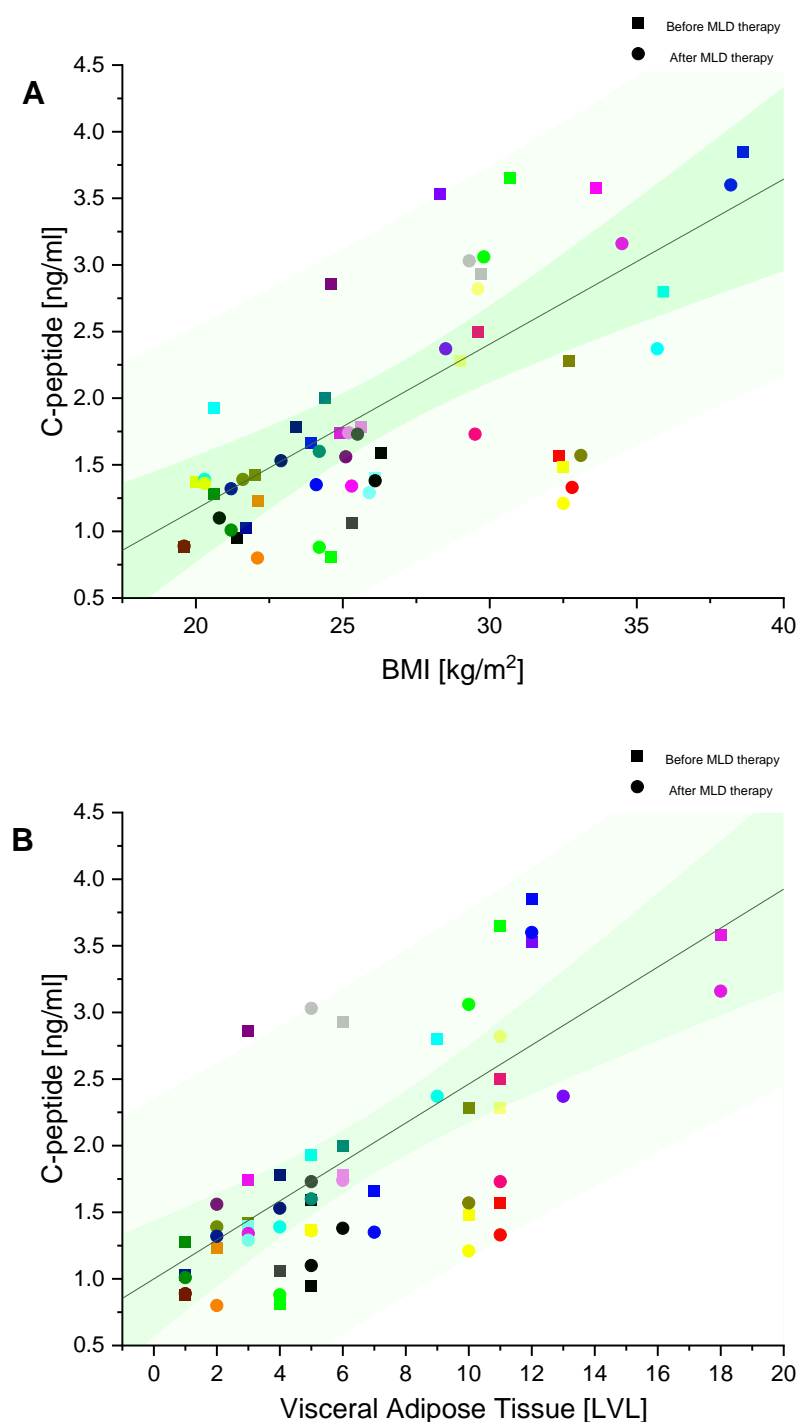
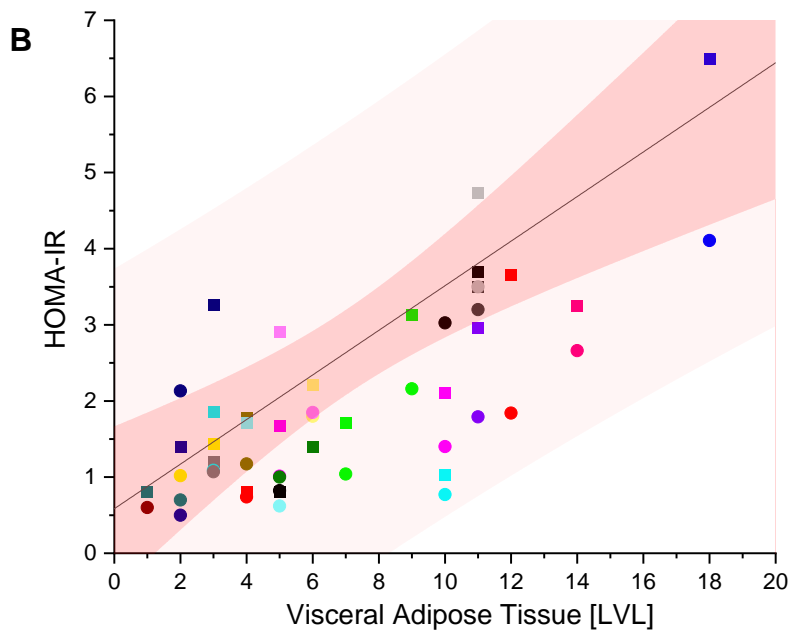
