

Online Supporting Material

Supplemental Table 1: Circulating lipids, glucose, insulin, inflammatory markers and calcium in overweight and obese premenopausal women before and after a 16 wk intervention of diet- and exercise-induced weight loss. ¹

Variable	APLD		APMD		HPHD	
	wk 0	wk 16	wk 0	wk 16	wk 0	wk 16
Serum Cholesterol, <i>mmol/L</i>						
Total	4.72±0.15	4.39±0.16*	4.48±0.11	4.39±0.11	4.67±0.15	4.39±0.13*
LDL	2.75±0.13	2.54±0.12*	2.58±0.09	2.53±0.09	2.77±0.13	2.51±0.12*
HDL	1.40±0.05	1.42±0.06	1.39±0.05	1.35±0.04	1.43±0.05	1.47±0.06
Serum triglycerides, <i>mmol/L</i>	1.10±0.07	0.93±0.08* ^{ab}	1.11±0.07	1.09±0.11 ^a	1.00±0.07	0.81±0.06* ^b
Plasma glucose, <i>mmol/L</i>	4.9±0.1	4.7±0.1	4.9±0.1	4.9±0.1	4.9±0.1	4.9±0.1
Serum insulin, <i>pmol/L</i>	57±7	50±5	69±8	59±7*	51±6	44±6
Plasma calcium, <i>mmol/L</i>	2.41±0.02	2.39±0.02	2.38±0.02	2.40±0.02	2.50±0.02	2.51±0.02
Serum IL-6, <i>ng/L</i>	1.95±0.13	1.86±0.20	2.08±0.31	1.69±0.15*	1.80±0.16	1.43±0.13
Serum C-reactive protein, <i>mg/L</i>	9.66±2.25	7.19±2.25*	6.40±1.37	4.25±0.75*	7.21±1.83	4.88±1.27*

¹ Data are presented as mean ± SE; *n*=90 (30 per group). Means at a time with superscripts without a common letter differ, *P*<0.05. *Different from wk 0, *P*<0.05.