Additional file 1: Carry over, period and sequence effect for primary and secondary outcomes after performing analysis of variance (ANOVA) for a cross-over study.

Variable	Carry over effect (p-value)	Period effect (p-value)	Sequence effect (p-value)
CFR	0.85	0.51	0.83
RHI	0.73	0.09	0.74
AI	0.29	0.85	0.26
HbA1c (mmol/mol)	0.05	0.44	0.07
Weight (Kg)	0.20	0.74	0.29
Waist Circumference (cm)	0.12	0.49	0.18
Systolic BP (mmHg)	0.81	0.51	0.78
Diastolic BP (mmHg)	0.38	0.95	0.24
Heart rate (bpm)	0.68	0.27	0.54
Fasting glucose (mmol/L)	0.75	0.06	0.69
Insulin (μU/ml)	0.54	0.41	0.48
C-peptide (pmol/L)	0.71	0.95	0.60
HOMA index	0.57	0.77	0.43

Data are presented as p-values for carry over, period and sequence effect. ANOVA-analysis for cross-over design experiments were used (pkcross command in STATA 13.1).
Abbreviations: *CFR* coronary flow reserve, *RHI* reactive hyperaemia index, *AI* augmentation index, *HbA1c* glycated haemoglobin, *BP* blood pressure, *HOMA* Homeostatic Model Assessment.