

SUPPLEMENTAL MATERIAL

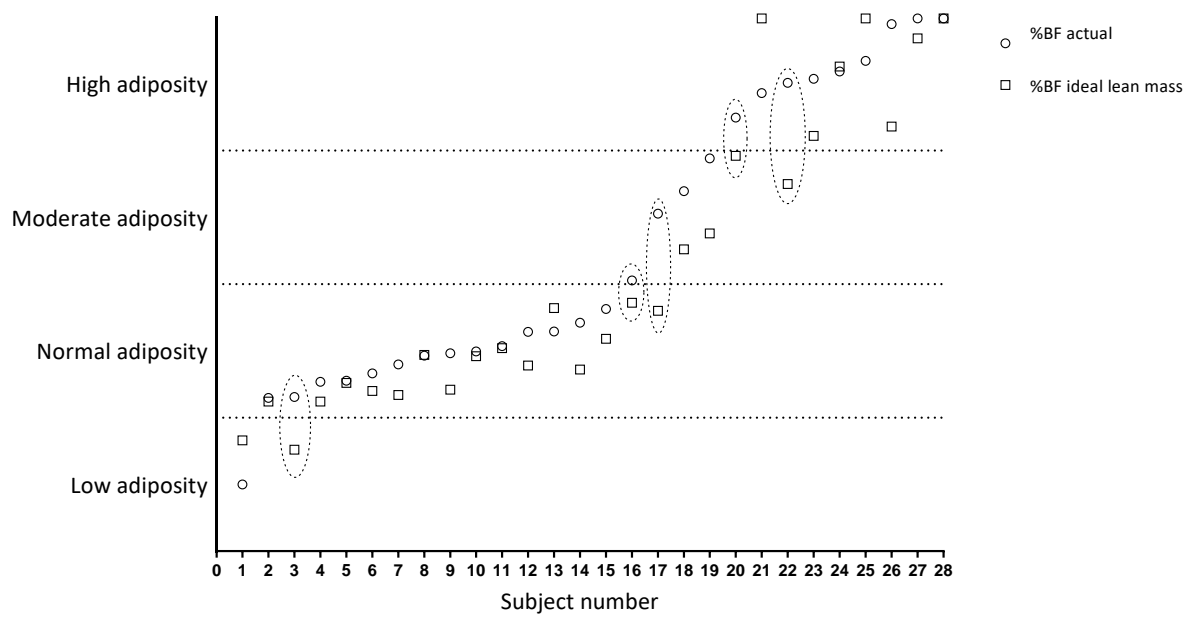
Table S1. Biochemistry results.

Biochemical Result	n	Mean ± SD or Median [IQR]	Lab Reference Range	Above range/below range
Hb (g/L)				
Male	13	162.4 ± 9.7	130 - 170	2 (15)/0 (0)
Female	15	147.5 ± 13	120 - 150	5 (33)/1 (7)
WCC (×10⁹/L)	28	6.6 ± 2.3	4 - 10	2 (7)/2 (7)
Plt (×10⁹/L)	28	160 [128.3 – 217.3]	150 - 400	0 (0)/12 (43)
eGFR (ml/min/1.73m²)	24	115.5 [92.5 – 124]	> 60	-/0 (0)
Albumin (g/L)	28	48 ± 3.2	38 - 48	12 (43)/0 (0)
NT-proBNP (pmol/L)	25	14.1 [7.2 – 29.6]	< 13	13 (52)/-
INR	26	1.2 [1.1 – 1.8]	0.9 - 1.2	9 (35)/0 (0)
25(OH)-D (nmol/L)	26	66 ± 26.2	> 50	-/7 (27)
PTH (pmol/L)	25	5 [3.9 – 8.4]	2 - 6	10 (40)/0
hsCRP (mg/L)	27	1.5 [0.6 – 3.1]	< 5.0	2 (7)/-
TSH (mIU/L)	26	3 [2 – 5.2]	0.27 - 4.2	8 (31)/0
IGF-1 (nmol/L)				
Male	13	26.9 ± 11.9	14.3 - 39.2	2 (15)/2 (15)
Female	14	27.1 [22.4 – 38.7]	11.8 - 38.6	3 (21)/0 (0)
Insulin (pmol/L)	27	47 [34 – 72]	10 - 96	4 (15)/0 (0)
C peptide (pmol/L)	27	854 [682 – 1092]	200 - 1200	4 (15)/0 (0)
Leptin (ng/mL)				
Male	13	11 ± 8.1	2 - 5.6	9 (69)/1 (8)
Female	14	21.7 [10.3 – 34]	3.7 - 11.1	10 (71)/0 (0)
Adiponectin (ug/mL)	27	18.7 ± 6.8	3 - 30	3 (11)/0 (0)
SHBG (nmol/L)				
Male	13	41.9 [29.7 – 49.2]	14 - 75	1 (8)/0 (0)
Female	12	92 ± 39.1	19 - 120	2 (17)/0
Testosterone (nmol/L)				
Male	13	16.2 ± 4.2	10 - 30	0 (0)/1 (8)
Female	12	0.4 [0.3 – 0.8]	0 - 1.8	0 (0)/0 (0)
Oestradiol (pmol/L)				
Male	13	102.6 ± 36	< 220	0 (0)/-
Female	12	224.5 [164 – 401.5]	< 700	1 (8)/-
FSH (IU/L)				
Male	13	4.4 ± 2.1	1.5 - 12.4	0 (0)/0 (0)
Female	12	6.6 [4.1 – 12.2]	3.5 - 12.5	3 (25)/1 (8)
LH (IU/L)				
Male	13	5.8 ± 2.1	1.7 - 8.6	2 (15)/0 (0)
Female	12	7.4 [4.6 – 11.9]	2.4 - 12.6	2 (17)/1 (8)
Prolactin (ng/mL)				
Male	13	9 ± 4.2	2 - 16	0 (0)/0 (0)

Female	12	9 ± 4.5	2 - 20	0 (0)/0 (0)
Renin activity (fmol/L/sec)	19	270 [90 – 709]	130 - 2350	0 (0)/5 (26)
Aldosterone (pmol/L)	19	453 [212 – 919]	60 - 980	3 (16)/0 (0)
DHEAS (µmol/L)				
Male	13	3.9 ± 1.5	3 - 18	0 (0)/3 (23)
Female	12	2.8 ± 1.6	2 - 14	0 (0)/3 (25)

Data shown are mean ± standard deviation, median [interquartile range (IQR)] or n (%). 25(OH)-D; 25-hydroxy-vitamin D, DHEAS; dehydroepiandrosterone sulphate, eGFR; estimated glomerular filtration rate, FSH; follicle-stimulating hormone, Hb; haemoglobin, hsCRP; high sensitive C-reactive protein, IGF-1; insulin-like growth factor 1, INR; international normalised ratio, LH; luteinizing hormone, NT-proBNP; N-terminal pro-brain natriuretic peptide, Plt; platelets, PTH; parathyroid hormone, SHBG; sex hormone binding globulin, TSH; thyroid-stimulating hormone, WCC; white cell count.

Figure S1. Intrasubject comparison of percent body fat (%BF) in the setting of actual lean mass and ideal lean mass based on dual energy X-ray absorptiometry.



Values are presented as a percentage of each subject's categorical range based on reference cut points. There was 82% agreement despite the potential confounding effect of reduced lean mass in determining adiposity levels.