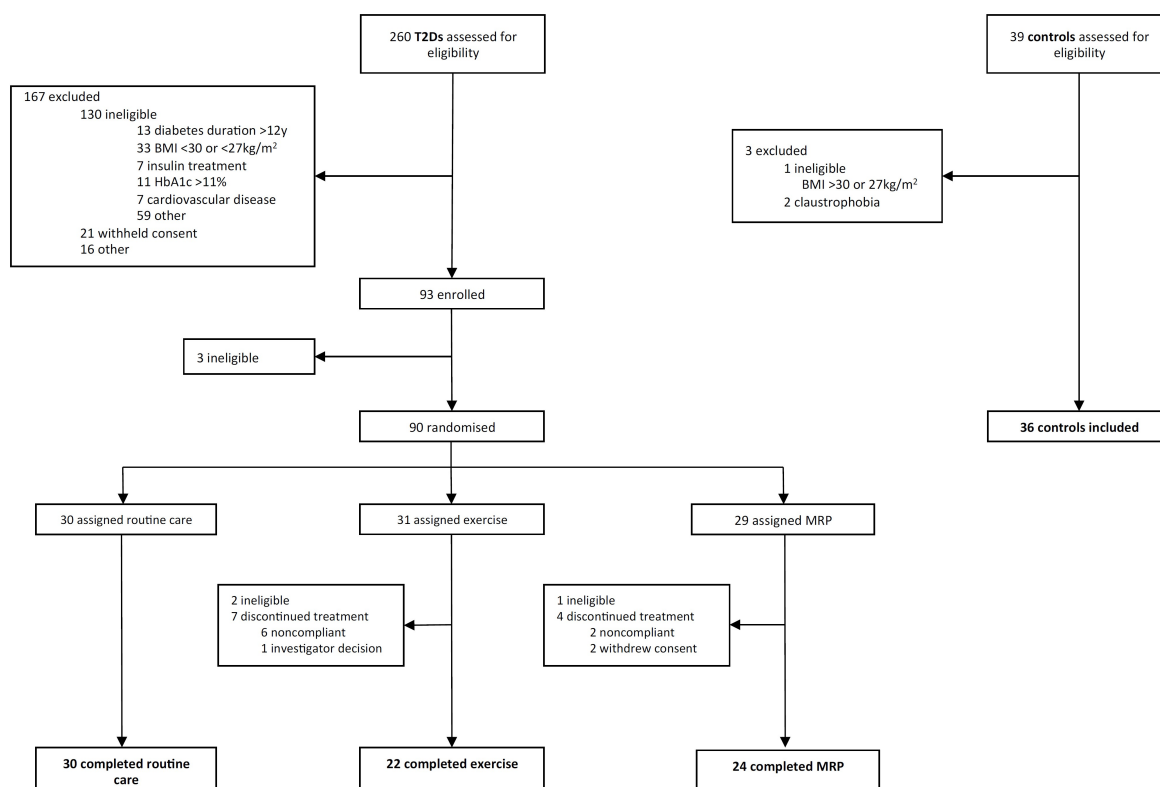


SUPPLEMENTARY DATA

Supplementary Figure 1. Trial profile. Abbreviations: T2D=type 2 diabetes mellitus; MRP=meal replacement plan.



SUPPLEMENTARY DATA

Supplementary Table 1. Baseline Characteristics of prospective, randomized, open-label, blinded-endpoint trial participants stratified by treatment arm.

	Routine care (n=30)	Exercise (n=31)	MRP (n=29)
Age, years	50.7±6.4	50.5±7.2	49.7±6.3
Sex			
Male	18 (60%)	18 (58%)	17 (59%)
Female	12 (40%)	13 (42%)	12 (41%)
Ethnic origin			
Caucasian	18 (60%)	22 (71%)	16 (55%)
Black or other minority ethnicity	12 (40%)	9 (29%)	13 (45%)
Weight, Kg	102.6±14.9	102.8±18.3	104.6±16.9
Body mass index, Kg/m²	36.7±4.8	36.0±5.8	37.2±6.1
Systolic BP, mmHg	138±13	138±18	144±18
Diastolic BP, mmHg	85±7	88±10	90±9
Medications			
RAAS inhibitor	15 (50%)	11 (35%)	15 (52%)
Other antihypertensive(s)	9 (30%)	8 (26%)	11 (38%)
Statin	21 (70%)	20 (65%)	19 (66%)
Metformin	30 (100%)	29 (94%)	25 (86%)
Sulphonylurea	6 (20%)	6 (19%)	2 (7%)
GLP-1 agonist	3 (10%)	4 (13%)	3 (10%)
DPP-IV inhibitor	7 (23%)	6 (19%)	5 (17%)
SGLT-2 inhibitor	4 (13%)	3 (10%)	4 (14%)
Fasting blood tests			
Glucose, mmol/L	8.2±2.3	8.9±2.4	8.1±2.5
HbA1c, %	7.3±0.9	7.6±1.3	7.2±1.1