**S Table3. BETWEEN\_ GROUP DELTAS vs CONTROL DELTAS-Non parametric Mann whitney U test**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PARAMETER** | **Delta GROUP A vs Delta GROUP B (6M IF vs 6M control)** | | | | |
|  | **Δ MEAN Control** | **Δ STDEV Control** | **MannWhitney U test Δ Controls vs Δ group A** | **Δ MEAN Group A** | **Δ STDEV Group A** |
| **ENERGY** |  | | | | |
| Total Grams | 62.34 | 340.80 | 8.55E-02 | -166.40 | 554.51 |
| Energy (kcal) | 44.95 | 300.72 | 4.58E-05 | -502.91 | 428.76 |
| **BODY COMPOSITION** | | | | | |
| wt (Kg) | 1.10 | 3.24 | 1.70E-06 | -5.91 | 3.62 |
| BMI | 0.35 | 1.10 | 3.03E-06 | -2.06 | 1.32 |
| waist (cm) | 1.15 | 6.94 | 9.57E-05 | -8.42 | 7.79 |
| TOT fat (g) | 1153.95 | 3179.53 | 1.04E-05 | -4763.33 | 3233.47 |
| TRUNK fat (g) | 545.40 | 1985.74 | 1.68E-05 | -2760.86 | 1802.77 |
| TOT Lean (g) | 213.40 | 1086.10 | 1.22E-03 | -1091.52 | 1094.49 |
| Adiponectin, HMW (ng/mL) | 43.00 | 797.46 | 1.76E-02 | 640.76 | 895.05 |
| Leptin (ug/L) | 1.57 | 9.34 | 1.14E-02 | -7.15 | 11.69 |
| **INFLAMMATORY MARKERS** | | | | | |
| hsCRP (mg/L) | 0.28 | 2.22 | 2.97E-01 | -0.98 | 2.26 |
| IL-6 (pg/mL) | -0.14 | 0.29 | 5.18E-01 | -0.24 | 0.51 |
| TNF-a (pg/mL) | 0.27 | 1.98 | 9.18E-01 | 0.69 | 3.47 |
| IL-1b (pg/mL) | 0.00 | 0.01 | 8.38E-01 | -0.03 | 0.13 |
| IL-17 (pg/mL) | -0.04 | 0.26 | 3.14E-01 | -0.11 | 0.26 |
| MCP-1 (pg/mL) | -34.08 | 72.40 | 4.49E-01 | -22.53 | 53.66 |
| INF-g (pg/mL) | -0.70 | 0.81 | 6.82E-01 | 0.67 | 5.73 |
| IL-10 (pg/mL) | -0.01 | 0.08 | 8.18E-01 | -0.01 | 0.11 |
| **GLUCOSE METABOLISM and INSULIN SENSITIVITY MARKERS** | | | | | |
| Glucose mg/dL | 0.10 | 9.96 | 3.21E-01 | -1.76 | 9.50 |
| YSI (0) | 1.32 | 7.75 | 2.20E-01 | -1.65 | 11.22 |
| YSI (30) | -1.83 | 20.18 | 9.07E-01 | -3.81 | 25.56 |
| YSI (60) | 8.69 | 26.41 | 1.03E-01 | -6.50 | 36.85 |
| YSI (90) | 7.29 | 27.73 | 4.46E-02 | -11.63 | 35.56 |
| YSI (120) | 6.31 | 19.56 | 3.09E-01 | -3.75 | 34.53 |
| gAUC | 538.88 | 1920.37 | 1.09E-01 | -739.29 | 3081.80 |
| Insulin 0 M6 uU/mL | 1.76 | 8.04 | 9.25E-02 | -0.86 | 9.79 |
| Insulin 30 M6 uU/mL | 1.80 | 31.71 | 5.62E-02 | -14.07 | 40.56 |
| Insulin 60 M6 uU/mL | 14.20 | 55.18 | 1.34E-01 | -12.78 | 45.49 |
| Insulin 90 M6 uU/mL | 24.31 | 61.42 | 2.03E-02 | -16.90 | 40.30 |
| Insulin 120 M6 uU/mL | 12.39 | 72.32 | 4.34E-01 | -4.73 | 18.81 |
| insulin AUC | 1469.84 | 4693.94 | 1.53E-02 | -1396.36 | 3344.76 |
| HOMA index | 0.50 | 2.12 | 1.00E-01 | -0.14 | 3.20 |
| Matsuda Index (ISI) | 0.06 | 1.59 | 8.07E-02 | 0.48 | 1.57 |
| Insulinogenic Index 30 (IGI) | 0.56 | 1.66 | 2.06E-02 | -0.22 | 0.76 |
| Disposition Index (ISI x IGI) | 1.20 | 4.54 | 4.40E-01 | -0.61 | 6.13 |
