SUPPLEMENTARY TABLE S2. CHANGES IN ANTHROPOMETRIC AND ROUTINE BIOCHEMICAL
PARAMETERS ONE WEEK AFTER THE INTERVENTION

| | Intervention | | | | Comparison of changes | |
| | Placebo (n=33) | | B-TURMACTIVE® (n=35) | | B-TURMACTIVE® vs. placebo | |
	Post-int (Mean±SD)	Change Mean (95% CI)	Post-int (Mean±SD)	Change Mean (95% CI)	Mean (95% CI)	P
Weight, kg	72.6±13.4	−0.117 (−0.31 to 0.08)	69.5±10.2	−0.082 (−0.27 to 0.11)	0.035 (−0.24 to 0.31)	.803
BMI, kg/m^2	25.3±3.69	−0.042 (−0.11 to 0.03)	24.7±2.87	−0.029 (−0.09 to 0.04)	0.013 (−0.08 to 0.11)	.793
Waist circumference, cm	88.4±12.2	−0.014 (−0.46 to 0.49)	86.6±10.2	0.275 (−0.20 to 0.76)	0.261 (−0.42 to 0.94)	.443
Waist/height	0.52±0.07	0.000 (−0.003 to 0.003)	0.52±0.06	0.002 (−0.001 to 0.005)	0.002 (−0.002 to 0.006)	.437
Conicity index	1.24±0.09	−0.001 (−0.006 to 0.008)	1.23±0.09	0.005 (−0.02 to 0.01)	0.004 (−0.006 to 0.01)	.412
Physical activity, AU (log)	0.52±0.10	0.053 (−0.00 to 0.11)	0.52±0.08	0.043 (−0.00 to 0.01)	−0.010 (−0.08 to 0.06)	.786
Glucose, mg/dL	86.4±8.68	0.136 (−2.2 to 2.5)	83.6±6.82	1.186 (−1.1 to 3.4)	1.051 (−2.2 to 4.3)	.524
Total Cholesterol, mg/dL	192±27.5	2.23 (−2.9 to 7.4)	186±35.8	−4.10 (−9.1 to 0.93)	−6.33 (−13.6 to 0.93)	.086
Triglycerides, mg/dL	86.7±34.6	0.706 (−7.9 to 9.3)	85.6±38.5	−6.04 (−14.4 to 2.3)	−6.74 (−18.8 to 5.3)	.270
Alanine transaminase, UI/L	15.4±5.34	−0.555 (−2.0 to 0.90)	18.1±9.13	−1.16 (−2.6 to 0.25)	−0.607 (−2.6 to 1.4)	.553
Aspartate transaminase, UI/L	17.9±4.19	0.142 (−1.1 to 1.4)	19.7±6.34	0.066 (−1.2 to 1.3)	−0.076 (−1.8 to 1.7)	.931

ANCOVA model adjusted by sex and age.

Post-int, postintervention; 95% CI, confidence interval at 95%; ANCOVA, analysis of covariance.