|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Digital Content 4.** EFFECTS OF 12-WEEK CONSUMPTION OF BRE ON LIPID METABOLISM, LEPTIN, AND ADIPONECTIN (ITT GROUP) | | | | | | | | | |
|  | *BRE (*n *= 53)* | | | | *Placebo (*n *= 52)* | | | | *Pb* |
| *0 week* | *12 week* | *Change*  (*12wk-0wk*) | *Pa* | *0 week* | *12 week* | *Change*  (*12wk-0wk*) | *Pa* |
| Triglyceride (mg/dl) | 141.00 ± 74.08 | 126.30 ± 53.55 | -14.7 ± 52.66 | <0.001 | 122.88 ± 92.68 | 118.87 ± 60.76 | -4.02 ± 92.07 | 0.01 | 0.5 |
| Free fatty acid (μEg/L) | 408.30 ± 203.63 | 504.42 ± 234.25 | 96.11 ± 290.20 | 0.4 | 420.29 ± 193.52 | 485.73 ± 218.14 | 65.44 ± 298.49 | 0.7 | 0.6 |
| Total cholesterol (mg/dl) | 222.72 ± 37.03 | 227.79 ± 39.87 | 5.08 ± 28.48 | <0.001 | 216.21 ± 38.45 | 217.65 ± 37.93 | 1.44 ± 28.94 | <0.001 | 0.5 |
| LDL (mg/dl) | 144.64 ± 32.09 | 147.09 ± 34.75 | 2.45 ± 26.20 | <0.001 | 138.81 ± 34.65 | 138.60 ± 35.31 | -0.21 ± 22.76 | <0.001 | 0.6 |
| HDL (mg/dl) | 53.58 ± 8.93 | 53.75 ± 9.62 | 0.17 ± 5.35 | <0.001 | 56.88 ± 11.89 | 55.77 ± 11.40 | -1.12 ± 6.57 | <0.001 | 0.3 |
| T4 (ng/dl) | 1.19 ± 0.16 | 1.14 ± 0.16 | -0.05 ± 0.16 | <0.001 | 1.21 ± 0.20 | 1.15 ± 0.16 | -0.06 ± 0.19 | 0.002 | 0.9 |
| Values are presented as mean ± SD | | | | | | | | | |
| *a*Compared within groups: *P* value by paired t-test | | | | | | | | | |
| *b*Compared between groups: *P* value by RM-ANOVA | | | | | | | | | |
| BRE, black rice extract; ITT, intention-to-treat; LDL, low-density lipoprotein; HDL, high-density lipoprotein; MDA, malondialdehyde; T4, thyroxine | | | | | | | | | |