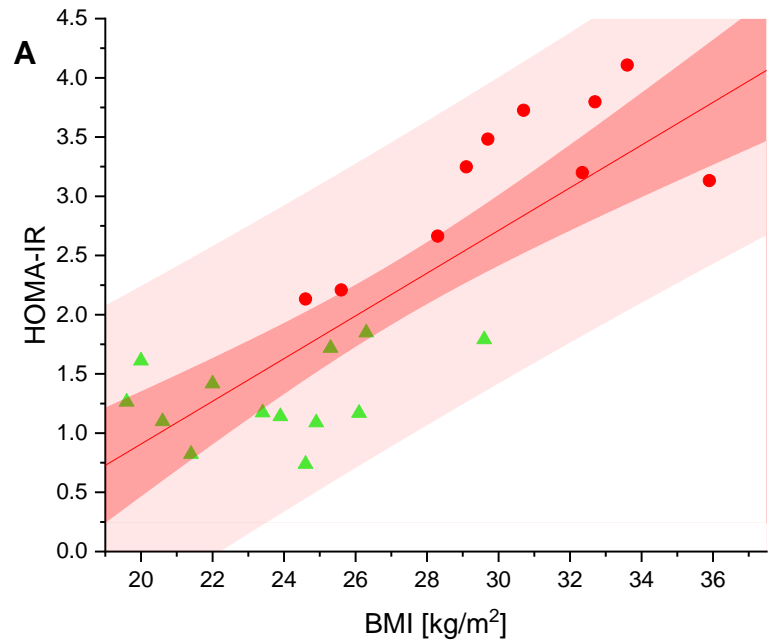


