

SUPPLEMENTARY FILES

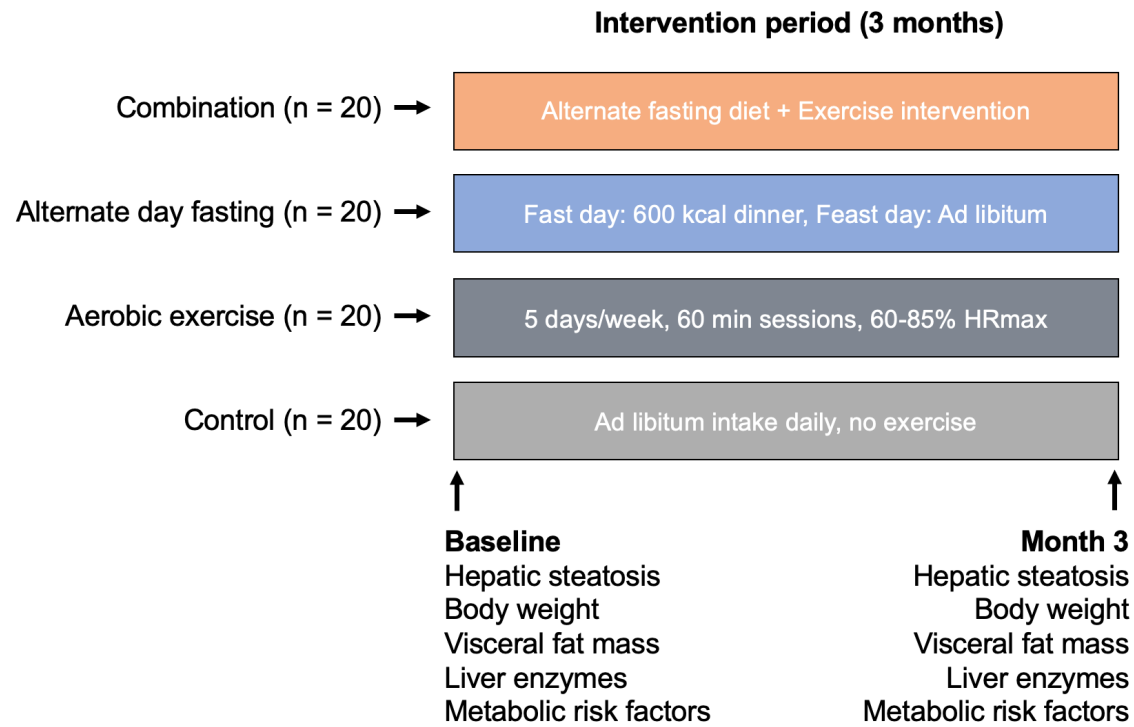
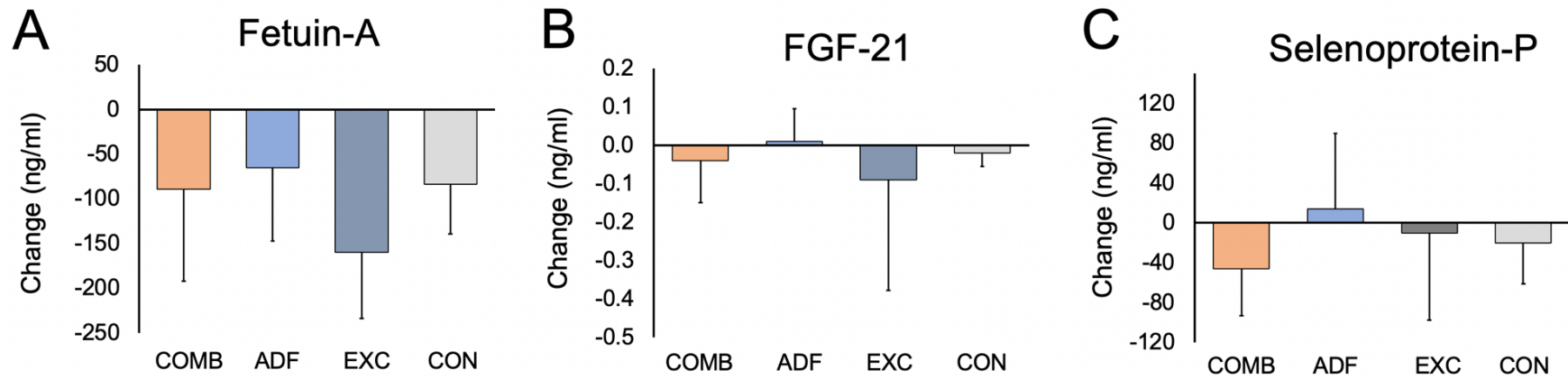


Figure S1. Intervention groups and experimental design, Related to Figure 1



**Figure S2. Hepatokines, Related to Figure 2**

Data are expressed as mean (SD). No significant differences between groups for changes in fetuin-A, fibroblast growth factor-21 (FGF-21), or selenoprotein-P.

**Table S1. Relationship between hepatokines and metabolic disease risk factors, Related to Figure 2**

Absolute changes	IHTG (%)	ALT (U/L)	AST (U/L)	Body weight (kg)	Visceral fat (kg)	WC (cm)	Fasting glucose (mg/dl)	Fasting insulin (uIU/ml)	Insulin resistance (units)	Insulin sensitivity (units)	HbA1c (%)
<b>Fetuin-A (ng/ml)</b>											
R-value	0.195	0.009	-0.105	-0.242	0.005	0.128	<b>0.465</b>	0.080	0.144	-0.229	<b>0.432</b>
P-value	0.278	0.960	0.553	0.169	0.979	0.471	<b>0.006</b>	0.660	0.424	0.200	<b>0.012</b>
<b>FGF-21 (ng/ml)</b>											
R-value	0.035	-0.090	0.062	0.052	-0.007	-0.142	-0.005	-0.120	-0.115	0.071	0.053
P-value	0.817	0.540	0.672	0.722	0.961	0.329	0.973	0.421	0.441	0.635	0.725
<b>Selenoprotein-P (ng/ml)</b>											
R-value	0.038	-0.009	-0.046	0.080	0.080	0.030	-0.013	0.092	0.085	-0.034	0.092
P-value	0.798	0.951	0.748	0.577	0.579	0.835	0.930	0.529	0.560	0.816	0.527

Pearson correlation coefficients for associations between absolute changes in hepatokines and metabolic disease risk factors. ALT: alanine transaminase; AST: aspartate transaminase; FGF-21: Fibroblast growth factor-21; IHTG: Intrahepatic triglyceride content; WC: Waist circumference. Insulin resistance measured by homeostatic model assessment of insulin resistance (HOMA-IR). Insulin sensitivity measured by quantitative insulin-sensitivity check index (QUICKI).

