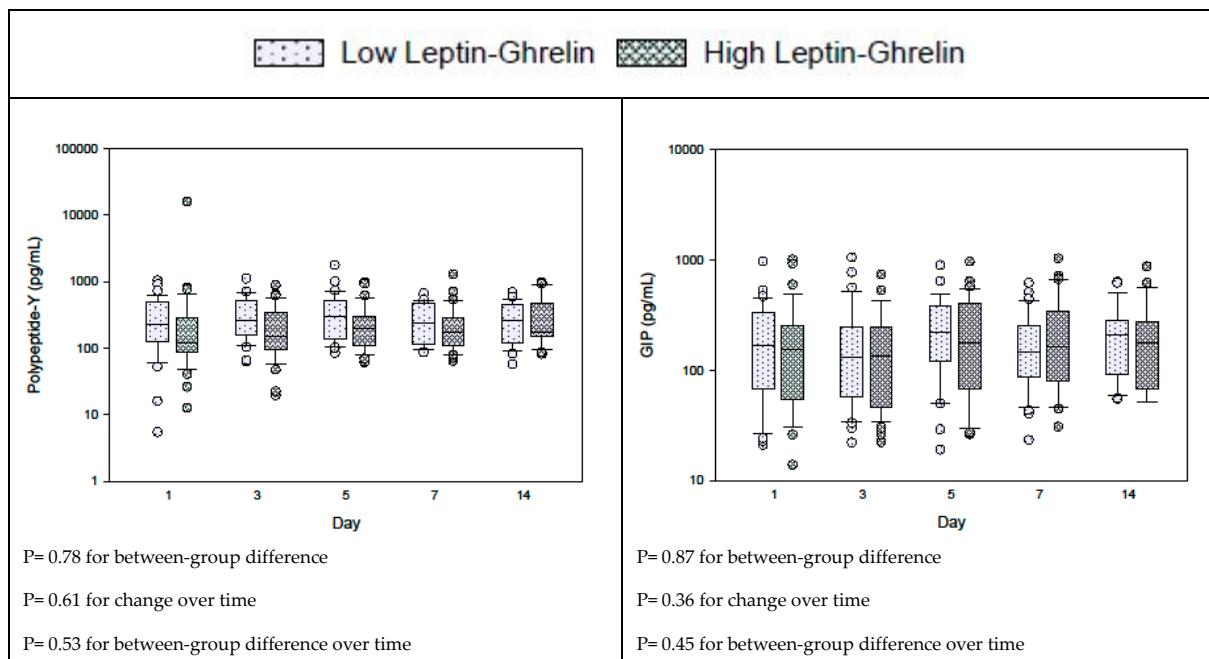
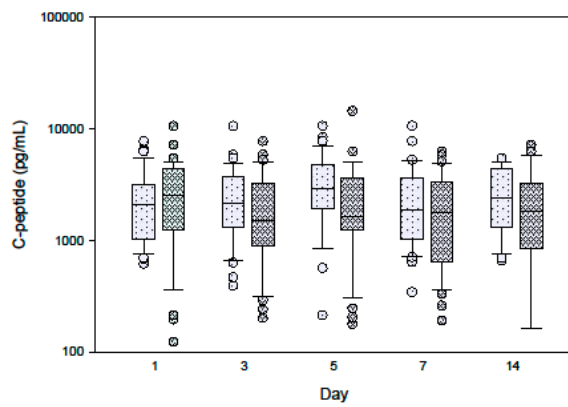


Figure 1. Serial leptin-ghrelin ratio in the permissive underfeeding and standard feeding groups. Data are presented using the box plot with medians and quartiles 1 and 3. The error bars refer to 10th and 90th percentiles.

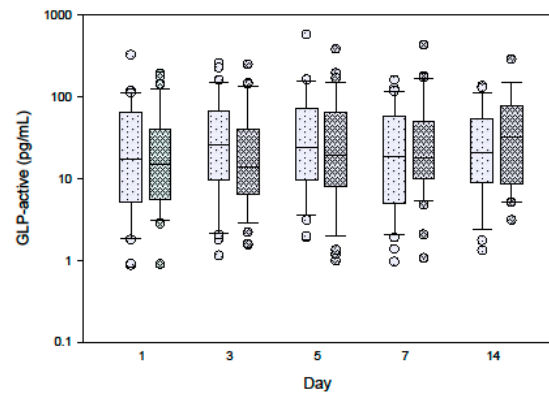




P= 0.39 for between-group difference

P= 0.12 for change over time

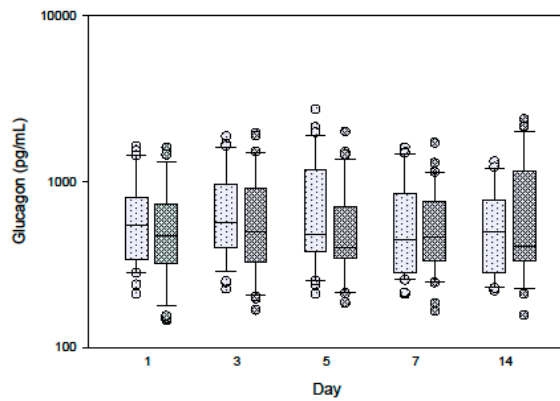
P= 0.20 for between-group difference over time