| Oral disposition index | 0.06 | 0.18 | 3.23E-01 | -0.02 | 0.16 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PARAMETER** | **Delta GROUP D vs Delta GROUP B (6M IF vs 6M control)** | | | | |
|  | **Δ MEAN Control** | **Δ STDEV Control** | **MannWhitney U test Δ Controls vs Δ group A** | **Δ MEAN Group A** | **Δ STDEV Group A** |
| **ENERGY** |  | | | | |
| Total Grams | 62.34 | 340.80 | 4.93E-01 | -105.34 | 577.93 |
| Energy (kcal) | 44.95 | 300.72 | 2.78E-04 | -490.20 | 445.80 |
| **BODY COMPOSITION** | | | | | |
| wt (Kg) | 1.10 | 3.24 | 1.73E-07 | -8.16 | 3.01 |
| BMI | 0.35 | 1.10 | 2.01E-07 | -2.65 | 0.97 |
| waist (cm) | 1.15 | 6.94 | 4.56E-05 | -6.97 | 5.17 |
| TOT fat (g) | 1153.95 | 3179.53 | 3.66E-07 | -6218.58 | 2417.35 |
| TRUNK fat (g) | 545.40 | 1985.74 | 5.69E-07 | -3904.68 | 1908.49 |
| TOT Lean (g) | 213.40 | 1086.10 | 7.47E-04 | -1329.16 | 1461.22 |
| Adiponectin, HMW (ng/mL) | 43.00 | 797.46 | 2.99E-01 | 403.11 | 972.67 |
| Leptin (ug/L) | 1.57 | 9.34 | 1.49E-04 | -9.49 | 7.63 |
| **INFLAMMATORY MARKERS** | | | | | |
| hsCRP (mg/L) | 0.28 | 2.22 | 2.86E-01 | 1.13 | 9.46 |
| IL-6 (pg/mL) | -0.14 | 0.29 | 7.15E-01 | -0.11 | 0.19 |
| TNF-a (pg/mL) | 0.27 | 1.98 | 7.84E-04 | 3.31 | 2.60 |
| IL-1b (pg/mL) | 0.00 | 0.01 | 3.02E-01 | -0.01 | 0.01 |
| IL-17 (pg/mL) | -0.04 | 0.26 | 5.22E-02 | 0.25 | 0.93 |
| MCP-1 (pg/mL) | -34.08 | 72.40 | 2.29E-02 | 9.13 | 38.08 |
| INF-g (pg/mL) | -0.70 | 0.81 | 2.55E-01 | -0.19 | 1.57 |
| IL-10 (pg/mL) | -0.01 | 0.08 | 6.42E-03 | 0.08 | 0.20 |
| **GLUCOSE METABOLISM and INSULIN SENSITIVITY MARKERS** | | | | | |
| Glucose mg/dL | 0.10 | 9.96 | 4.15E-01 | -1.58 | 8.69 |
| YSI (0) | 1.32 | 7.75 | 1.40E-01 | -3.31 | 10.57 |
| YSI (30) | -1.83 | 20.18 | 8.66E-01 | -2.92 | 23.84 |
| YSI (60) | 8.69 | 26.41 | 3.54E-01 | -0.46 | 33.61 |
| YSI (90) | 7.29 | 27.73 | 1.40E-01 | -3.18 | 27.37 |
| YSI (120) | 6.31 | 19.56 | 7.47E-01 | 0.73 | 28.00 |
| gAUC | 538.88 | 1920.37 | 1.60E-01 | -235.42 | 2422.95 |
| Insulin 0 M6 uU/mL | 1.76 | 8.04 | 1.00E-01 | -3.02 | 6.03 |
| Insulin 30 M6 uU/mL | 1.80 | 31.71 | 1.78E-02 | -24.65 | 50.78 |
| Insulin 60 M6 uU/mL | 14.20 | 55.18 | 6.78E-02 | -12.77 | 45.20 |
| Insulin 90 M6 uU/mL | 24.31 | 61.42 | 1.45E-02 | -31.90 | 65.84 |
| Insulin 120 M6 uU/mL | 12.39 | 72.32 | 9.33E-01 | -9.28 | 68.39 |
| insulin AUC | 1469.84 | 4693.94 | 1.38E-02 | -2246.83 | 4749.95 |
| HOMA index | 0.50 | 2.12 | 6.78E-02 | -0.90 | 1.72 |
| Matsuda Index (ISI) | 0.06 | 1.59 | 1.95E-01 | 1.83 | 5.86 |
| Insulinogenic Index 30 (IGI) | 0.56 | 1.66 | 2.63E-03 | -1.05 | 1.81 |
| Disposition Index (ISI x IGI) | 1.20 | 4.54 | 1.29E-01 | -0.64 | 6.45 |
