

Supplementary Table S1. Adopted reference values for clinical and laboratory exams.

Exam	Desirable	Increased Risk
BMI, kg/m ²	18,5 – 24,9	≥30
SBP, mm/Hg	<130	≥140
DBP, mm/Hg	<85	≥90
LDL-C, mg/dL	<130	≥160
HDL-C, mg/dL	≥60	<40
Total cholesterol, mg/dL	<200	≥240
Triglycerides, mg/dL	<150	≥200
FBG, mg/dL	65 – 99	≥126
HbA1c, %	4.8 – 5.9	≥6,5
Ferritin, ng/mL	15 – 160 ^a / 25 – 300 ^b	≥160 ^a / ≥300 ^b
ESR, mm	<15 ^c , <20 ^d , <30 ^e	≥15 ^c , ≥20 ^d , ≥30 ^e
CRP detection	Negative	Positive

(a), females <50 years; (b), males / females ≥50 years; (c), males <50 years; (d), males ≥50 years / females <50 years; (e), females ≥50 years; BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; LDL-C, low-density cholesterol; HDL-C, high-density cholesterol; FBG, fasting blood glucose; HbA1c, glycated haemoglobin A1c; ESR, erythrocyte sedimentation rate; CRP, C-reactive protein.