**S1 Fig**. **Development of metabolic laboratory parameters over the study course.** Boxplots are portraying the distributions of **(A)** HbA1c, **(B)** fasting glucose, **(C)** insulin, **(D)** total cholesterol, **(E)** low density lipoprotein (LDL), **(F)** high density lipoprotein (HDL), **(G)** Triglycerides, and **(H)** uric acid. At each time point paired samples of 12 participants were evaluated. # one participant was not fasting before the blood sample was obtained and therefore excluded. Corresponding samples at each time point are connected by a black line. + signs indicate the means.