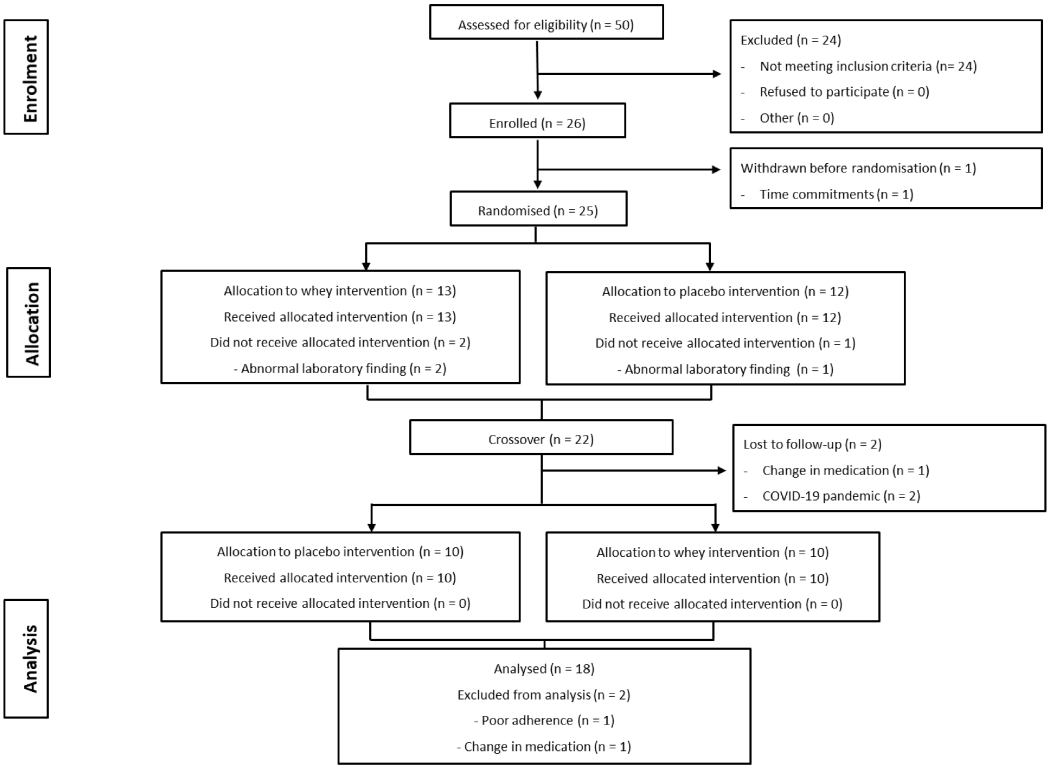
Thrice daily consumption of a novel, pre-meal shot containing a low dose of whey protein increases time in euglycemia during 7days of free-living in individuals with type 2 diabetes. K, Smith



Supplemental Figure 1: CONSORT diagram of a randomized, placebo-controlled, crossover trial

