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| Supplementary Table 1. Differences in the risk factor changes between the treatment and control groups. |
|  | Treatment vs. control difference ±SE | Significance |
|  | ∆3 months | ∆6 months | ∆12 months | ∆3 months | ∆6 months | ∆12 months |
| Sample size (treatment/control) | 85/66 | 79/68 | 64/66 |  |  |  |
| ∆BMI (kg/m2) | -0.82±0.19 | -1.50±0.30 | -0.88±0.39 | 0.002 | 0.001 | 0.06 |
| ∆Weight | -3.79±0.86 | -5.09±0.99 | -3.88±0.97 | 0.003 | 0.001 | 0.006 |
| ∆Bodyfat (%) | -0.67±0.42 | -2.32±1.03 | -1.30±0.49 | 0.14 | 0.06 | 0.03 |
| ∆Waist circumference (cm) | -0.88±2.71 | -2.12±1.78 | -4.05±0.89 | 0.76 | 0.27 | 0.003 |
| ∆Hip circumference (cm) | -0.81±2.75 | -2.45±1.85 | -2.11±1.34 | 0.78 | 0.23 | 0.16 |
| ∆Systolic blood pressure (mmHg) | -1.41±2.12 | -1.46±2.10 | 0.05±2.06 | 0.53 | 0.51 | 0.98 |
| ∆Diastolic blood pressure (mmHg) | -0.97±0.97 | 0.78±1.87 | -1.55±1.84 | 0.34 | 0.69 | 0.43 |
| ∆Heart rate (bpm) | -1.76±2.73 | -0.49±1.54 | -0.06±1.73 | 0.54 | 0.76 | 0.97 |
| ∆Total cholesterol (mg/dL) | 1.42±3.65 | -6.85±4.11 | -4.16±3.87 | 0.71 | 0.14 | 0.32 |
| ∆Triglycerides (mg/dL) | -13.37±6.91 | -30.70±10.02 | -49.90±11.01 | 0.08 | 0.01 | 0.02 |
| ∆Log triglycerides (mg/dL) | -0.06±0.06 | -0.15±0.06 | -0.25±0.05 | 0.34 | 0.04 | 0.002 |
| ∆HDL-cholesterol (mg/dL) | 1.56±1.07 | 2.40±1.20 | 1.47±1.06 | 0.18 | 0.08 | 0.20 |
| ∆LDL-cholesterol (mg/dL) | -0.85±4.62 | -5.61±4.73 | -3.39±3.83 | 0.86 | 0.28 | 0.40 |
| ∆VLDL-cholesterol (mg/dL) | 0.21±2.91 | -4.47±2.36 | -3.42±2.42 | 0.95 | 0.10 | 0.20 |
| ∆Log VLDL-cholesterol (mg/dL) | 0.08±0.15 | -0.13±0.08 | -0.12±0.12 | 0.63 | 0.13 | 0.35 |
| ∆VLDL/Triglyceride | 0.00±0.02 | 0.00±0.01 | 0.01±0.02 | 0.09 | 0.93 | 0.55 |
| ∆Total cholesterol/HDL | -0.15±0.12 | -0.47±0.13 | -0.29±0.14 | 0.24 | 0.006 | 0.06 |
| ∆HDL/Triglyceridex | 0.04±0.03 | 0.07±0.04 | 0.11±0.02 | 0.33 | 0.15 | 0.002 |
| ∆Apo A1 (mg/dL) | 6.11±3.51 | 8.84±2.37 | 2.24±2.62 | 0.12 | 0.003 | 0.42 |
| ∆Small dense LDL (mg/dL) | -3.39±1.77 | -6.30±2.65 | 1.14±2.85 | 0.09 | 0.05 | 0.70 |
| ∆HDL-map (mg/dL of Apo-A1) |  |  |  |  |  |  |
