

Table S1. Anthropometric and biochemical characteristics of healthy individuals and in MHO and MUO.

Parameters	Healthy Individuals	MHO	MUO	References
Body weight, kg $\pm$ SD	70.9 $\pm$ 12.1	95.7 $\pm$ 14.6	97.2 $\pm$ 15.0, p $\leq$ 0.001 for all	[12]
BMI, kg/m ² $\pm$ SD	25.4 $\pm$ 2.8	34.9 $\pm$ 4.4	35.1 $\pm$ 4.7, p $\leq$ 0.001 for all	[12]
WHR, m $\pm$ SD	0.86 $\pm$ 0.04	0.91 $\pm$ 0.04	0.94 $\pm$ 0.04, p $\leq$ 0.001 for healthy and MHO vs MUO	[31]
Wrist circumference, cm $\pm$ SD	87 $\pm$ 9	107 $\pm$ 9	111 $\pm$ 9 (p $\leq$ 0.001 for all)	[48]
Fat content, % $\pm$ SD	15.91 $\pm$ 4.02	23.27 $\pm$ 4.94	24.44 $\pm$ 6.04, p $\leq$ 0.001 for healthy vs MUO	[31]
Visceral fat area, cm ² $\pm$ SD	71.42 $\pm$ 23.6	107.46 $\pm$ 30.78	109.77 $\pm$ 33.76, p $\leq$ 0.001 for healthy and MHO vs MUO	[31]
SBP, mmHg $\pm$ SD	129.8 $\pm$ 18.6	132.1 $\pm$ 17.3	138.6 $\pm$ 16.9, p $\leq$ 0.001 for all	[12]
DBP, mmHg $\pm$ SD	73.9 $\pm$ 10.2	74.9 $\pm$ 10.4	77.0 $\pm$ 10.5, p $\leq$ 0.001 for all	[12]
Fasting glucose, mg/dL $\pm$ SD	90.8 $\pm$ 26.2	87.3 $\pm$ 8.6	107.8 $\pm$ 38.0, p $\leq$ 0.001 for all	[12]
HbA1c, % $\pm$ SD	5.5 $\pm$ 0.4	5.7 $\pm$ 0.4	6.2 $\pm$ 0.9, p $\leq$ 0.0001 for MUO vs healthy	[49]
HOMA-IR $\pm$ SD	2.81 $\pm$ 1.55	3.83 $\pm$ 1.93	5.68 $\pm$ 3.05 (p $\leq$ 0.001 for all)	[48]
Cholesterol, mmol/L $\pm$ SD	4.20 $\pm$ 1.06	4.31 $\pm$ 1.04	5.13 $\pm$ 1.17, p $\leq$ 0.001	[50]
HDL, mg/dL $\pm$ SD	53.2 $\pm$ 15.5	55.7 $\pm$ 14.0	44.3 $\pm$ 10.8, p $\leq$ 0.001 for all	[12]
LDL, mmol/L $\pm$ SD	1.85 $\pm$ 0.66	2.01 $\pm$ 0.84	2.37 $\pm$ 0.73, p $\leq$ 0.001	[50]
Triglycerides, mg/dL $\pm$ SD	127.6 $\pm$ 83.7	150.5 $\pm$ 108.0	174.2 $\pm$ 88.1, p $\leq$ 0.001 for all	[12]

Notes to Table S1: MHO- metabolically healthy obesity, MUO- metabolically unhealthy obesity, BMI- body mass index, WHR- waist-hip ratio, SBP- systolic blood pressure, DBP- diastolic blood pressure, HDL- high density lipoproteins, LDL- low density lipoproteins.