|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Supplementary Table 2: Per Protocol Analysis of Laboratory Measures Pre- and Post- KDMAD Intervention | | | | | | | |
|  | **Baseline** | **3 Months** | **∆ Change**  **(n=19)** | **p-value** | **6 Months  (On-Diet)** | **∆ Change**  **(n=15)** | **p-value** |
|  |  |  |  |  |  |  |  |
| Insulin Resistance |  |  |  |  |  |  |  |
| *Insulin (uIU/mL)* | 15.3 ± 10.6 | 8.5 ± 3.6 | -6.8 ± 9.1 | **0.005** | 7.3 ± 3.4 | -4.4 ± 4.5 | **0.003** |
| *Hemoglobin A1c (%)* | 5.4 ± 0.6 | 5.2 ± 0.4 | -0.2 ± 0.3 | **0.005** | 5.2 ± 0.4 | -0.2 ± 0.25 | **0.02** |
|  |  |  |  |  |  |  |  |
| Lipid Profiles |  |  |  |  |  |  |  |
| *Triglycerides (mg/dL)* | 125 ± 47 | 106 ± 31 | -19 ± 46 | 0.09 | 99 ± 41 | -26.2 ± 40.3 | **0.02** |
| *Low-density lipoprotein (mg/dL)* | 135 ± 43 | 157 ± 57 | +22 ± 28 | **0.003** | 155 ± 63 | +14.1 ± 32.4 | 0.11 |
| *High-density lipoprotein (mg/dL)* | 54 ± 12 | 53 ± 11 | -1 ± 10 | 0.58 | 56 ± 17 | +1.9 ± 11.3 | 0.53 |
| *Cholesterol (mg/dL)* | 210 ± 46 | 227 ± 58 | +17 ± 31 | **0.03** | 228 ± 62 | +11.7 ± 37.6 | 0.25 |
|  |  |  |  |  |  |  |  |
| 25-hydroxyvitamin D (ng/mL) | 44 ± 20 | 51 ± 17 | +7 ± 16 | 0.06 | 55 ± 14 | +7.2 ± 13.4 | 0.06 |
| Free carnitine (nmol/mL) | 36 ± 9 | 31 ± 10 | -5 ± 7 | **0.004** | 27 ± 8 | -10.0 ± 6.9 | **<0.0001** |
|  |  |  |  |  |  |  |  |
| Adipokines |  |  |  |  |  |  |  |
| *Leptin (ng/mL)* | 22.9 ± 11.8 | 14.5 ± 11 | -8.9 ± 6.8 | **<0.0001** | 16.6 ± 16.2 | -4.5 ± 6.5 | **0.03** |
| *Adiponectin (mcg/mL)* | 10.1 ± 4.3 | 10.8 ± 4.9 | + 0.7 ± 2.7 | 0.25 | 12.3 ± 5.9 | +1.6 ± 3.9 | 0.14 |
| *All results reflect analysis of compliant subjects at 3 and 6 month timepoints (per protocol). All values within this table represent mean ± standard deviation.  ∆ Change = Mean 3 or 6 Month Value – Mean Baseline Value.* | | | | | | | |