

SUPPLEMENTARY DATA

Supplementary Table 1. Clinical and biochemical characteristics of the 232 Chinese subjects recruited in this study

Variable	Lean (n = 105)	Overweight/obese (n = 127)	P value
Age (years)	57.3 ± 12.6	55.0 ± 12.2	0.151
Sex (M/F)	53 / 52	62 / 65	0.802
BMI (kg/m ²)	22.3 ± 2.0	28.6 ± 3.3	<0.001
Serum FGF21* (ng/L)	208.7 (94.4 – 325.7)	291.8 (144.5 – 512.0)	<0.001
Serum A-FABP*, [†] (µg/L)	M: 18.0 (11.9 – 22.1) F: 19.3 (14.9 – 29.3)	M: 25.4 (18.3 – 32.9) F: 34.3 (27.9 – 42.2)	<0.001
Serum hsCRP* (mg/L)	1.03 (0.61 – 2.45)	1.85 (0.75 – 3.57)	0.237
Serum adiponectin*, [†] (mg/L)	M: 5.4 (3.7 – 7.4) F: 6.4 (4.3 – 9.1)	M: 4.0 (2.8 – 5.8) F: 5.4 (3.3 – 7.9)	0.002
Waist circumference [†] (cm)	M: 80.2 ± 6.9 F: 74.0 ± 6.2	M: 93.7 ± 9.2 F: 87.5 ± 7.5	<0.001
Waist-hip-ratio [†]	M: 0.89 ± 0.05 F: 0.82 ± 0.06	M: 0.93 ± 0.06 F: 0.87 ± 0.07	<0.001
Fat percentage (%) [‡]	24.9 ± 6.8	36.5 ± 9.2	<0.001
Systolic blood pressure (mmHg)	125.8 ± 22.7	130.0 ± 19.4	0.130
Diastolic blood pressure (mmHg)	74.8 ± 11.2	78.0 ± 10.5	0.027
Triglycerides* (mmol/L)	1.08 (0.80 – 1.50)	1.30 (1.10 – 2.10)	<0.001
LDL-cholesterol (mmol/L)	3.20 ± 0.82	3.30 ± 0.83	0.391
HDL-cholesterol (mmol/L)	1.36 ± 0.33	1.20 ± 0.26	<0.001
Free fatty acids* (mmol/L)	0.36 (0.27 – 0.49)	0.39 (0.28 – 0.47)	0.736
Fasting insulin* (mIU/L)	6.0 (4.6 – 8.7)	10.2 (7.5 – 15.8)	<0.001
Fasting glucose (mmol/L)	6.3 ± 2.3	6.2 ± 1.7	0.782
HOMA-IR*	1.7 (1.1 – 2.6)	2.7 (2.0 – 4.5)	<0.001
2hr postprandial glucose (mmol/L)	8.1 ± 4.6	8.2 ± 3.5	0.872

*log-transformed before analysis; [†]sex-adjusted; [‡]Included 136 subjects with available data (63 men and 73 women). A-FABP: adipocyte-fatty acid binding protein. M: males; F: females.

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Supplementary Table 2. Logistic regression analysis of serum FGF21 in the association with the MetS: Odds ratios

Variable(s) in model	Serum FGF21					
	Tertile 2			Tertile 3		
	OR	95% CI	P value	OR	95% CI	P value
FGF21	3.02	1.48 – 6.14	0.002	5.97	2.92 – 12.22	<0.001
Waist circumference + FGF21	2.84	1.27 – 6.33	0.011	4.95	2.26 – 10.83	<0.001
HDL-cholesterol + FGF21	2.94	1.37 – 6.30	0.006	4.59	2.14 – 9.86	<0.001
Triglycerides* + FGF21	2.47	1.13 – 5.42	0.024	2.23	0.97 – 5.12	0.059
Hyperglycemia + FGF21	4.10	1.85 – 9.08	0.001	8.68	3.86 – 19.51	<0.001
Hypertension + FGF21	1.85	0.83 – 4.15	0.135	3.93	1.73 – 8.90	0.001

Supplementary Table 3. Logistic regression analysis of serum FGF21 in the association with the MetS: likelihood ratios

Variables in the model		Likelihood ratio	P value
A	B		
Waist circumference	Waist circumference + FGF21 [†]	41.85	<0.001
HDL-cholesterol	HDL-cholesterol + FGF21 [†]	28.19	<0.001
Triglycerides*	Triglycerides* + FGF21 [†]	20.5	<0.001
Hyperglycemia	Hyperglycemia + FGF21 [†]	46.76	<0.001
Hypertension	Hypertension + FGF21 [†]	23.74	<0.001

*log-transformed before analysis; Tertile 1 as reference with OR = 1; [†]serum FGF21 in tertiles; [‡]Chi-square (df = 1); Tertile 1 as reference.