

Parameter	Supplement (n=22)	Placebo (n=14)	p value
Body weight (kg)	78 [73.5 - 90]	87 [64.1 - 99]	0.35
Fasting glycemia (mmol/L)	8.4 [6.9 - 10.2]	8.3 [7.2 - 8.7]	0.49
HbA1c (%)	7.7 [7.6 - 8.1]	7.5 [7.4 - 7.9]	0.19
Total cholesterol (mg/dL)	143 [116 - 172]	188 [139 - 223]	0.23
HDL (mg/dL)	40.5 [35.8 - 48.3]	40 [34 - 47]	0.62
LDL (mg/dL)	71.5 [54.8 - 94.2]	77 [73 - 155]	0.28
Triglycerides (mg/dL)	151 [104 - 206.5]	183 [108 - 232]	0.39

Supplementary Table S2. Main baseline characteristics only in those patients with an unmodified antidiabetic therapy. Values refer to those patients who did not modify the antidiabetic therapy and completed all the trial. They are expressed as median [IQR] and the statistical analysis was performed through Mann-Whitney U test.