

Supplemental Data Table 1. Clinical characteristics of obese males (BMI 35+, all with waist 40 inches or more) selected to have 0-1 elements in addition to obesity (“Not MetS”) or all elements of MetS (“With MetS”). P-values determined by Student’s t-test (with log of ferritin and triglycerides utilized for significance testing).

Variable	Not MetS		With MetS		p value
	N	Mean \pm SEM	N	Mean \pm SEM	
Age	67	41.9 \pm 1.4	58	52.1 \pm 1.3	<.0001
BMI	67	39.6 \pm 0.7	58	39.7 \pm 0.6	0.9
Weight (kg)	67	126 \pm 2	58	126 \pm 2	0.98
Waist (cm)	56	126 \pm 1	43	128 \pm 1	0.5
Height (cm)	67	178 \pm 1	58	178 \pm 1	0.9
Hypertension (%)	67	24	58	78	<.0001
Diastolic BP (mm Hg)	67	78.2 \pm 1.3	58	85.9 \pm 1.7	0.0004
Systolic BP (mm Hg)	67	128 \pm 2	58	144 \pm 2	<.0001
Diabetes (%)	67	0	58	55	<.0001
Glucose	67	85.0 \pm 1.1	58	139.7 \pm 6.6	<.0001
Total Chol (mg/dl)	67	183 \pm 4	58	182 \pm 3	0.7
Triglycerides (mg/dl)	67	133 \pm 5	58	262 \pm 12	<.0001
HDL-C (mg/dl)	67	43.0 \pm 1.0	58	31.6 \pm 0.6	<.0001
LDL-C (mg/dl)	67	114 \pm 3	58	97 \pm 4	0.0009
ALT	66	44.1 \pm 3.0	55	45.4 \pm 3.0	0.8
AST	67	30.4 \pm 1.4	58	30.7 \pm 1.6	0.9
GGTP	67	54.0 \pm 6.4	58	43.6 \pm 3.1	0.14
Uric acid (mg/dl)	67	7.0 \pm 0.2	58	6.9 \pm 0.2	0.7
Insulin	48	17.9 \pm 1.7	41	32.1 \pm 6.4	0.037
HOMA-IR	48	1500 \pm 136	41	4513 \pm 927	0.0025
Adiponectin	19	18.9 \pm 1.9	19	11.5 \pm 1.0	0.0021
Ferritin	67	185 \pm 21	58	260 \pm 23	0.0095

Supplemental data Table 2: Study subjects in phlebotomy trial.

	Pre-phlebotomy	Post-phlebotomy
Age	52.3 ± 2.1	52.7 ± 1.8
Glucose tolerance status	IFG: 3/3 IGT: 3/3	IFG: 1/3 IGT: 1/3
BMI (kg/m ²)	35.8 ± 1.7	37.3 ± 3.4
Serum ferritin (ng/mL)	221 ± 42	33 ± 12 *
Fasting glucose (mg/dl)	118 ± 5	106 ± 3
2h OGTT glucose (mg/dl)	163 ± 2	146 ± 14
Serum adiponectin (μg/mL)	10.3 ± 4.1	11.7 ± 4.2 *

All values are mean ± SEM. * p<0.02 by paired t-test