P= 0.99 for between-group difference

P= 0.16 for change over time

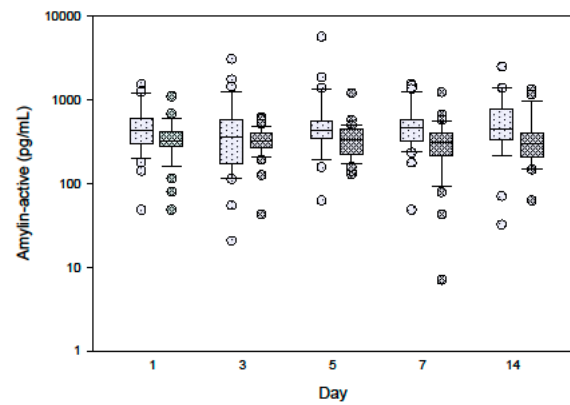
P= 0.12 for between-group difference over time



P= 0.57 for between-group difference

P= 0.004 for change over time

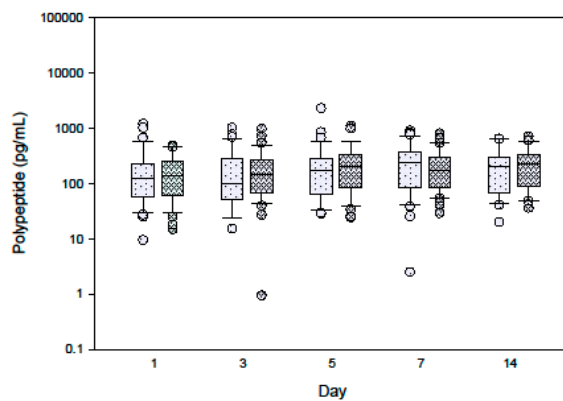
P= 0.007 for between-group difference over time



P= 0.008 for between-group difference

P= 0.50 for change over time

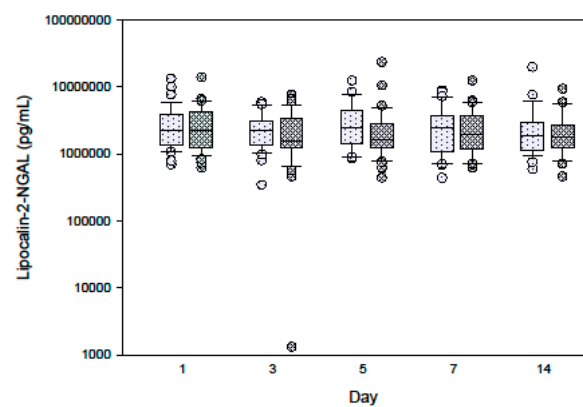
P= 0.58 for between-group difference over time



P= 0.91 for between-group difference

P= 0.06 for change over time

P= 0.77 for between-group difference over time



P= 0.57 for between-group difference

P= 0.30 for change over time

P= 0.97 for between-group difference over time

Figure 2 displays three box plots showing the plasma concentrations of IL-1B, IL-6, and TNF-α (pg/mL) over 14 days for two groups: Low Leptin-Ghrelin (dotted box) and High Leptin-Ghrelin (checkered box). The y-axis for all plots is on a logarithmic scale.

IL-1B (pg/mL): The y-axis ranges from 0.01 to 1000. The x-axis shows days 1, 3, 5, 7, and 14. Individual data points are overlaid on the box plots. P-values: $P=0.15$ for between-group difference, $P=0.79$ for change over time, $P=0.84$ for between-group difference over time.

IL-6 (pg/mL): The y-axis ranges from 0.1 to 10000. The x-axis shows days 1, 3, 5, 7, and 14. Individual data points are overlaid on the box plots. P-values: $P=0.11$ for between-group difference, $P=0.08$ for change over time, $P=0.38$ for between-group difference over time.

TNF-α (pg/mL): The y-axis ranges from 1 to 1000. The x-axis shows days 1, 3, 5, 7, and 14. Individual data points are overlaid on the box plots. P-values: $P=0.74$ for between-group difference, $P=0.03$ for change over time, $P=0.37$ for between-group difference over time.

Figure 2: Cytokine Levels (pg/mL) over 14 Days

Legend: Low Leptin-Ghrelin (Dotted box), High Leptin-Ghrelin (Cross-hatched box)

IL-1B (pg/mL)

Day	Low Leptin-Ghrelin (Median)	High Leptin-Ghrelin (Median)
1	~1.0	~1.0
3	~1.0	~1.0
5	~1.0	~1.0
7	~1.0	~1.0
14	~1.0	~1.0

P=0.15 for between-group difference
P=0.79 for change over time
P=0.84 for between-group difference over time

IL-6 (pg/mL)

Day	Low Leptin-Ghrelin (Median)	High Leptin-Ghrelin (Median)
1	~100	~50
3	~100	~50
5	~100	~50
7	~100	~50
14	~100	~50

P=0.11 for between-group difference
P=0.08 for change over time
P=0.38 for between-group difference over time

TNF-α (pg/mL)

Day	Low Leptin-Ghrelin (Median)	High Leptin-Ghrelin (Median)
1	~20	~20
3	~20	~20
5	~20	~20
7	~20	~20
14	~20	~20

P=0.74 for between-group difference
P=0.03 for change over time
P=0.37 for between-group difference over time