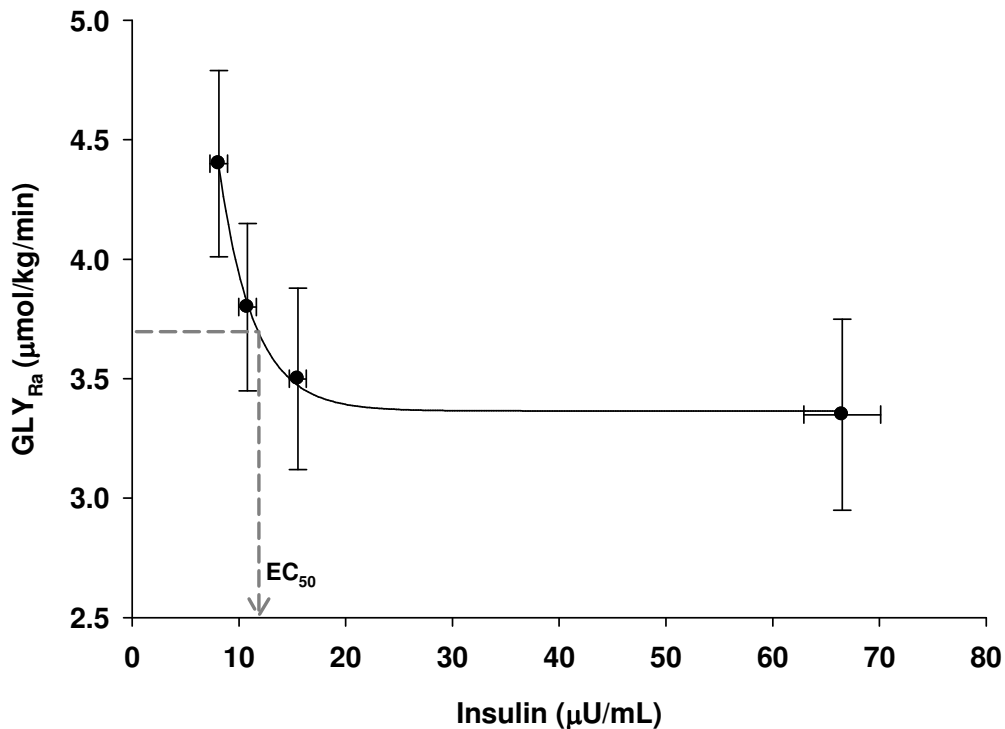**Supplementary Figure 1.** Average glycerol rate of appearance curve from the 3-stage (4, 8 and 40 mU/m^2/min) hyperinsulinemic-euglycemic clamps. Exponential decay curves ($y = ae^{-bx}$) for GLY$_{RA}$ across the range of insulin concentrations were generated for each individual and suppression of lipolysis was calculated as the insulin concentration needed to half-maximally (EC$_{50}$) suppress GLY$_{RA}$. GLY$_{RA}$ was considered maximally suppressed at the highest insulin concentration because no further suppression of glycerol was observed when the insulin dose was raised from 8 mU/m^2/min to 40 mU/m^2/min. EC$_{50}$ was 50% of the difference between basal and maximal suppression. For this population, the average GLY$_{RA}$ EC$_{50}$ was ~11.6 µU/mL (dashed line/ arrow inset).

Supplementary Figure 2. Average glycerol and insulin response to a 75g oral glucose challenge. Areas under the insulin and glycerol curves were calculated for each individual and the product of those areas ($INS_{AUC}xGLY_{AUC}$) used as an index of resistance to insulin-mediated suppression of lipolysis.