

Table S1. Patients' energy consumption along the study.

|                       | Pre-n-3        | Post-n-3       | Pre-placebo    | Post-placebo   |
|-----------------------|----------------|----------------|----------------|----------------|
| Energy (kcal/day)     | 2213.8 ± 516.1 | 2089.7 ± 362.0 | 2165.1 ± 422.5 | 2164.9 ± 475.9 |
| Carbohydrates (g/day) | 298.1 ± 100.2  | 281.8 ± 69.3   | 272.9 ± 67.9   | 293.9 ± 59.9   |
| Proteins (g/day)      | 95.8 ± 27.3    | 86.9 ± 20.2    | 103.6 ± 51.8   | 89.3 ± 35.2    |
| Lipids (g/day)        | 72.7 ± 23.3    | 68.7 ± 16.4    | 73.4 ± 22.0    | 71.1 ± 25.2    |

Data are represented as mean ± SD. No significant difference was observed along the stages of the study.

Table S2. Lipid composition of HDL subclasses.

| Lipids of HDL-subclass       | Pre-n-3 |       | Post-n-3 | *p    | Pre-placebo |      | Post-placebo | *p   |       |       |
|------------------------------|---------|-------|----------|-------|-------------|------|--------------|------|-------|-------|
| <b>Cholesterol (mg/dL)</b>   |         |       |          |       |             |      |              |      |       |       |
| HDL-2b                       | 13.2    | ± 6.1 | 15.5     | ± 8.4 | 0.222       | 10.2 | ± 6.6        | 12.5 | ± 6.0 | 0.138 |
| HDL-2a                       | 3.7     | ± 1.6 | 4.0      | ± 1.5 | 0.316       | 3.7  | ± 1.8        | 3.9  | ± 2.1 | 0.559 |
| HDL-3a                       | 10.7    | ± 3.2 | 12.0     | ± 4.0 | 0.213       | 11.1 | ± 5.1        | 10.2 | ± 4.1 | 0.266 |
| HDL-3b                       | 6.3     | ± 2.2 | 7.7      | ± 2.5 | 0.031       | 6.5  | ± 2.6        | 6.4  | ± 2.1 | 0.823 |
| HDL-3c                       | 7.9     | ± 4.9 | 10.3     | ± 7.1 | 0.038       | 10.0 | ± 6.7        | 9.5  | ± 6.4 | 0.700 |
| <b>Triglycerides (mg/dL)</b> |         |       |          |       |             |      |              |      |       |       |
| HDL-2b                       | 4.2     | ± 3.1 | 3.9      | ± 3.0 | 0.591       | 2.9  | ± 3.5        | 4.4  | ± 5.1 | 0.081 |
| HDL-2a                       | 1.2     | ± 1.1 | 1.0      | ± 0.9 | 0.525       | 1.0  | ± 0.7        | 1.2  | ± 1.4 | 0.546 |
| HDL-3a                       | 3.1     | ± 2.1 | 2.7      | ± 2.2 | 0.338       | 2.8  | ± 2.5        | 2.9  | ± 2.9 | 0.820 |
| HDL-3b                       | 1.5     | ± 0.7 | 1.2      | ± 0.7 | 0.145       | 2.1  | ± 1.9        | 1.8  | ± 1.9 | 0.073 |
| HDL-3c                       | 3.2     | ± 3.0 | 2.6      | ± 2.9 | 0.050       | 4.7  | ± 9.0        | 3.2  | ± 4.9 | 0.153 |

Data are represented as mean ± SD of HDL-lipids plasma concentration. n-3: EPA and DHA supplementation. Student's paired t test.