ho received TD lipids in particip	OL, but OF at				
* G: . C CD 0.05			who received ABC at ba	ascille					

^{*} Significance of P<0.05

Abbreviations: DTG Dolutegravir, 3TC Lamivudine, TDF Tenofovir Disoproxil Fumarate, TAF Tenofovir alafenamide, FTC emtricitabine, mmol/L Millimoles per liter, TC total cholesterol, HDL high-density lipoprotein cholesterol, HDL high-density lipoprotein cholesterol, TRIG triglyceride, eGFR estimated glomerular filtration rate, SCr serum creatinine, Cr creatinine, LPV lopinavir, r ritonavir, ATV atazanavir, BMI body mass index, RT reverse transcriptase, NRTI nucleoside reverse transcriptase inhibitors, DEXA dual-energy X-ray absorptiometry

^{**} Significance of P<0.01

No change in median eGFR by serum cystatin C, regardless of previous TDF exposure in early-switch group; late-switch group showed a transient 7% reduction at week 100 followed by a return to late-switch baseline values at week 148