| Oral disposition index | 0.06 | 0.18 | 5.18E-02 | 0.38 | 1.91 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PARAMETER** | **Delta GROUP (A+D) vs Delta GROUP B (6M IF vs 6M control)** | | | | |
|  | **Δ MEAN Control** | **Δ STDEV Control** | **MannWhitney U test Δ Controls vs Δ group A** | **Δ MEAN Group A** | **Δ STDEV Group A** |
| **ENERGY** |  | | | | |
| Total Grams | 62.34 | 340.80 | 1.58E-01 | -137.39 | 559.27 |
| Energy (kcal) | 44.95 | 300.72 | 8.15E-06 | -496.87 | 431.33 |
| **BODY COMPOSITION** | | | | | |
| wt (Kg) | 1.10 | 3.24 | 6.84E-09 | -6.98 | 3.49 |
| BMI | 0.35 | 1.10 | 1.14E-08 | -2.34 | 1.19 |
| waist (cm) | 1.15 | 6.94 | 3.83E-06 | -7.74 | 6.63 |
| TOT fat (g) | 1153.95 | 3179.53 | 4.06E-08 | -5454.58 | 2932.65 |
| TRUNK fat (g) | 545.40 | 1985.74 | 7.50E-08 | -3304.18 | 1918.95 |
| TOT Lean (g) | 213.40 | 1086.10 | 1.30E-04 | -1204.40 | 1270.51 |
| Adiponectin, HMW (ng/mL) | 43.00 | 797.46 | 4.47E-02 | 527.88 | 928.40 |
| Leptin (ug/L) | 1.57 | 9.34 | 2.75E-04 | -8.26 | 9.92 |
| **INFLAMMATORY MARKERS** | | | | | |
| hsCRP (mg/L) | 0.28 | 2.22 | 2.21E-01 | 0.02 | 6.71 |
| IL-6 (pg/mL) | -0.14 | 0.29 | 5.56E-01 | -0.18 | 0.38 |
| TNF-a (pg/mL) | 0.27 | 1.98 | 8.69E-02 | 1.86 | 3.34 |
| IL-1b (pg/mL) | 0.00 | 0.01 | 5.76E-01 | -0.02 | 0.11 |
| IL-17 (pg/mL) | -0.04 | 0.26 | 5.88E-01 | 0.07 | 0.70 |
| MCP-1 (pg/mL) | -34.08 | 72.40 | 8.45E-02 | -7.49 | 49.02 |
| INF-g (pg/mL) | -0.70 | 0.81 | 3.80E-01 | 0.26 | 4.26 |
| IL-10 (pg/mL) | -0.01 | 0.08 | 9.11E-02 | 0.03 | 0.17 |
| **GLUCOSE METABOLISM and INSULIN SENSITIVITY MARKERS** | | | | | |
| Glucose mg/dL | 0.10 | 9.96 | 2.93E-01 | -1.68 | 9.01 |
| YSI (0) | 1.32 | 7.75 | 1.19E-01 | -2.44 | 10.81 |
| YSI (30) | -1.83 | 20.18 | 8.69E-01 | -3.39 | 24.45 |
| YSI (60) | 8.69 | 26.41 | 1.34E-01 | -3.63 | 35.03 |
| YSI (90) | 7.29 | 27.73 | 4.23E-02 | -7.62 | 31.82 |
| YSI (120) | 6.31 | 19.56 | 4.28E-01 | -1.62 | 31.28 |
| gAUC | 538.88 | 1920.37 | 8.04E-02 | -499.95 | 2764.96 |
| Insulin 0 M6 uU/mL | 1.76 | 8.04 | 5.37E-02 | -1.89 | 8.19 |
| Insulin 30 M6 uU/mL | 1.80 | 31.71 | 1.39E-02 | -18.95 | 45.26 |
| Insulin 60 M6 uU/mL | 14.20 | 55.18 | 5.47E-02 | -12.77 | 44.76 |
| Insulin 90 M6 uU/mL | 24.31 | 61.42 | 5.78E-03 | -24.03 | 53.77 |
| Insulin 120 M6 uU/mL | 12.39 | 72.32 | 6.05E-01 | -6.89 | 48.43 |
| insulin AUC | 1469.84 | 4693.94 | 4.73E-03 | -1788.88 | 4020.71 |
| HOMA index | 0.50 | 2.12 | 4.47E-02 | -0.50 | 2.60 |
| Matsuda Index (ISI) | 0.06 | 1.59 | 7.70E-02 | 1.10 | 4.14 |
| Insulinogenic Index 30 (IGI) | 0.56 | 1.66 | 2.24E-03 | -0.60 | 1.39 |
| Disposition Index (ISI x IGI) | 1.20 | 4.54 | 1.93E-01 | -0.62 | 6.19 |
| Oral disposition index | 0.06 | 0.18 | 9.59E-02 | 0.17 | 1.30 |