

Supplemental Table 1. Hormones and bone turnover markers in response to weight loss followed by regain or maintenance.

WL-M				WL-R		
Time (years)	Baseline ¹	6-mo	2 years	Baseline	6-mo	2 years
		% Change			% Change	
Hormone and markers						
PTH (pg/mL)	30.1 ± 20.2	1.5 ± 18.5	24.6 ± 52.9	37.9 ± 16.3	-11.3 ± 26.1	-9.0 ± 37.5*
25OHD (ng/mL)	28.9 ± 8.6	13.4 ± 18.0 [†]	33.5 ± 41.0 [†]	31.7 ± 9.2	12.3 ± 17.9 [†]	16.9 ± 47.4
Estradiol (pg/mL)	15.3 ± 2.1	-7.0 ± 21.5	0.5 ± 22.2	17.3 ± 6.2	2.3 ± 41.8	3.7 ± 47.6
Osteocalcin (ng/mL)	10.0 ± 2.6	7.9 ± 12.8	4.0 ± 25.5	8.7 ± 2.3**	7.4 ± 21.0	18.7 ± 47.3
NTx (BCE)	11.2 ± 2.8	15.4 ± 54.8	87.8 ± 63.2 [†]	13.3 ± 4.6	-0.9 ± 37.3	1.2 ± 53.2**

Data are mean ± S.D

¹ No significant differences among groups were observed for any variable at baseline.

² Baseline biochemical values were done in the entire population (N=42) and did not differ from subset (N=22) reported for change due to regain (n=12) or maintenance (n=10). In addition, the wt loss (-9.8 ± 2.9%) **over 6 months in this subset** was similar to the entire population (n=42), **and the** maintenance (0.7 ± 2.0%) and regain (+6.9 ± 3.9%) over the next 18 months (0.5 to 2 y) was similar to the WL-M and WL-R groups, respectively.

** Differs from WL-M group, p < 0.05; * p ≤ 0.09 as compared to WL-M (same time period); [†] Differs from baseline, p < 0.05

Abbreviations: WL-M (weight loss maintained); WL-R (weight loss and then regained); 0 - 0.5 y, weight loss; 0 - 2 y, baseline to final; PTH (Parathyroid hormone), 25OHD (25hydroxy-vitamin D), NTx (N teleopeptide of type 1 collagen)