

**Supplemental Table 1. Blood lipid profile of the patients involved in the study**

<b>Patients</b>	<b>Total cholesterol (mmol/L)</b>	<b>Triglycerides (mmol/L)</b>	<b>HDL-cholesterol (mmol/L)</b>	<b>LDL-cholesterol (mmol/L)</b>	<b>Total cholesterol/HDL-cholesterol</b>	<b>HbA1c (%)</b>
1	3.38	2.22	0.7	1.67	2.02	6.5
2	3.39	1.86	1.13	1.42	3.00	5.9
3	5.57	1.49	1.48	3.41	3.76	6.2
4	5.14	1.21	1.1	3.39	4.67	6.4

\*Patients 1 and 3 were taking medication for dyslipidemia. Patients 1,2 and 3 were taking medication for hypertension and were suffering from sleep apnea. All patients were non-smokers. Patients 1,2 and 4 were diabetic. Patient 1 was taking oral medication. patient 2 was treated with insulin and patient 4 did not take any medication.