Supplementary Table 1 − Anthropometric and biochemical variables of subjects with obesity before and after the consumption for 2 months of Genistein (50 mg/day) or Placebo

	Before			After		
	Placebo	**Genistein**	**p-value**	**Placebo**	**Genistein**	**p-value**
	n = 23	n = 22		n = 23	n = 22	
Age (years)	43.0 ± 2.28	42.6 ± 1.9	0.89			
Body weight (kg)	87.4 ± 2.50	88.9 ± 2.93	0.70	85.6 ± 2.48	88.7 ± 2.84	0.57
BMI (kg/m^2)	34.5 ± 0.98	34.6 ± 0.86	0.89	33.7 ± 0.96	34.2 ± 0.77	0.71
Waist circumference (cm)	101 ± 2.06	102 ± 2.20	0.89	99.4 ± 2.11	100 ± 2.06	0.72
Fat percentage (%)	43.0 ± 1.61	44.2 ± 1.32	0.60	42.3 ± 1.66	43.7 ± 1.34	0.53
Fat-free mass percentage (%)	57.0 ± 1.57	55.6 ± 1.34	0.50	57.6 ± 1.57	55.8 ± 1.34	0.40
Systolic blood pressure (mmHg)	112 ± 2.02	111 ± 3.43	0.80	109 ± 2.31	108 ± 3.34	0.81
Diastolic blood pressure (mmHg)	78.2 ± 1.41	76.4 ± 2.49	0.52	75.1 ± 1.52	76.4 ± 2.49	0.96
Glucose (mg/dL)	104 ± 2.77	99.1 ± 2.43	0.18	104 ± 3.64	99.1 ± 2.43	0.18
(mmol/L)	5.72 ± 0.16	5.45 ± 0.13	0.18	5.72 ± 0.20	5.45 ± 0.13	0.18
Insulin (µU/L)	15.3 ± 1.75	14.7 ± 1.41	0.78	**18.3 ± 1.76**	**13.9 ± 1.42**	**0.05**
HOMA IR index	4.87 ± 0.59	3.50 ± 0.40	0.49	**4.87 ± 0.59**	**3.49 ± 0.40**	**0.05**
HbA1C %	5.94 ± 0.12	5.73 ± 0.13	0.24	5.87 ± 0.14	5.68 ± 0.62	0.35
Triglycerides (mg/dL)	213 ± 35.1	200 ±21.6	0.74	186 ± 18.2	191 ±21.0	0.74
(mmol/L)	2.34 ± 0.38	2.2 ± 0.23	0.74	2.04 ± 0.20	2.10 ± 0.23	0.74
Total Cholesterol (mg/dL)	184 ± 9.52	194 ± 9.11	0.42	184 ± 910.0	187 ± 9.23	0.79
(mmol/L)	4.60 ± 0.23	4,85 ± 0.22	0.42	4.60 ± 0.22	4.67 ± 0.23	0.79
HDL Cholesterol (mg/dL)	35.7 ± 1.76	34.9 ± 2.08	0.78	38.1 ± 2.16	35.6 ± 2.24	0.43
(mmol/L)	0.89 ± 0.04	0.86 ± 0,05	0.78	0.95 ± 0.05	0.89 ± 0.05	0.43
LDL Cholesterol (mg/dL)	111 ± 8.16	125 ± 7.14	0.23	115 ± 7.95	123 ± 6.97	0.45
(mmol/L)	2.77 ± 0.20	3.12 ± 0.17	0.23	2.87 ± 0.19	3.07 ± 0,17	0.45
C-Reactive Protein (mg/L)	5.46 ± 0.90	4.60 ± 0.64	0.44	**4.91 ± 0.67**	**3.37 ± 0.43**	**0.06**
Leptin (µg/L)	32.4 ± 3.89	31.3 ± 4.00	0.85	29.7 ± 3.37	26.6 ± 2.58	0.47
Adiponectin (µg/mL)	8.17 ± 1.04	9.89 ± 1.81	0.41	11.8 ± 2.16	12.9 ± 2.54	0.74

BMI, body mass index; HOMA-IR, homeostasis model assessment for insulin resistance. Values are given as mean ± SEM (n= 45). Differences between the two groups were evaluated by independent sample Student´s t –test.