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Longitudinal statistical analysis and area under curve results for all parameters evaluated over the dietary intervention with 10% fructose, either in tap water or in natural mineral-rich water.

Supplementary Table 1. Interaction terms (β), estimated by mixed-effects model with random effect in the intercept, for *longitudinal statistical analysis* of body weight and food and fluid ingestions.

Interaction terms (β) estimated by mixed-effects model with random effect in the intercept								
Body weight (g)	β	<i>P</i>	Food ingestion (g)	β	<i>P</i>	Fluid ingestion (mL)	β	<i>P</i>
CONT	reference		CONT	reference		CONT	reference	
FRUCT	7.4218	< 0.001	FRUCT	-0.0357	0.8699	FRUCT	-1.0663	0.6015
FRUCTMIN	6.2925	< 0.001	FRUCTMIN	-0.4677	0.0334	FRUCTMIN	5.0085	0.0151
FRUCT	reference		FRUCT	reference		FRUCT	reference	
FRUCTMIN	-1.1293	0.3229	FRUCTMIN	-0.4320	0.0766	FRUCTMIN	6.0748	0.0034

CONT: control; FRUCT: 10% fructose in tap water; FRUCTMIN: 10% fructose in natural mineral-rich water.

Supplementary Table 2. Area under the curve (AUC) values for all parameters evaluated over the dietary intervention.

	AUC			Ratios of AUC		
	CONT	FRUCT	FRUCTMIN	FRUCT/ CONT	FRUCTMIN /CONT	FRUCTMIN /FRUCT
Body weight (g)	4671	4808	4975	1.029	1.065	1.035
Food ingestion (g)	86.29	58.51	66.21	0.6781	0.7673	1.132
Fluid ingestion (mL)	240.2	819.4	806.9	3.411	3.359	0.9847
% Energy supplied by fluid/total energy ingestion		448.0	435.5			0.9721
Total energy ingestion (kcal)	267.5	509.1	528.0	1.903	1.974	1.037
Urinary volume (mL/24h)	140.6	586.0	528.9	4.168	3.762	0.9026
Urinary sodium excretion (mEq/24h)	5.033	5.941	15.54	1.180	3.088	2.616
Urinary creatinine excretion (mg/24h)	135.5	134.1	138.2	0.9897	1.020	1.031
Systolic blood pressure (mm Hg)	977.5	1042	1030	1.066	1.054	0.9885
Diastolic blood pressure (mm Hg)	683.2	726.6	704	1.064	1.030	0.9689
Heart rate (beats/min)	2692	2923	2830	1.086	1.051	0.9682

CONT: control; FRUCT: 10% fructose in tap water; FRUCTMIN: 10% fructose in natural mineral-rich water. Results presented without standard error of the mean, as in M. Bialer, T. Shekh-Ahmad, T. L. Braun, and M. B. Halvorsen, "Comparative steady-state pharmacokinetic evaluation of immediate-release topiramate and USL255, a once-daily extended-release topiramate formulation," *Epilepsia* vol. 54, no. 8, pp. 1444-1452, 2013.

Supplementary Table 3. Interaction terms (β), estimated by mixed-effects model with random effect in the intercept, for *longitudinal statistical analysis* of percentage energy supplied by fluid/total energy ingestion and total energy ingestion.

Interaction terms (β) estimated by mixed-effects model with random effect in the intercept					
% Energy supplied by fluid/total energy ingestion	β	<i>P</i>	Total energy ingestion (kcal)	β	<i>P</i>
			CONT	reference	
			FRUCT	-1.0726	0.2344
			FRUCTMIN	0.0182	0.9839
FRUCT	reference		FRUCT	reference	
FRUCTMIN	1.5899	0.1473	FRUCTMIN	1.0908	0.2979

CONT: control; FRUCT: 10% fructose in tap water; FRUCTMIN: 10% fructose in natural mineral-rich water.

Supplementary Table 4. Interaction terms (β), estimated by mixed-effects model with random effect in the intercept, for *longitudinal statistical analysis* of urine volume and urinary sodium and creatinine excretions.

Interaction terms (β) estimated by mixed-effects model with random effect in the intercept								
Urine volume (mL/24h)	β	<i>P</i>	Urinary sodium excretion (mEq/24h)	β	<i>P</i>	Urinary creatinine excretion (mg/24h)	β	<i>P</i>
CONT	reference		CONT	reference		CONT	reference	
FRUCT	-2.0059	0.1242	FRUCT	-0.0112	0.7673	FRUCT	0.4324	0.1255
FRUCTMIN	3.5520	0.0070	FRUCTMIN	0.0534	0.1633	FRUCTMIN	0.5046	0.0748
FRUCT	reference		FRUCT	reference		FRUCT	reference	
FRUCTMIN	5.5578	< 0.001	FRUCTMIN	0.0650	0.1605	FRUCTMIN	0.0665	0.7941

CONT: control; FRUCT: 10% fructose in tap water; FRUCTMIN: 10% fructose in natural mineral-rich water.

Supplementary Table 5. Interaction terms (β), estimated by mixed-effects model with random effect in the intercept, for *longitudinal statistical analysis* of systolic and diastolic blood pressure and heart rate.

Interaction terms (β) estimated by mixed-effects model with random effect in the intercept								
Systolic BP (mm Hg)	β	<i>P</i>	Diastolic BP (mm Hg)	β	<i>P</i>	Heart rate (beats/min)	β	<i>P</i>
CONT	reference		CONT	reference		CONT	reference	
FRUCT	0.7598	0.0042	FRUCT	0.2438	0.1948	FRUCT	1.2247	0.1274
FRUCTMIN	0.4875	0.0469	FRUCTMIN	0.3347	0.0572	FRUCTMIN	1.5640	0.0377
FRUCT	reference		FRUCT	reference		FRUCT	reference	
FRUCTMIN	-0.2758	0.2611	FRUCTMIN	0.0949	0.6324	FRUCTMIN	0.3547	0.6706

CONT: control; FRUCT: 10% fructose in tap water; FRUCTMIN: 10% fructose in natural mineral-rich water.