

SUPPLEMENT TABLE 2A: Changes in Selected Parameters During a 4-month Dietary AGE Intervention in Healthy Subjects (n=40)

	Low AGE diet		Regular AGE diet		P*
	First visit	Last visit	First visit	Last visit	
dAGE (AGE Eq/day)	20±2	10±2	20±5	20±6	0.000
dCal (kcal/day)	2625±243	2118±253	2271±397	2268±461	0.977
sCML (u/ml)	14±1	9±1	11±1	13±1	0.000
sMG (nmol/ml)	1.2±0.1	0.8±0.1	1±0.1	1.1±0.1	0.000
8-isoprostane (ng/ml)	240±67	100±13	122±4	173±38	0.047
VCAM-1 (ng/ml)	1001±115	576±49	717±68	771±58	0.041
TNF-α (ng/mg prot)	12±1	8±0.5	9± 1	12±1	0.001
AGER1 (gene copies)	288±44	204±47	252±40	227±35	0.043
RAGE (gene copies)	699±101	368±66	426±57	602±87	0.025
p66^{shc} (gene copies)	64±9	40±5	45±5	65±5	0.004
Glucose (mg/dl)	81±3	78±3	84±3	79±3	0.292
Triglycerides (mg/dl)	67±16	51±4	93±17	84±14	0.686
HDL cholesterol (mg/dl)	68±5	62±6	74±5	73±6	0.916
LDL cholesterol (mg/dl)	89±10	76±12	103±6	106±8	0.328
Weight (kgs)	82±4	83±4	78±4	75±4	0.522
BMI (kg/m ²)	28±2	27±2	28±2	26±1	0.441
CreatClearance (ml/min)	99±12	118±15	115±10	100±8	0.163
Systolic BP (mmHg)	125±4	126±3	118±4	119±4	0.481
Diastolic BP (mmHg)	73±3	72±2	64±3	68±2	0.840

dAGE= daily dietary AGE intake; dCal=daily caloric intake; AGER1, RAGE and p66^{shc} mRNA were assessed by RT-PCR as discussed in methods; p* denotes statistical significant differences of the percent change between baseline and end of the study values when comparing subjects in the low and regular AGE diets based on Mann-Whitney test.

SUPPLEMENT TABLE 2B: Changes in Selected Parameters During a 4-week Dietary AGE Intervention in CKD patients (n=9)

	Low AGE diet		Regular AGE diet		P*
	First visit	Last visit	First visit	Last visit	
dAGE (AGE Eq/day)	16±3	8±2	13±3	12±3	0.000
dCal (kcal/day)	1720±140	1680±170	1650±210	1723±190	0.876
sCML (u/ml)	25±3	14±2	19±4	17±3	0.016
sMG (nmol/ml)	3.1±0.4	2.3±0.3	2.5±0.4	2.0±0.1	0.567
8-isoprostane (ng/ml)	328±51	154±25	211±7	167±21	0.017
VCAM-1 (ng/ml)	1033±168	733±52	1086±210	956±133	0.291
TNF-α (ng/mg prot)	22±4	16±3	15±4	16±3	0.037
AGER1 (gene copies)	82±10	134±18	63±10	65±10	0.014
RAGE (gene copies)	589±111	253±61	363±7	314±11	0.117
p66^{shc} (gene copies)	136±26	106±15	195±65	105±40	0.398
Glucose (mg/dl)	89±3	90±3	93±2	80±4	0.876
Triglycerides (mg/dl)	94±42	88±16	225±26	225±41	0.657
HDL cholesterol (mg/dl)	59±6	54±4	41±3	39±4	0.754
LDL cholesterol (mg/dl)	89±6	83±6	115±17	97±14	0.838
Weight (kgs)	66.5±9	64±9	79±8	78±7	0.420
BMI (kg/m ²)	23±1.6	22±1.6	28±1.9	27±1.7	0.560
CreatClearance (ml/min)	39.5±11	36±10	46.5±15	43±11	0.672
Systolic BP (mmHg)	133±8	121±8	125±5	116±2	0.550
Diastolic BP (mmHg)	79±6	74±4	79±8	78±7	0.619

dAGE= daily dietary AGE intake; dCal=daily caloric intake; AGER1, RAGE and p66^{shc} mRNA were assessed by RT-PCR as discussed in methods; p* denotes statistical significant differences of the percent change between baseline and end of the study values when comparing subjects in the low and regular AGE diets based on Mann-Whitney test.