

Clinical parameters	no LMP Before weight loss	no LMP After weight loss (-10%)	<i>p</i> -value	LMP Before weight loss	LMP After weight loss (-10%)
Sample size, n(%)	47 (28.8)	-	-	116 (71.2)	-
Age (years)	52.1 (9.1)	-	-	50.3 (10.4)	-
Sex (male), n (%)	14 (29.8)	-	-	17 (14.7)	-
Height (cm)	166.7 (9.0)	-	-	164.9 (7.3)	-
SAS (Yes), n (%)	7 (14.9)	-	-	18 (15.5)	-
Adiposity markers					
Weight (kg)	91.8 (18.2)	81.6 (16.2)	****	89.8 (15.3)	80.0 (13.7)
BMI (kg/m²)	32.9 (4.8)	29.3 (4.3)	****	33.0 (4.9)	29.4 (4.4)
Waist cirumferance (cm)	107.1 (13.8)	95.8 (11.5)	****	106.8 (12.0)	96.5 (11.8)
Fat mass (%)	40.1 (4.0)	37.0 (4.7)	****	41.1 (4.5)	38.0 (5.1)
Fat-free mass (%)	31.1 (6.4)	32.1 (6.5)	****	33.0 (8.9)	33.7 (8.0)
Calculated Basal metabolism (Kcal/day)	2234 (366)	2128 (358)	****	2179 (278)	2061 (265)
Plasma Glucose homeostasis					
Glycemia (g/l)	1.08 (0.25)	1.00 (0.14)	*	1.00 (0.16)	0.94 (0.10)
Insulinemia (mIU/L)	17.1 (10.6)	9.0 (6.2)	<i>na</i>	14.3 (7.2)	9.7 (7.3)
HOMA IR	5.4 (4.6)	2.4 (2.0)	<i>na</i>	3.9 (2.6)	2.1 (1.9)
HbA1c (%)	6.0 (0.9)	5.6 (0.3)	*	5.7 (0.8)	5.6 (0.6)
Plasma lipid homeostasis					
Total cholesterol (nmol/L)	5.8 (1.0)	5.1 (1.1)	***	5.6 (1.1)	5.1 (0.9)
Total triglycerides (nmol/L)	1.6 (0.9)	1.0 (0.4)	****	1.6 (0.8)	1.1 (0.6)
HDL cholesterol (nmol/L)	1.4 (0.4)	1.4 (0.3)	<i>ns</i>	1.4 (0.4)	1.5 (0.4)
LDL cholesterol (nmol/L)	3.4 (0.8)	3.3 (0.8)	**	3.5 (0.9)	3.1 (0.8)
Liver Enzymes					
ASAT (IU/L)	23.9 (9.5)	22.5 (8.6)	<i>ns</i>	23.3 (7.7)	21.2 (6.9)
ALAT (IU/L)	32.2 (19.4)	26.8 (14.2)	*	28.5 (16.3)	23.2 (10.6)
GGT (IU/L)	45.7 (33.4)	22.6 (17.2)	**	39.2 (41.0)	33.7 (42.9)
Other variables					
Creatinine (mg/L)	8.1 (1.5)	8.1 (1.4)	<i>ns</i>	8.2 (1.4)	8.3 (1.4)
Uricemia (mg/L)	54.9 (12.4)	50.2 (11.3)	<i>ns</i>	52.0 (16.4)	46.9 (15.0)