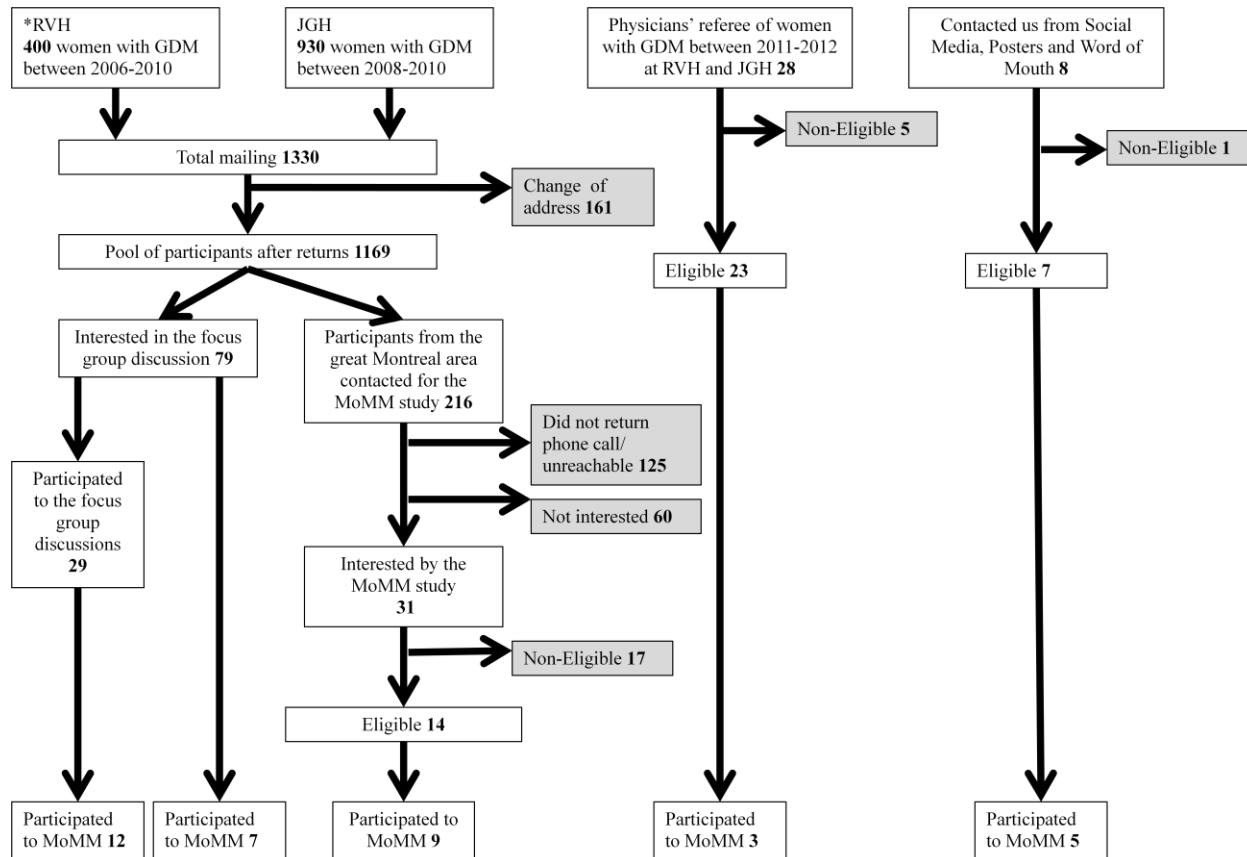


**Supplemental files** Table 1 Baseline values and percentage of changes from baseline by baseline weight category

| Variables                          | Baseline<br>BMI < 25<br>kg/m <sup>2</sup><br>n=7 | Change from<br>baseline,<br>mean [95% CI] | Baseline<br>25 ≤ BMI <30<br>kg/m <sup>2</sup><br>n=10 | Change from<br>baseline,<br>mean [95% CI] | Baseline<br>BMI ≥30<br>kg/m <sup>2</sup><br>n=10 | Change from<br>baseline,<br>mean [95% CI] |
|------------------------------------|--|---|---|---|--|---|
|                                    | mean (SD)  |   | mean (SD)   |   | mean (SD)  |   |
| Weight, kg                         | 61.5 (7.7)                                       | 0.1% [-1.7, 2.0]                          | 70.9 (5.7)  | -0.7% [-2.9, 1.5]                         | 92.4 (16.7)                                      | -0.3% [-1.6, 1.2]                         |
| Body mass index, kg/m <sup>2</sup> | 23.1 (1.6)                                       | 0.1% [-1.7, 2.0]                          | 26.4 (0.9)  | -0.7% [-2.9, 1.5]                         | 36.0 (6.2)                                       | -0.3% [-1.6, 1.2]                         |
| Waist circumference, cm            | 78.2 (8.0)                                       | 1.2% [-1.2, 3.6]                          | 90.5 (6.5)  | -3.1% [-6.1, -0.0]                        | 102.7 (13.4)                                     | -0.3% [-2.8, 2.2]                         |
| Fat mass, %                        | 33.5 (4.7)                                       | 2.1% [-5.6, 9.7]                          | 38.0 (5.2)*   | -0.9% [-4.2, 2.4]*                        | 47.0 (2.4)                                       | -0.9% [-3.3, 1.6]                         |
| Systolic blood pressure, mm Hg     | 112.0 (10.0)                                     | -5.5% [-9.2, -1.8]                        | 119.7 (7.4)   | -1.9% [-6.7, -2.9]                        | 126.0 (12.3)                                     | -3.3% [-7.5, 1.0]                         |
| Diastolic blood pressure, mm Hg    | 68.2 (4.5)                                       | -9.4% [-17.3, -1.5]                       | 71.8 (6.5)  | -4.2% [-8.1, -0.4]                        | 72.9 (8.3)                                       | -0.7% [-4.2, 2.8]                         |
| Fasting plasma glucose, mmol/L     | 5.3 (0.6)  | -4.3% [-11.5, 3.0]                        | 6.1 (1.0)   | -9.6% [-19.8, 0.6]                        | 5.8 (0.6)  | -0.6% [-2.1, 3.9]                         |
| 1-h plasma glucose, mmol/L         | 6.9 (2.1)  | -11.4% [-33.2, 10.3]                      | 10.8 (3.5)  | 5.1% [-28.2, 38.3]                        | 10.7 (2.0)                                       | -10.5% [-23.3, 2.2]                       |
| 2-h plasma glucose, mmol/L         | 5.2 (1.4)  | -6.7% [-25.8, 12.3]                       | 9.0 (4.1)   | -11.2% [-23.7, 1.3]                       | 7.9 (2.3)  | -5.2% [-13.7, 3.3]                        |
