

S2 Table. Baseline demographic characteristics

Parameters	Normal weight (BMI<25 kg/m ²) N=30	Over weight (BMI≥25 kg/m ²) N=30	<i>P</i>
BMI (kg/m ²)	24.21±0.55	29.22±3.14	<0.001
Age (years)	56.67±5.55	55.47±6.73	0.454
Gender (female, n,%)	23(76.67)	24(80.00)	0.754
Weight (kg)	63.48±6.23	72.24±11.57	<0.001
Waist circumference (cm)	90.06±4.59	96.02±7.78	<0.001
SBP (mmHg)	127.22±15.81	133.00±13.50	0.133
DBP (mmHg)	76.06±7.67	80.63±7.99	0.027
FPG (mmol/l)	5.71±0.54	5.73±0.54	0.864
TG (mmol/l)	2.02±0.85	1.97±1.27	0.866
TC (mmol/l)	5.57±0.85	5.92±1.07	0.170
LDL-c (mmol/l)	3.68±0.78	4.02±1.06	0.159
HDL-c (mmol/l)	1.29±0.27	1.26±0.22	0.656
ALT (IU/L)	23.60±7.75	27.57±14.2	0.187
AST (IU/L)	23.17±4.47	25.33±5.94	0.116
GGT (IU/L)	30.67±17.21	40.77±25.78	0.080

Data are presented as means ± SD. *P*-value is the difference between two groups using student-*t* test or χ^2 -test.

BMI: Body mass index; SBP: Systolic blood pressure; DBP: Diastolic blood pressure; FPG: Fasting plasma glucose; TG: Triglyceride; TC: Total cholesterol ; LDL-c :Low-density lipoprotein cholesterol; HDL-c: High-density lipoprotein cholesterol; ALT: Alanine transaminase; AST: Aspartate transaminase; GGT: Gamma-glutamyltransferase.