

Appendix 1 (as supplied by the authors): Laboratory analyses performed during the study

All laboratory analyses were performed by the Mount Sinai Services laboratory (<http://www.mountsinaiservices.com/pages/Home>) as follows: total cholesterol, triglycerides, and HDL were measured using enzymatic colourmetric on the Roche Modular platform (Switzerland). Each assay has two levels of Quality Controls (low and high), which were run before analysis. Cholesterol Cat # 11491458, based on enzymatic CHOD-PAP method, inter-assay coefficient of variability (CV) at 3.8 and 2.1% and inter-assay CV of 1.9 and 1.8%; Triglycerides: Cat # 11730711216, with the inter-assay CV at 7.7 and 3.9% and inter-assay CV at 3.7 and 2.8%; HDL-Chol: Cat # 04713214190, with inter-assay CV at 2.6 and 3.2% and inter-assay CV at 2.3 and 2.5%. Results were uploaded through interface of Roche platforms to Laboratory Information System (LIS). Every month these results extracted from LIS and uploaded to the central database, the MediData Rave™ platform (MediData Solutions, New York), which is housed at the Applied Health Research Centre of the Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto.