Supplemental Table 3. Auxological, endocrine-metabolic, body composition (by DXA), and abdominal fat partitioning (by MRI) assessments in adolescent girls with PCOS who were randomized to receive oral contraception (OC, N=16) or a low-dose combination of Spironolactone (50mg/ d), Pioglitazone (7.5 mg/d) and Metformin (850 mg/d) (SPIOMET, N=15) for 1 year.

	OC [†] (N= 16)			SPIOMET (N= 15)			*P* value
	Start [‡]	**1 year**	*Δ 0-1 year*	**Start** [‡]	**1 year**	*Δ 0-1 year*	
Auxology							
Age (years)	15.8 ± 1.4	16.9 ± 1.5	-	15.5 ± 1.4	16.6 ± 1.4	-	-
Birth weight Z-score	-0.5 ± 1.0	-	-	-0.2 ± 1.1	-	-	-
BMI (kg/m^2)	25 ± 4	26 ± 4	*1.2 ±1.4*	25 ± 5	25 ± 5	*0.0 ±2.4*	NS
BMI Z-score	0.9 ± 1.2	1.3 ± 1.4	*0.4 ±0.5*	1.1 ± 1.4	1.1 ± 1.5	*-0.1 ±0.7*	NS
Δ Z-score birth weight – BMI	1.4 ± 1.2	-	-	1.3 ± 1.8	-	-	-
Endocrine-Metabolic Variables							
Testosterone (nmol/ L)	1.3 ± 0.5	0.9 ± 0.5	*-0.4 ±0.7*	1.3 ± 0.4	1.0 ± 0.5	*-0.3 ±0.3*	NS
SHBG (nmol/ L)	34 ± 13	57 ± 26	*23 ±21*	31 ± 14	29 ± 13	*-2 ±9*	0.0003
FAI	4.7 ± 2.4	2.6 ± 4.6	*-2.1 ±5.0*	5.0 ± 2.8	3.6 ± 9.2	*-1.4 ±1.0*	NS
Glucose (mmol/ L)	4.5 ± 0.3	4.5 ± 0.5	*0.0 ±0.6*	4.5 ± 0.4	4.2 ± 0.3	*-0.3 ±0.5*	NS
Fasting insulin (pmol/ L)	78 ± 41	91 ± 45	*13 ±33*	69 ± 28	49 ± 24	*-20 ±35*	0.024
HOMA-IR	2.3 ± 1.3	2.6 ± 1.4	*0.3 ±1.1*	2.0 ± 0.9	1.4 ± 0.8	*-0.6 ±1.1*	0.035
HDL-cholesterol (nmol/ L)	1.3 ± 0.3	1.3 ± 0.3	*0.0 ±0.2*	1.3 ± 0.2	1.4 ± 0.2	*0.1 ±0.2*	NS
LDL-cholesterol (nmol/ L)	2.3 ± 0.5	2.6 ± 0.6	*0.3 ±0.4*	2.0 ± 0.4	2.0 ± 0.5	*0.0 ±0.4*	NS
Triglycerides (nmol/ L)	0.7 ± 0.2	0.7 ± 0.3	*0.0 ±0.2*	0.7 ± 0.2	0.7 ± 0.2	*0.0 ±0.2*	NS
HMW adiponectin (mg/ L)	5 ± 3	5 ± 6	*0 ±5*	5 ± 3	9 ± 6	*4 ±6*	0.045
usCRP (mg/ L)	1.0 ± 1.0	2.1 ± 2.0	*1.1 ±1.7*	1.7 ± 2.8	1.1 ± 1.0	*-0.6 ±2.9*	0.003
Body composition (DXA)							
Bone mineral density (g/cm^2)	1.19 ± 0.1	1.19 ± 0.1	*0.00 ±0.03*	1.21 ± 0.1	1.20 ± 0.1	*-0.01 ±0.05*	NS
Lean mass (kg)	37 ± 6	38 ± 7	*1 ±2*	36 ± 5	36 ± 4	*0 ±2*	NS
Fat mass (kg)	24 ± 8	26 ± 9	*2 ±2*	25 ± 10	25 ± 9	*0 ±5*	NS
Abdominal fat (kg)	6.2 ± 2.2	6.7 ± 2.4	*0.5 ±0.8*	6.5 ± 2.3	6.2 ± 2.4	*-0.3 ±1.2*	0.016
Abdominal fat partitioning (MRI)							
Subcutaneous fat (cm^2)	192 ± 112	217 ± 119	*25 ±33*	188 ± 135	183 ± 127	*-5 ±77*	0.022
Visceral fat (cm^2)	41 ± 19	45 ± 26	*4 ±17*	40 ± 17	38 ± 17	*-2 ±9*	NS
Hepatic fat (%)	17 ± 7	19 ± 4	*2 ±7*	20 ± 5	10 ± 4	*-10 ±4*	0.00003
Central (hepato-visceral) fat	58 ± 23	64 ± 28	*6 ±18*	60 ± 17	48 ± 19	*-12 ±10*	0.0051

Values are mean ± standard deviation.

BMI, body mass index; SHBG, sex hormone-binding globulin; FAI, free androgen index; HOMA-IR, homeostasis model assessment insulin resistance; HDL, high-density lipoprotein; LDL, low-density lipoprotein; HMW, high molecular weight; usCRP, ultra-sensitive C-reactive protein; DXA, dual X-ray absorptiometry; MRI, magnetic resonance imaging. NS: not significant

[†] OC: Ethinylestradiol 20 µg plus Levonorgestrel 100 mg

[‡] Not significant differences between randomized subgroups at start.

P values are adjusted for age and BMI.