| α1 | 5.67±0.85 | 8.00±1.12 | 3.41±1.06 | 0.0001 | 0.0002 | 0.02 |
| α2  | 5.57±0.89 | 7.69±1.26 | 0.73±1.49 | 1.3x10-5 | 0.0001 | 0.64 |
| α3  | 0.01±1.24 | 0.47±1.34 | -1.03±1.17 | 0.99 | 0.74 | 0.41 |
| α4  | 0.39±0.54 | 1.23±0.82 | 0.64±0.84 | 0.49 | 0.18 | 0.47 |
| preα1 | 0.12±0.33 | -0.28±0.21 | 0.56±0.25 | 0.72 | 0.22 | 0.07 |
| preα2  | 0.02±0.50 | -0.82±0.17 | 0.60±0.29 | 0.97 | 0.001 | 0.08 |
| preα3  | -0.28±0.18 | -0.56±0.12 | 0.01±0.22 | 0.18 | 0.002 | 0.96 |
| preα4 | -0.26±0.14 | -0.32±0.08 | 0.23±0.17 | 0.11 | 0.003 | 0.22 |
| preβ1 | -1.21±1.83 | -3.93±0.98 | 0.39±0.84 | 0.53 | 0.005 | 0.66 |
| preβ2 | -0.44±0.22 | -0.33±0.21 | -0.55±0.18 | 0.08 | 0.16 | 0.02 |
| ∆CRP | 0.01±0.38 | 0.47±0.28 | -0.10±0.44 | 0.97 | 0.13 | 0.83 |
| ∆Adiponectin | -0.01±0.42 | 0.38±0.38 | -0.10±0.28 | 0.98 | 0.35 | 0.73 |
| ∆F Insulin (μU/mL) | -3.45±1.28 | -2.32±1.87 | -4.49±1.33 | 0.02 | 0.26 | 0.01 |
| ∆HbA1c (%) | -0.13±0.03 | -0.12±0.04 | 0.04±0.03 | 0.004 | 0.01 | 0.17 |
| ∆Glycated serum protein (μg/mL) | -9.76±9.05 | 6.48±9.15 | -0.98±8.82 | 0.32 | 0.50 | 0.92 |
| ∆Beta-sitosterol absolute (mg/L)x | 0.10±0.13 | 0.20±0.21 | 0.69±0.15 | 0.47 | 0.37 | 0.003 |
| ∆Beta-sitosterol absorption\* | 5.93±5.14 | 13.67±8.60 | 35.66±6.20 | 0.28 | 0.16 | 0.0006 |
| ∆Campesterol absolute (mg/L) | -0.03±0.18 | 0.11±0.21 | 0.56±0.20 | 0.87 | 0.60 | 0.03 |
| ∆Campesterol absorption\* | -1.85±7.70 | 10.90±8.53 | 33.20±10.30 | 0.82 | 0.24 | 0.02 |
| ∆Cholesterol balance score | 0.03±0.05 | 0.07±0.14 | -0.15±0.05 | 0.55 | 0.62 | 0.02 |
| ∆Cholestanol absolute (mg/L) | -0.53±0.12 | -0.09±0.18 | -0.04±0.15 | 0.001 | 0.61 | 0.79 |
| ∆Cholestanol absorption\* | -25.18±5.11 | 2.08±9.70 | 0.96±7.63 | 0.0003 | 0.84 | 0.90 |
| ∆Desmosterol absolute (mg/L) | -0.21±0.08 | -0.11±0.13 | -0.02±0.06 | 0.03 | 0.45 | 0.75 |
| ∆Desmosterol absorption\* | -11.06±3.72 | -0.40±8.10 | 2.25±2.09 | 0.01 | 0.96 | 0.31 |
| ∆Lathosterol absolute (mg/L) | 0.26±0.13 | 0.48±0.16 | -0.16±0.14 | 0.07 | 0.02 | 0.29 |
| ∆Lathosterol synthesis\* | 10.12±5.34 | 29.47±9.30 | -3.89±6.34 | 0.09 | 0.02 | 0.55 |
| \*mol x100/mmol of total cholesterol |