

Table S3. Changes of other anthropological and biochemical markers between the initial and the 3-month follow-up appointment in placebo- and intervention group.

	placebo initial	placebo 3-month follow up	P*	intervention initial	intervention 3-month follow-up	P**
¹ body mass (kg)	59 (48-76)	57 (50-71)	0.353	63 (49-81)	60 (49-77)	0.429
¹ BMI (kg/m ²)	25.0 (21.6-27.1)	24.8 (21.9-27.0)	0.727	23.9 (21.6-26.9)	23.6 (21.4-27.1)	0,613
¹ hsCRP* (mg/L)	0.86 (0.47-1.32)	1.11 (0.61-1.98)	<0.001	1.77 (0.82-2.44)	0.89 (0.39-1.68)	<0.001
¹ FI* (g/L)	3.30 (2.4-3.9)	3.7 (2.7-4.5)	<0.001	3.9 (3.1-4.4)	3.3 (2.6-3.8)	<0.001
¹ SE* (mm/h)	16 (12-23)	20 (16-26)	<0.001	20 (15-26)	16 (12-22)	<0.001
increased				decreased		
	placebo	intervention		placebo	intervention	
IL6	3	0		0	11	

Results are expressed as medians (interquartile range) ¹Tested by the Mann-Whitney's test; comparing the values in the initial and the 3-month follow-up visit in placebo treated group. *data adopted from Divković and co-authors [10].