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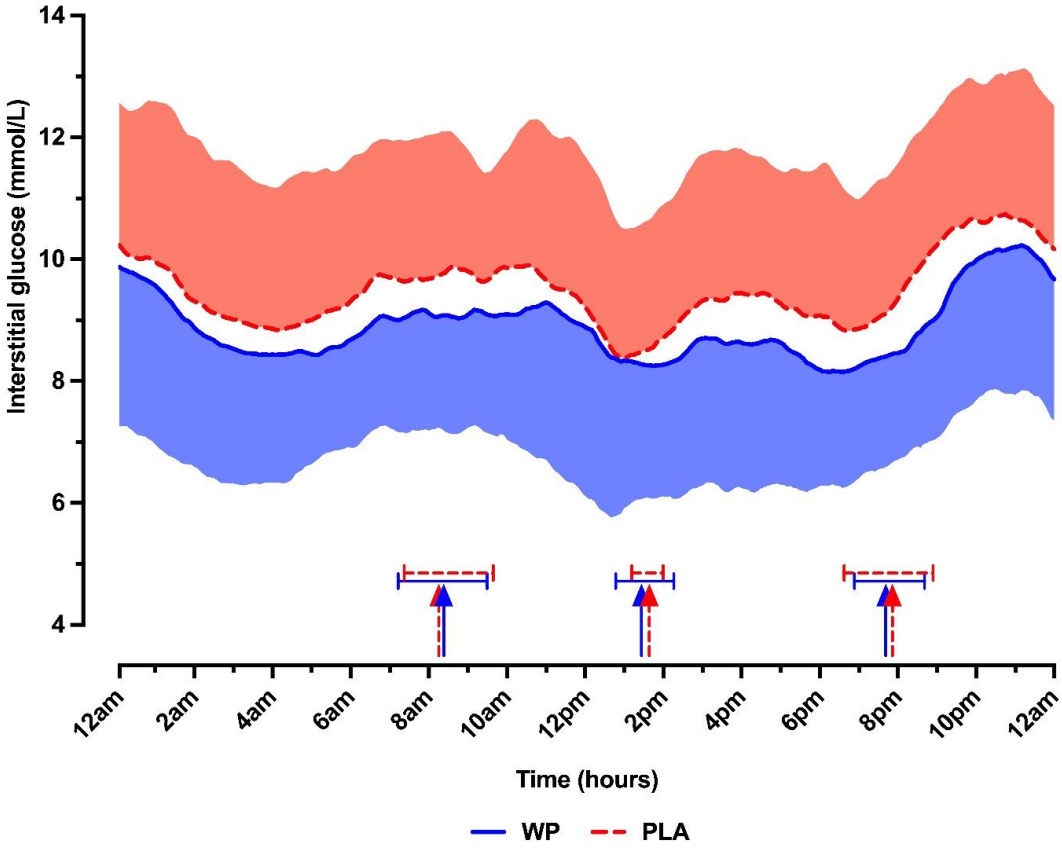

Supplemental Figure 2: Mean 24h interstitial glucose concentrations during 7days of free-living following pre-meal treatment with WP (blue solid) or PLA (red dashed) pre-meal shots. The data presented represents the average daily glucose profile from individual CGM plots. The shaded areas represent the SD of the mean. Arrows and horizontal whiskers depict the mean ± SD timing of meals, as reported by the Intake24 dietary recall and patient's supplement log. The average timing of breakfast, lunch and evening meals during the WP and PLA weeks were 08:31 ± 1:18h:min and 08:29 ± 1:18h:min, 13:27 ± 0:52h:min and 13:40 ± 0:37h:min, and 19:43 ± 1:08h:min and 19:54 ± 1:14h:min, respectively. The timing of matched meals per participant were similar between weeks.

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Supplemental Table 1: Diurnal and nocturnal free-living glycaemic variability parameters

	Daytime			Nocturnal		
	WP	**PLA**	**p-value**	**WP**	**PLA**	**p-value**
Mean glucose [mmol/L]	8.8 ± 1.9	**9.5 ± 2.0***	**0.024**	8.9 ± 2.1	9.3 ± 2.4	0.348
< 3.0 mmol/L [%]	0.1 ± 0.4 [a]	0.1 ± 0.2	0.655	0.0 ± 0.0 [a]	0.2 ± 0.7	0.317
3.0 – 3.8 mmol/L [%]	0.8 ± 2.0 [a]	0.8 ± 2.4	1.0	0.1 ± 0.1 [a]	2 ± 8.5	0.317
3.9 – 10.0 mmol/L [%]	69.0 ± 23.1 [a]	**60.3 ± 26.9***	**0.048**	70.9 ± 33.0 [b]	63.0 ± 32.4	0.082
10.0 – 13.9 mmol/L [%]	24.8 ± 16.4 [a]	30.7 ± 17.5	0.083	23.9 ± 27.2 [a]	27.3 ± 24.4	0.349
> 13.9 mmol/L [%]	5.5 ± 9.5	8.6 ± 12.5	0.266	5.6 ± 8.5[a]	8.0 ± 19.0	0.638
> 10 mmol/L [%]	30.0 ± 23.6 [a]	**38.9 ± 27.7***	**0.048**	29.0 ± 33.0[a]	35.0 ± 33.6	0.102

Boldface indicates a statistical difference between treatments as determined by a paired samples t test or Wilcoxon signed ranks test, where appropriate ($p<0.05$). All data is presented as means ± SD. [a] Data were analysed a Wilcoxon signed ranks test. [b] Data were logarithmically transformed before analysis.

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