

Supplementary Material

Supplementary Table 1. Schedule of Assessments.

BOPH	Day 0 (Baseline)	Day 5/6	Day 30/31	Day 60/61	Day 90/91
WBC count	●	●	●	●	●
HDL-cholesterol	●	○	●	●	●
LDL-cholesterol	●	○	●	●	●
TG	●	○	●	●	●
TC	●	○	●	●	●
Apo A1	●	○	○	○	●
Apo B	●	○	○	○	●
s-ICAM-1	●	●	●	●	●
8-epi-PGF _{2α}	●	●	●	●	●
11-DTX-B2	●	●	●	●	●
Glucose	●	○	●	●	●
HbA1C	●	○	○	○	●
Weight	●	○	○	○	●
Waist circumference	●	○	○	○	●
Fibrinogen	●	○	●	●	●
Homocysteine	●	○	●	●	●
hs-CRP	●	○	●	●	●
Blood pressure	●	●	●	●	●
FEV ₁	●	●	○	○	●

Abbreviations: 8-epi-PGF_{2α} = 8-epi-prostaglandin F_{2α}; 11-DTX-B2 = 11-dehydro-thromboxane B2; Apo A1 = apolipoprotein A1; Apo B = apolipoprotein B; BOPH = biomarker of potential harm; FEV₁ = forced expiratory volume in 1 second; HbA1C = hemoglobin A1c; HDL = high density lipoprotein; hs-CRP = high-sensitivity C-reactive protein; LDL = low density lipoprotein; s-ICAM-1= soluble inter-cellular adhesion molecule; TC = total cholesterol; TG = triglycerides; WBC = white blood cells.

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(Continued from main manuscript)

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Supplementary Figure 1. Biomarkers of Potential Harm % mTHS:SA Ratios (Upper Panel) and mTHS – SA Differences (Lower Panel) with 95% Confidence Intervals on Day 90, for Overweight (Red Dashed Lines) and Normal Weight (Black Solid Lines) Subjects (*: p < 0.05).

