

Supplemental digital content 1. Demographics, baseline and viro-immunological characteristics of the population studied

Characteristic	LPV/r (n = 23)	EFV (n = 21)	P value
Age, yrs	37.0 (30.2-45.0)	36.0 (32.0-46.2)	0.8049
Males, n (%)	18 (78.3)	18 (85.7)	0.8034
Risk factor for HIV infection			
MsM, n (%)	12 (52.2)	14 (66.7)	0.6179
Heterosexual, n (%)	8 (34.8)	5 (23.8)	
IVDU, n (%)	3 (13.0)	2 (9.5)	
Duration of HIV infection, months	9.0 (2.0-25.7)	10.0 (2.7-34.7)	0.4651
AIDS, n (%)	7 (30.4)	6 (28.6)	0.8923
Smokers, n (%)	18 (78.3)	15 (71.4)	0.8617
Alcohol consumption, g/d	20.0 (0.0-36.0)	18.0 (0.0-26.0)	0.4948
HBV co-infection, n (%)	1 (4.3)	2 (9.5)	0.4936
HCV co-infection, n (%)	3 (13.0)	1 (4.8)	0.6086
Baseline CD4 cell count, cells/mm ³	195 (45-318)	199 (108-323)	0.6982
Baseline CD4 count, %	15 (4.0-18.7)	17 (10.5-21.2)	0.3229
Nadir CD4 cell count < 200 cells/mm ³ , n (%)	11 (47.8)	11 (52.4)	0.7627
Nadir CD4 cell count < 100 cells/mm ³ , n (%)	7 (30.4)	5 (23.8)	0.7403
CD4 increase through 48 weeks, cells/mm ³	234 (109-437)	264 (167-520)	0.5106
Baseline CD8 cell count, cells/mm ³	690 (355-1113)	760 (437-1017)	0.8509
Baseline HIV-1 RNA, log ₁₀ copies/ml	5.10 (4.60-5.65)	5.47 (4.98-5.65)	0.2850
Baseline HIV-1 RNA > 5 log ₁₀ copies/ml, n (%)	13 (56.5)	15 (71.4)	0.3596
Undetectable HIV-1 RNA at week 48, n (%)	16 (71.4)	15 (69.6)	1.0
Decrease HIV-1 RNA over 48 weeks, log ₁₀ copies/ml	-3.67 (-4.35- [-3.29])	- 4.05 (-4.8-[-3.41])	0.3911

Values are expressed as medians (95%CI) unless otherwise specified. TDF = tenofovir, FTC = emtricitabine, LPV/r = lopinavir/ritonavir, EFV = efavirenz, MsM = men who have sex with men, IVDU = intravenous drug users, HBV = Hepatitis B virus, HCV = Hepatitis C virus, AIDS = acquired immune deficiency syndrome

Supplemental digital content 2. Baseline anthropometric, metabolic and fat parameters			
Parameter	LPV/r (n = 23)	EFV (n = 21)	P value
Weight, kg	68.5 (60.0-74.9)	69.0 (62.4-74.3)	0.8971
Height, cm	173.0 (168.2-176.7)	172.0 (166.5-180.0)	0.9906
BMI, kg/m ²	22.6 (20.4-24.6)	22.8 (20.9-23.9)	0.9612
Waist circumference, cm	81.5 (77.0-87.0)	81.5 (76.0-85.0)	0.6735
WHR	0.86 (0.83-0.92)	0.85 (0.81-0.89)	0.4049
Systolic BP, mm Hg	110.0 (110.0-120.0)	120.0 (110.0-127.7)	0.1452
Diastolic BP, mm Hg	70.0 (60.0-80.0)	75.0 (70.0-80.0)	0.1385
Total cholesterol, mmol/l	4.04 (3.33-4.59)	3.86 (3.69-4.56)	0.8972
Triglycerides, mmol/l	1.45 (0.92-2.03)	1.14 (1.01-1.40)	0.3180
HDL cholesterol, mmol/l	0.87 (0.79-0.97)	1.02 (0.85-1.11)	0.0900
Total cholesterol/HDL ratio	4.33 (3.50-5.49)	4.09 (3.46-4.61)	0.2621
LDL cholesterol, mmol/l	2.29 (1.82-2.67)	1.42 (2.09-2.92)	0.3215
VLDL cholesterol, mmol/l	0.67 (0.40-0.88)	0.54 (0.47-0.65)	0.4416
Fasting glucose, mmol/l	4.80 (4.52-5.17)	4.80 (4.60-5.05)	0.7333
Fasting insulin, pmol/l	28.0 (11.42-97.25)	15.2 (3.3-35.0)	0.1912
HOMA-IR	1.77 (0.53-3.60)	0.73 (0.65-1.40)	0.5338
Whole body fat, g	12270 (9435-17392)	15743 (9294-17613)	0.4558
Trunk fat, g	6052 (4429-8340)	6632 (4539-9532)	0.4771
Left leg fat, g	1932 (1315-3234)	2814 (1771-3483)	0.3229
Lower limb fat, g	3743 (2706-6425)	5591 (3537-6864)	0.3229
Limb fat mass, g	5056 (3472-8152)	7077 (4284-9050)	0.3062
Trunk/limb fat ratio	1.13 (0.99-1.26)	1.05 (0.83-1.18)	0.2596
Fat mass ratio	1.49 (1.29-1.75)	1.34 (1.07-1.59)	0.2641
Leg fat percentage normalized to BMI	0.79 (0.73-0.96)	1.14 (0.85-1.31)	0.1037
Fat mass index, kg/m ²	4.30 (3.05-5.92)	5.28 (3.96-6.69)	0.3402
Metabolic syndrome, n (%)	6 (26.1)	2 (9.5)	0.3023
BMC total, g	2241 (2034-2448)	2325 (2228-2616)	0.1145
BMD, g/cm ²	1.09 (1.05-1.11)	1.12 (1.07-1.16)	0.1068

