

SUPPLEMENTARY DATA

Supplementary Table 1. Participants' Characteristics at Baseline

Characteristics	Value (Mean ± SEM)
Age (years)	26.6 ± 2.2
Sex (Male/female)	4/11
Waist circumference (cm)	102.2 ± 3.2
BMI (kg/m ²)	33.7 ± 1.2
Body Fat (%)	39.6 ± 1.7
Fasting blood glucose (mg/dL)	91.5 ± 1.2
Systolic blood pressure (mmHg)	117.6 ± 3.3
Diastolic blood pressure (mmHg)	69.7 ± 3.0
Total cholesterol, mg/dL	167.7 ± 8.0
LDL cholesterol(mg/dL)	105.9 ± 6.7
HDL cholesterol(mg/dL)	45.1 ± 3.3
Triglycerides(mg/dL)	100.3 ± 17.0
VO ₂ max (mL/kg of body weight per minute)	32.7 ± 1.8

Abbreviations: LDL, low-density lipoprotein; HDL, high-density lipoprotein; VO₂ max, maximal oxygen consumption; SEM, standard error of the mean.

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Supplementary Table 2. Changes in Blood Pressure and Heart Rate during each study

Parameter Measured Over Time (min)	Insulin clamp protocol	GLP-1 protocol	GLP-1 + insulin clamp protocol
Systolic blood pressure, mm Hg			
0	113±3	115±4	114±3
30	112±3	117±3	116±4
60	113±4	115±4	117±4
90	114±4	112±4	116±4
150	113±3	114±3	116±4
Diastolic blood pressure, mm Hg			
0	66±2	67±3	69±3
30	65±2	67±3	71±3
60	65±3	66±3	67±3
90	65±3	68±3	65±3
150	66±3	64±3	66±3
Heart rate, bpm			
0	58±2	59±2	61±2
30	59±2	60±2	60±2
60	61±2	62±2	66±2
90	65±2	64±2	65±2
150	64±2	63±2	66±2