

Table S1. The analysis of correlation between Lipid parameters and LAB at 12 weeks.

| | the Spearman's rank correlation coefficient test ^a | |
|--|---|---------|
| | ρ-value | p-value |
| between the Δ value of total cholesterol and the Δ value of LAB | | |
| All groups | -0.0160 | 0.8465 |
| Group H | 0.0536 | 0.7119 |
| Group L | -0.1134 | 0.4329 |
| Group C | 0.1262 | 0.3877 |
| between the Δ value of triglycerides and the Δ value of LAB | | |
| All groups | 0.1838 | 0.0249* |
| Group H | 0.0972 | 0.5018 |
| Group L | 0.0579 | 0.6897 |
| Group C | 0.3442 | 0.0154* |
| between the Δ value of HDL and the Δ value of LAB | | |
| All groups | 0.0579 | 0.4828 |
| Group H | 0.0601 | 0.6782 |
| Group L | 0.0408 | 0.7783 |
| Group C | -0.0445 | 0.7612 |
| between the Δ value of LDL and the Δ value of LAB | | |
| All groups | -0.1356 | 0.3479 |
| Group H | 0.0481 | 0.7400 |
| Group L | -0.1356 | 0.3479 |
| Group C | 0.0828 | 0.5719 |

a : the Spearman's rank correlation coefficient test analyzed the statistical difference of the Δ value at 12 weeks. (*p<0.05, **p<0.01, ***p<0.001, ****p<0.0001) .