

ESM Table 1 – Supplemental material; 1-year-changes in body composition, blood pressure, inflammatory markers and adipokines			
	Placebo (n = 91)	Fibre (n = 89)	P-value
Body weight (kg)	-2.6 ± 5.2 **	-2.0 ± 4.2 **	0.368
Waist circumference (cm)	-3.0 ± 6.0 **	-2.3 ± 4.7 **	0.426
Hip circumference (cm)	-2.1 ± 5.1 **	-1.8 ± 4.0 **	0.641
WHR	-0.01 ± 0.05	-0.01 ± 0.04	0.605
BIA – Body fat (kg)	-1.1 ± 4.1 *	-0.2 ± 3.9	0.176
RR, systolic (mmHg)	-1 ± 15	-1 ± 14	0.898
RR, diastolic (mmHg)	-0 ± 9	0 ± 10	0.981
CRP (nmol/l)	-7.6 ± 25.7 *	-7.6 ± 36.2 *	0.896
Leukocyte count (/nl)	0.29 ± 0.87	-0.28 ± 1.06 *	0.047 *
IL-18 (pg/nl) †	-21.9 ± 83.7 *	-9.5 ± 47.7	0.291
Leptin (ng/L) †	-2.44 ± 10.11	-3.13 ± 10.05 *	0.696
Adiponectin (µg/ml) †	0.05 ± 3.11	0.14 ± 1.64	0.828
RBP-4 (µg/mL) †	2.28 ± 12.75	-0.82 ± 12.02	0.148
Chemerin (ng/ml) †	-10.2 ± 36.7 *	-5.2 ± 31.9	0.402
Progranulin (ng/ml) †	-0.82 ± 5.12	-0.46 ± 5.80	0.702

ESM Table 1 Secondary outcomes (body composition, blood pressure, inflammatory markers and adipokines) after one year of intervention; Mean ± SD. *Significant difference within groups or between the group changes, respectively; *p ≤ 0.05, **p ≤ 0.001.; † per-protocol subgroup