Supplementary Figure S1



Supplementary Figure S1, A. Correlation between the concentration of C-peptide [ng/ml] and BMI [kg/m²] before and after MLD therapy ($r = 0.87$, $p = 0.003$). **Figure S1, B.** Correlation between the concentration of C-peptide [ng/mL] and the level of visceral adipose tissue before and after MLD therapy ($r = 0.76$, $p = 0.003$). A circle and a square in the same color indicate the parameters of one patient •, the concentration before MLD therapy; ▪, the concentration after MLD therapy. Abbreviations: BMI, body mass index; MLD, manual lymphatic drainage.

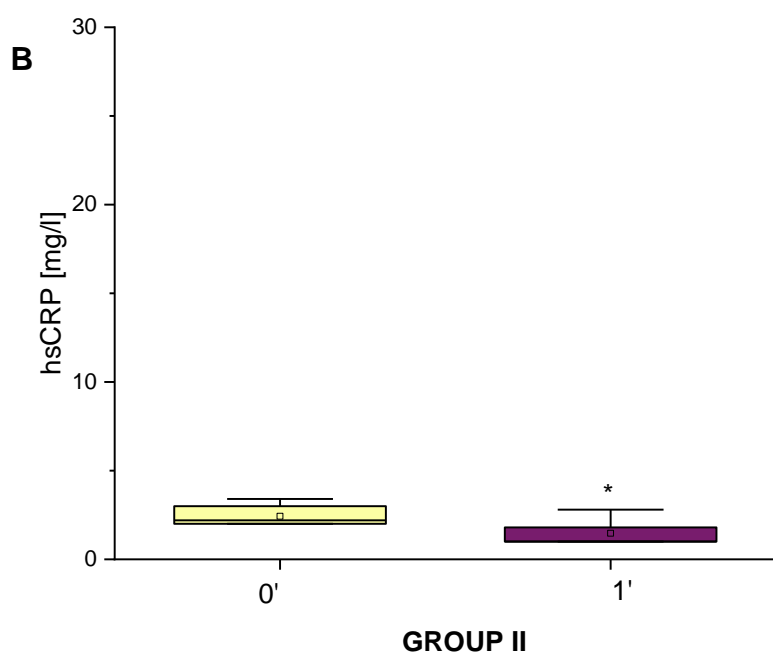
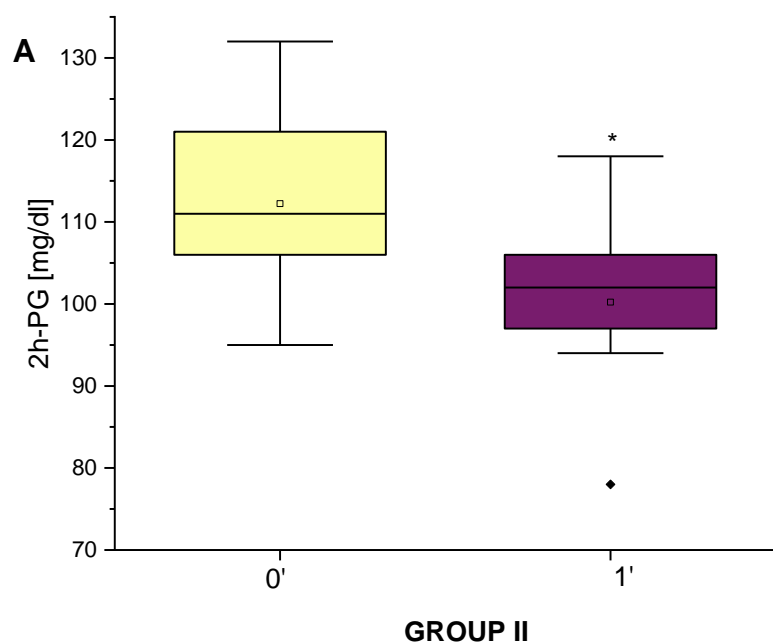
Supplementary Figure S2



Supplementary Figure S2, A. Correlation between the level of HOMA-IR and BMI [kg/m²] ($r = 0.86$, $p = 0.005$). A circle and a triangle indicate the level of HOMA-IR below, equal or above to 2.0 of each patient, \blacktriangle the level of HOMA-IR below or equal 2.0; \bullet the level of HOMA-IR above 2.0.

