

SUPPLEMENTARY DATA

Supplementary Table 1. Comparison of 6-month changes in outcomes between BB and CC groups stratified by gender

Outcomes	P value of Group by Gender Interaction	Male		Female	
		Treatment Effect (BB-CC) Mean (95% Confidence Interval)	p-value	Treatment Effect (BB-CC) Mean (95% Confidence Interval)	p-value
Glucose and Insulin Metabolism					
2 hr Glucose, mg/dL	0.54	-12.1 (-32.3 to 8.1)	0.24	-20.5 (-36.4 to -4.6)	0.01
2 hr Insulin, mIU/mL [‡]	0.83	-76.9 (-130.9 to 6.2)	0.07	-109.2 (-156.5 to -45.6)	0.002
Fasting Glucose, mg/dL	0.12	-6.9 (-13.8 to -0.0)	0.05	-0.6 (-5.5 to 4.3)	0.8
Fasting Insulin, μ IU/mL [‡]	0.54	-14.1 (-24.7 to 1.2)	0.07	-7.7 (-15.9 to 3.0)	0.14
HOMA-IR [‡]	0.35	-4.1 (-6.7, -0.3)	0.04	-1.7 (-3.8, 1.1)	0.20
WBISI	0.76	0.5 (-0.1 to 1.0)	0.09	0.4 (0.0 to 0.8)	0.06
HgbA1c	0.38	-0.2 (-0.5 to 0.1)	0.15	0.0 (-0.3 to 0.2)	0.64
IGI	0.95	2.3 (-3.3 to 7.9)	0.41	2.1 (-2.2 to 6.3)	0.34
DI ₀	0.49	6.6 (-1.9 to 15.1)	0.13	3.0 (-3.2 to 9.2)	0.34
Anthropometric					
Weight, kg	0.11	-5.9 (-9.9 to -1.9)	0.004	-1.9 (-4.5 to 0.7)	0.15
Height, cm	0.48	-0.2 (-1.7 to 1.4)	0.81	0.5 (-0.6 to 1.5)	0.36
BMI (kg/M ²)	0.22	-1.7 (-3.0 to -0.5)	0.01	-0.8 (-1.7 to 0.1)	0.08
BMI-Z	0.37	-0.13 (-0.22 to -0.03)	0.01	-0.1 (-0.14, -0.01)	0.01
Body Fat (%)	0.13	-6.5 (-11.0 to -2.1)	0.005	-2.7 (-5.3 to -0.2)	0.04
Fat Mass (Kg)	0.06	-9.4 (-15.1 to -3.6)	0.002	-3.3 (-6.5 to -0.1)	0.05
Cardiovascular					
Blood Pressure – Systolic, mmHg	0.93	-5.5 (-12.4 to 1.4)	0.12	-5.1 (-9.9 to -0.3)	0.04
Blood Pressure – Diastolic, mmHg	0.62	-5.6 (-24.2 to 12.9)	0.55	-11.2 (-24.1 to 1.6)	0.09
Cholesterol – Total, mg/dL	0.31	-19 (-46.0 to 8.0)	0.16	-3.4 (-19.3 to 12.5)	0.68
HDL, mg/dL	0.68	-0.1 (-8.7 to 8.5)	0.98	1.9 (-2.9 to 6.6)	0.44
LDL, mg/dL	0.39	-11.3 (-29.6 to 6.9)	0.22	-1.8 (-14.2 to 10.5)	0.77
Triglycerides, mg/dL [‡]	0.56	-31.9 (-54.4 to -0.8)	0.05	-18.8 (-34.9 to 1.3)	0.07
ALT	0.46	4.9 (-0.9 to 10.7)	0.10	2.1 (-2.5 to 6.8)	0.37

[‡]Data are presented as geometric means and SDs. All others are as arithmetic means and SDs.

Note: The effects of subgroup analysis by gender are consistent to the results of entire group in table 2. Although for some characteristics there is difference in significance between genders, this is due to loss of power due to subgroup analysis. In addition, the directions of effect are consistent between genders.

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Supplementary Figure 1.

