

SUPPLEMENTAL MATERIAL

Supplementary Table 1: Steady-State Insulin, Glucose Infusion Rate and M/I

Variables	Baseline		3 months	
	Placebo	Metformin	Placebo	Metformin
Steady-State Insulin (uIU/uL)	171.3±62.9	192.9±93.6	224.9±159.3	175.5±71.3
GIR (mg/kg/min)	7.5±3.7	7.7±3.7	9.0±5.3	8.0±3.5
GIR (mg/lean kg/min)	11.2±4.9	11.8±4.8	13.4±6.9	12.3±4.9
M/I (mg/kg/min)/uIU/uL	3.9 (2.1-8.5)	3.5 (2.4-6.3)	3.6 (2.9-5.2)	4.5 (3.1-6.0)
M/I Lean (mg/lean kg/min)/uIU/uL	6.2 (3.6-10.9)	6.0 (3.8-8.7)	5.7 (4.4-7.6)	6.8 (5.4-8.7)

Data are presented as mean ± SD, or median (p25, p75) as appropriate

GIR = glucose infusion rate, M = steady-state glucose infusion rate, I = steady-state insulin

Supplementary Table 2: The Effects of Metformin on Change in Glycemia, Blood Pressure and Lipids

Variables	Metformin	Placebo	Metformin vs. Placebo
	LSM±SE	LSM±SE	P-value
ΔHbA1c (mmol/mol)	-0.01±0.22	0.02±0.23	0.91
ΔSBP (mm Hg)	-0.7±1.7	-1.7±1.8	0.69
ΔDBP (mm Hg)	-2.2±1.4	-0.2±1.5	0.33
ΔTotal-C (mmol/L)	-0.1036±0.09842	0.06475±0.10878	0.26
ΔLDL-C (mmol/L)	-0.27972±0.13986	-0.17612±0.14763	0.62
ΔHDL-C (mmol/L)	0.01036±0.03885	0.00259±0.04144	0.88
ΔTG (mmol/L)	0.06±0.07	0.092±0.063	0.74

Delta (Δ) value = 3-month value – baseline value.

Results are adjusted for baseline values

SBP = systolic blood pressure, DBP = diastolic blood pressure, Total-C = total cholesterol, LDL-C = low-density lipoprotein cholesterol, HDL-C = high-density lipoprotein cholesterol, TG = triglycerides

Data are presented as least square means (LSM) and standard errors (SE) from generalized linear regression models