Table S1. Changes in blood lipid profile.

	Beginning of study	End of study	% change	*P-value**
Triglycerides (mg/dl)				
Group I	105.54 ± 52.71	106 ± 9.89	0.44 %	0.29
Group II	115.37 ± 63.89	135 ± 73.25	17.02 %	0.034
Group III	198.29 ± 10.24	160.8 ± 93.28	- 18,91 %	0.29
Group IV	107.56 ± 35.48	125.11 ± 35.48	16.32 %	0.025
P-value†	**0.008**	0,001		
LDL (mg/dl)				
Group I	125.5 ± 28.12	125.71 ± 39.51	0.17 %	0.60
Group II	111.27 ± 22.12	107.93 ± 24.32	- 3.002 %	0.60
Group III	107.14 ± 25.12	110.8 ± 16.04	3.42 %	0.60
Group IV	108.96 ± 19.63	104.13 ± 18.65	- 4.43 %	0
P-value†	**0.04**	0,001		
HDL (mg/dl)				
Group I	56.57 ± 10.46	91.43 ± 69.69	61.62 %	0.047
Group II	62.01 ± 13.12	61.81 ± 15.16	- 0.32 %	0.210
Group III	56.29 ± 13.48	58.6 ± 10.33	4.10 %	0.210
Group IV	52.19 ± 10.74	51.75 ± 12.39		
			- 0.84 %	0
P-value†	0	0,001		

Values presented at baseline and at the end of the study are presented as means±SD.
**Level of significance for differences observed within the same group, between the two measurements.*

Repeated measures ANOVA was used to define significant differences in all variables tested for each study groups, at baseline and at the end of the study.

Table S2. Changes in additional blood biomarkers of importance.

	Beginning of study	End of study	% change	P-value*
Vitamin C (μmol/l)				
Group I	61 ± 19.78	60 ± 18.8	- 1.64 %	0,01
Group II	-	-	-	0
Group III	-	-	-	0
Group IV	-	-	-	0
Ca (mg/dl)				
Group I	9.37 ± 0.42	9.63 ± 0.29	2.77 %	0.36
Group II	9.5 ± 0.38	9.49 ± 0.37	- 0.11 %	0.36
Group III	9.34 ± 0.36	9.54 ± 0.36	2.14 %	0.36
Group IV	9.44 ± 0.5	9.4 ± 0.26	- 0.42 %	0.41
Mg (mmol/l)				
Group I	2.07 ± 0.17	2 ± 0	- 3.38 %	0.15
Group II	2.1 ± 0.25	2.09 ± 0.27	- 0.48 %	0.15
Group III	1.98 ± 0.01	2 ± 0.01	1.01 %	0.15
Group IV	2.13 ± 0	1.7 ± 0.52	- 20.19 %	0.01

Values presented at baseline and at the end of the study are presented as means±SD.

*Level of significance for differences observed within the same group, between the two measurements.
Repeated measures ANOVA was used to define significant differences in all variables tested for each study groups, at baseline and at the end of the study.