

Online Supporting Material

Supplemental Table 1. Baseline characteristics of overweight and moderately obese subjects compared to normal weight subjects¹

	Normal weight (n = 5)	Overweight and obese (n = 24)	p-value ²
<i>n</i> (female/male)	5 (2/3)	24 (16/8)	n/a
Age (y)	36.2 ± 12.6	39.0 ± 13.2	0.67
Body weight (kg)	76.8 ± 11.1	84.8 ± 10.1	0.19
Body mass index (kg/m ²)	23.5 ± 0.8	30.1 ± 1.2	<0.001
Plasma hsCRP (mg/L) ³	0.7 ± 0.5 0.5 (0.3, 1.2)	1.8 ± 2.4 0.8 (0.5, 1.7)	0.17
Plasma IL-6 (pg/mL)	0.8 ± 0.7	2.7 ± 1.0	0.001
Plasma total adiponectin (µg/mL)	8.4 ± 3.4	4.2 ± 1.9	0.052
Plasma sTNFr1 (µg/mL)	954 ± 334	993 ± 172	0.81
Plasma sTNFr2 (µg/mL)	3,390 ± 965	1,800 ± 460	0.020
Adipose tissue <i>TNF</i> α (mRNA copy number) ³	4.2 ± 2.3 4.0 (2.0, 6.5)	8.0 ± 3.9 7.0 (6.0, 8.8)	0.056

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Adipose tissue <i>ADIPOQ</i> (mRNA copy number)	11,600 ± 3,610	6,420 ± 1,360	0.031
Adipose tissue <i>IL-6</i> (mRNA copy number) ³	2.6 ± 2.5 2.0 (1.0, 4.5)	44 ± 77 20.5 (18.3, 32.5)	0.001
Adipose tissue <i>ICAM-1</i> (mRNA copy number) ³	53.6 ± 20.4 53.0 (34.5, 73.0)	51.5 ± 13.9 49.0 (44.3, 56.5)	0.97

¹ Values are means ± SD or means ± SD and median (interquartile range). The adipose tissue gene expression data were normalized across three housekeeping genes.

² 2-tailed t-test for equality of means; unequal variance assumed.

³ Non-normal distributions, statistical analysis run on log transformed data.

IL-6: interleukin-6, hsCRP: high sensitivity C-reactive protein, PUFA: polyunsaturated fatty acids, TNF α : tumor necrosis factor alpha.