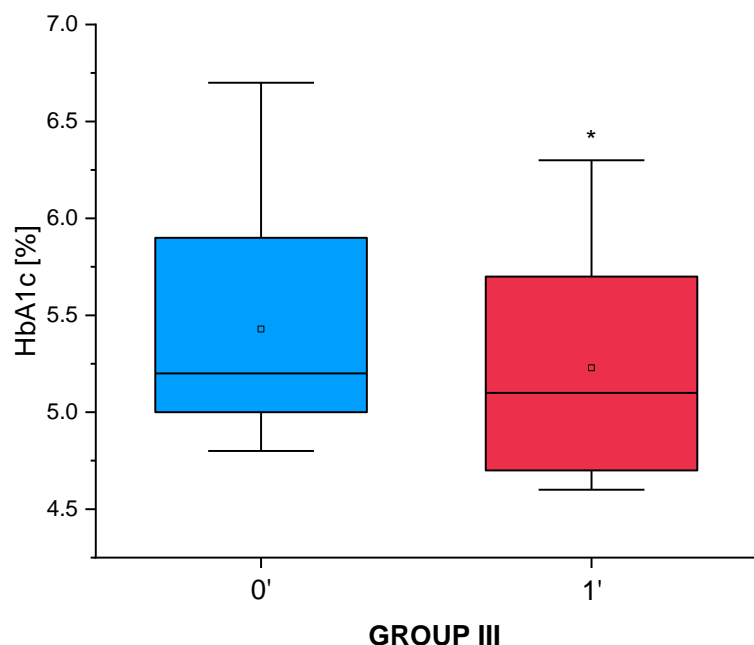
Figure S2, B. Correlation between the level of HOMA-IR and visceral adipose tissue level ($r = 0.84$, $p = 0.042$). A circle and a square in the same color indicate the parameters of one patient \bullet , the concentration before MLD therapy; \blacksquare , the concentration after MLD therapy. Abbreviations: BMI, body mass index; MLD, manual lymphatic drainage; HOMA-IR, Homeostatic Model Assessment–Insulin Resistance.

Supplementary Figure S3



Supplementary Figure S3, A. The level of the 2h-PG at points 0' and 1' in group II after the use of manual lymphatic drainage therapy ($p = 0.050$); ♦, patient with a different result **Figure S3, B** the level of the hsCRP at points 0' and 1' ($p = 0.041$). . **Abbreviations:** 0', before therapy; 1', one month after MLD therapy; 2h-PG, 2h-post-load glucose; hsCRP, high-sensitivity C-reactive protein; * p-value — significant difference ($p < 0.05$).

Supplementary Figure S4



Supplementary Figure S4. The level of the HbA1c at points 0' and 1' in group III after the use of manual lymphatic drainage therapy ($p = 0.013$). **Abbreviations:** 0', before therapy; 1', one month after MLD therapy; HbA1c, glycosylated haemoglobin; * p-value —significant difference ($p < 0.05$).

Supplementary Table S1: Average differences in 2h-PG levels in the group I, II and III before and after the use of MLD therapy. The data presented are the mean; * p-value —significant difference ($p < 0.05$).

Parameter	Group I		Group II		Group III	
	0'	1'	0'	1'	0'	1'
2h-PG [mg/dL]	77	76	112	100	99	106
	difference		difference		difference	
	-1		-12*		+7	

Abbreviations: 0', before therapy; 1', one month after MLD therapy; 2h-PG, 2h-post-load glucose.

Supplementary table S2: Average differences in the hsCRP levels in the group I, II and III before and after the use of MLD therapy. The data presented are the mean; * p-value — significant difference ($p < 0.05$).

Parameter	Group I		Group II		Group III	
	0'	1'	0'	1'	0'	1'
hsCRP [mg/L]	1	1	5.2	2.3	2.5	4
	difference		difference		difference	
	0		-2.9*		+1.5	

Abbreviations: 0', before therapy; 1', one month after MLD therapy; hsCRP, high-sensitivity C-reactive protein.

Supplementary table S3: Average differences in the hsCRP levels in the group I, II and III before and after the use of MLD therapy. The data presented are the mean; * p-value — significant difference ($p < 0.05$).

Parameter	Group I		Group II		Group III	
	0'	1'	0'	1'	0'	1'
HbA1c[%]	5.3	5.3	5.2	5.1	5.4	5.2
	difference		difference		difference	
	0		0.1		-0.2*	

Abbreviations: 0', before therapy; 1', one month after MLD therapy; HbA1c, glycosylated haemoglobin.