| Fasting insulin, μU/mL             | 5.6 (3.3)  | -10.2% [-22.4, 2.1]                       | 10.0 (5.5)  | -5.3% [-13.3, 2.7]                        | 9.1 (4.8)  | -10.4% [-20.7, -0.1]                      |
| 1-h insulin, μU/mL                 | 70.0 (41.4)                                      | -26.4% [-53.1, 0.3]                       | 121.6 (131.0)   | 21.3% [-30.7, 73.3]                       | 104.3 (51.7)*                                    | 9.4% [-27.6, 8.9]*                        |
| 2-h insulin, μU/mL                 | 47.2 (49.9)                                      | -21.3% [-71.1, 28.6]                      | 99.6 (103.0)  | -10.4% [-42.2, 21.3]                      | 70.6 (26.2)†                                     | -18.1% [-43.5, 7.3]†                      |
| ISI <sub>0,120</sub>               | 74.3 (45.6)                                      | 36.9% [-4.2, 77.9]                        | 46.7 (25.1)   | 24.2% [3.0, 45.3]                         | 61.9 (20.9)†                                     | 11.7% [-0.5, 23.9]†                       |
| Matsuda Index                      | 8.5 (5.4)  | 77.4% [-26.6, 181.4]                      | 4.1 (3.0)   | 26.2% [-18.6, 71.0]                       | 3.2 (1.2)†                                       | 18.0% [0.2, 35.9]†                        |
| HOMA-IR                            | 1.3 (0.7)  | -13.0% [-29.5, 3.6]                       | 2.7 (1.6)   | -5.4% [-25.4, 14.6]                       | 2.4 (1.3)  | -10.9% [-22.2, 0.4]                       |
| Total Cholesterol, mmol/L          | 4.8 (0.4)  | 1.7% [-2.8, 6.3]                          | 5.1 (0.8)   | -0.1% [-3.7, 3.5]                         | 4.7 (0.6)  | -6.2% [-12.0, -0.4]                       |
| HDL-cholesterol, mmol/L            | 1.4 (0.4)  | 7.5% [0.3, 14.8]                          | 1.2 (0.4)   | 4.2% [0.9, 7.6]                           | 1.3 (0.2)  | -9.4% [-14.6, -4.3]                       |
| LDL-cholesterol, mmol/L            | 2.8 (0.4)  | 4.2% [-4.8, 13.2]                         | 2.9 (0.7)   | 4.7% [-3.6, 12.9]                         | 2.8 (0.6)  | -1.8% [-8.4, 4.7]                         |
| Triglycerides, mmol/L              | 1.3 (1.1)  | -3.2% [-19.8, 13.4]                       | 1.9 (1.0)   | -11.0% [-32.9, 10.9]                      | 1.3 (0.6)  | -12.8% [-28.3, 2.6]                       |
| Adiponectin, μg/mL                 | 10.1 (5.3)                                       | 1.4% [-7.2, 9.9]                          | 5.1 (2.3)   | 5.7% [-3.4, 14.7]                         | 5.5 (2.8)  | -0.8% [-12.9, 11.4]                       |
| Leptin, ng/mL                      | 13.0 (6.3)                                       | 11.4% [-1.8, 24.6]                        | 21.4 (11.7)   | 14.2% [-16.0, 44.4]                       | 33.3 (13.7)                                      | 10.0% [-3.4, 23.3]                        |

\*Data missing for 1 participant; †Data missing for 2 participants

Supplemental files Figure 1 Recruitment's flow chart



\* Only women who presented for post-partum evaluation were included