

Online Supporting Material

Supplemental Table 1. Screening characteristics of participants who completed the study (n = 20).

	Male (n = 9)			Female (n = 11)		
	Mean	SEM	Range	Mean	SEM	Range
Age (years)	50.4	2.4	39-59	52.5	1.9	40-60
BMI (kg/m²)	26.3	1.0	23.1-31.5	26.7	1.1	22.5-32.7
Brachial SBP (mm Hg)	128.7	2.2	119-140	128.7	3.5	109-151
Brachial DBP (mm Hg)	85.4	1.2	80-90	86.5	1.9	76-96
Glucose (mmol/L)†	5.1	0.1	4.6-5.4	4.8	0.1	4.2-5.7
Total cholesterol (mmol/L)*	4.4	0.2	3.5-5.3	5.4	0.2	4.3-6.4
HDL-C (mmol/L)*	1.2	0.1	0.9-1.7	1.7	0.1	1.3-2.4
TC:HDL†	4.0	0.4	2.0-5.6	3.3	0.2	2.2-4.3
LDL-C (mmol/L)*	2.6	0.2	1.5-3.4	3.2	0.2	2.0-3.9
Triglycerides (mmol/L)	1.4	0.3	0.6-3.3	1.2	0.1	0.7-2.3

*indicates a significant difference between male and female participants, $p \leq 0.05$.

†indicates a trend towards a significant difference between male and female participants, $p \leq 0.10$.