ESM Fig. 1. Endothelial function (PAT index) during the study. A PAT hyperemia index was calculated as the ratio of the average pulse amplitude over a 1 minute time interval starting 1 minute after cuff deflation divided by the average pulse amplitude of the PAT signal of a 3.5 minute time period before baseline cuff inflation. Data are means ± SE; white fill - baseline; pattern fill - week 8; black fill - week 12.