Values are expressed as medians (95%CI) unless otherwise specified. LPV/r = lopinavir ritonavir, EFV = efavirenz, BMI = body mass index, WHR = waist to hip ratio, HDL = high density lipoprotein, LDL = low density lipoprotein, VLDL = very low density lipoprotein, HOMA-IR = homeostasis model assessment method, BMC = bone mineral content, BMD = bone mineral density

Supplemental Digital Content 3. Change in anthropometric and metabolic parameters over 48 weeks in patients treated with TDF/FTC plus LPV/r or EFV

	LPV/r (n = 23)			EFV (n =21)			
	Baseline	Week 48	Within group P value	Baseline	Week 48	Within group P value	Between groups P value wk. 48
Weight, kg	68.5 (60.0-74.9)	71.80 (66.0-77.0)	0.0537	69.0 (62.4-74.3)	74.1 (65.1-79.5)	0.0079	0.4884
BMI, kg/m ²	22.59 (20.37-24.65)	23.5 (22.04-25.22)	0.0653	22.78 (20.99-23.96)	24.85 (23.26-26.39)	0.0122	0.2678
Waist circumference, cm	81.5 (77.0-87.0)	84.5 (81.0-92.0)	0.1066	81.5 (76.0-85.0)	86.5 (80.5-91.0)	0.1316	0.8491
Systolic BP, mm Hg	110 (110-120)	120 (110-120)	0.2036	120 (110-127)	120 (120.128)	0.6836	0.3670
Diastolic BP, mm Hg	70 (60-70)	70 (65-75)	0.6365	75 (70-80)	75 (70-80)	0.9005	0.1362
Total cholesterol, mmol/l	4.04 (3.33-4.59)	5.22 (4.28-6.21)	0.0001	3.86 (3.69-4.56)	4.72 (4.20-5.22)	0.0011	0.1296
HDL cholesterol, mmol/l	0.87 (0.79-1.29)	1.04 (0.90-1.35)	0.0089	1.02 (0.85-1.11)	1.14 (0.89-1.35)	0.0504	0.7338
Total cholesterol/HDL ratio	4.33 (3.50-5.49)	4.81 (3.83-5.98)	0.5323	4.09 (3.46-4.61)	3.96 (3.31-5.05)	0.4344	0.2467
LDL cholesterol, mmol/l	2.29 (1.82-2.67)	3.16 (2.46-3.97)	0.0025	2.42 (2.09-2.92)	2.70 (2.38-3.03)	0.0451	0.1778
VLDL cholesterol, mmol/l	0.67 (0.40-0.88)	0.93 (0.67-1.13)	0.0226	0.54 (0.47-0.65)	0.60 (0.46-0.74)	0.4690	0.0110
Triglycerides, mmol/l	1.45 (0.92-2.03)	2.14 (1.46-2.74)	0.0180	1.14 (1.01-1.40)	1.28 (1.01-1.59)	0.2360	0.0108
Fasting glucose, mmol/l	4.80 (4.52-5.17)	5.00 (4.80-5.20)	0.2120	4.80 (4.60-5.05)	5.20 (5.07-5.42)	0.0031	0.0399
Fasting insulin, pmol/l	28.0 (13.7-97.2)	7.15 (2.10-17.8)	0.2060	17.5 (13.0-35.0)	8.45 (2.60-15.35)	0.4175	0.8169
HOMA-IR	1.77 (0.53-3.60)	0.55 (0.45-1.61)	0.8520	0.73 (0.65-1.40)	1.15 (0.51-1.95)	0.1230	0.4337

All parameters expressed as median (interquartile range) unless otherwise specified. BMI = body mass index, BP = blood pressure, HDL = high density lipoprotein, LDL = low density lipoprotein, VLDL = very low density lipoprotein, mmol = millimoles, pmol = picomoles, HOMA = homeostasis model assessment method