

Table S1: Sequences of tested miRNAs and spike-in reference used by the manufacturer to design primers for RT-qPCR

miRNA/gene	miRBase Accession	Mature miRNA sequence
hsa-mir-122-5p	MIMAT0000421	5' UGGAGUGUGACAAUGGUGUUUG '3
hsa-mir-21-5p	MIMAT0000076	5' UAGCUUAUCAGACUGAUGUUGA '3
hsa-mir-103a-2-5p	MIMAT0009196	5' AGCUUCUUUACAGUGCUGCCUUG '3
hsa-mir-421	MIMAT0003339	AUCAACAGACAUUAAUUGGGCGC
hsa-mir-375-5p	MIMAT0037313	5' GCGACGAGCCCCUCGCACAAACC '3
hsa-mir-34a-5p	MIMAT0000255	5' UGGCAGUGUCUUAGCUGGUUGU '3
cel-miR-39-3p	MIMAT0000010	5' UCACCGGGUGUAAAUCAGCUUG '3

Table S2: Daily dietary intakes of the study participants at baseline, 24- and 48 weeks

Parameter	δ T3 (n=50)	α TF (n = 50)	<i>p-value</i>
Energy (kcal/day)			
Baseline	2425.6 \pm 340.2 [†]	2336.9 \pm 347.4	0.200 [‡]
Week 24	2353.6 \pm 311.1	2250.4 \pm 309.5	0.088 [§]
Week 48	2313.6 \pm 293.2	2209.3 \pm 292.2	0.094 [§]
[¶] p-value	< 0.001	< 0.001	
Carbohydrate (g/day)			
Baseline	333.1 \pm 44.7	323.8 \pm 47.1	0.320 [‡]
Week 24	322.3 \pm 41.5	310.5 \pm 44.3	0.166 [§]
Week 48	317.1 \pm 40.2	304.2 \pm 42.4	0.105 [§]
[¶] p-value	< 0.001	< 0.001	
Protein (g/day)			
Baseline	97.8 \pm 17.3	92.9 \pm 17.2	0.160 [‡]
Week 24	103.0 \pm 15.6	97.4 \pm 14.8	0.090 [§]
Week 48	105.1 \pm 13.7	100.2 \pm 12.9	0.147 [§]
[¶] p-value	< 0.001	< 0.001	
Total fat (g/day)			
Baseline	78.1 \pm 14.0	74.4 \pm 12.7	0.182 [‡]
Week 24	72.5 \pm 13.5	68.8 \pm 12.8	0.636 [§]
Week 48	69.4 \pm 13.1	65.7 \pm 12.7	0.601 [§]
[¶] p-value	< 0.001	< 0.001	

Abbreviations: δ T3: δ -tocotrienol; α TF: α -tocopherol.

[†] Values are mean \pm standard deviation (SD)

[‡] Between-groups by independent sample t-test

[§] Between-groups by analysis of covariance adjusted for baseline values

[¶] Within group by repeated measures analysis of variance