**Supplementary Table 3.** Efficacy Endpoints in the Patients Newly Receiving Alogliptin

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | age <65 | | | |  | age 65-74 | | | | | age ≥75 | | | | |  |  |
|  |  | n | mean | SD | p | ‡ | n | mean | SD | p | ‡ | n | mean | SD | p | ‡ | p (ANOVA) |  |
| HbA1c (%) | 0M | 83 | 7.76 | 1.38 |  |  | 59 | 7.38 | 1.26 |  |  | 72 | 7.01 | 1.02 |  |  | 0.001 | † |
| 3M | 78 | 6.85 | 0.83 |  |  | 57 | 6.74 | 0.68 |  |  | 63 | 6.70 | 0.79 |  |  | 0.490 |  |
| 6M | 70 | 6.78 | 0.77 |  |  | 56 | 6.73 | 0.60 |  |  | 61 | 6.57 | 0.74 |  |  | 0.212 |  |
| 9M | 71 | 6.83 | 0.99 |  |  | 51 | 6.69 | 0.63 |  |  | 60 | 6.58 | 0.76 |  |  | 0.223 |  |
| 12M | 72 | 6.84 | 1.03 |  |  | 55 | 6.76 | 0.67 |  |  | 58 | 6.69 | 0.82 |  |  | 0.641 |  |
| Δ3M | 78 | -0.94 | 1.02 | <0.001 | ‡ | 57 | -0.65 | 1.06 | <0.001 | ‡ | 63 | -0.39 | 0.94 | 0.002 | ‡ | 0.007 | † |
| Δ6M | 70 | -1.01 | 1.15 | <0.001 | ‡ | 56 | -0.61 | 1.08 | <0.001 | ‡ | 61 | -0.54 | 1.12 | <0.001 | ‡ | 0.034 | † |
| Δ9M | 71 | -0.88 | 1.31 | <0.001 | ‡ | 51 | -0.59 | 0.87 | <0.001 | ‡ | 60 | -0.45 | 1.12 | 0.003 | ‡ | 0.086 |  |
| Δ12M | 72 | -0.91 | 1.50 | <0.001 | ‡ | 55 | -0.57 | 1.09 | <0.001 | ‡ | 58 | -0.42 | 1.11 | 0.005 | ‡ | 0.084 |  |
| Blood glucose (fasting) (mg/dL) | 0M | 31 | 165.7 | 61.8 |  |  | 25 | 137.0 | 29.0 |  |  | 23 | 143.3 | 33.8 |  |  | 0.053 |  |
| 3M | 27 | 131.5 | 28.5 |  |  | 21 | 145.6 | 39.1 |  |  | 14 | 124.9 | 21.5 |  |  | 0.129 |  |
| 6M | 20 | 128.5 | 30.5 |  |  | 22 | 128.3 | 25.9 |  |  | 17 | 133.4 | 23.9 |  |  | 0.811 |  |
| 9M | 26 | 141.6 | 40.1 |  |  | 20 | 130.6 | 20.1 |  |  | 16 | 119.4 | 18.9 |  |  | 0.072 |  |
| 12M | 27 | 133.8 | 50.6 |  |  | 17 | 125.0 | 14.3 |  |  | 15 | 126.3 | 23.1 |  |  | 0.697 |  |
| Δ3M | 23 | -36.7 | 47.0 | 0.001 | ‡ | 17 | 7.4 | 41.2 | 0.469 |  | 13 | -15.7 | 29.0 | 0.074 |  | 0.007 | † |
| Δ6M | 18 | -28.7 | 37.8 | 0.005 | ‡ | 18 | -12.9 | 26.7 | 0.056 |  | 16 | -14.1 | 21.6 | 0.020 | ‡ | 0.221 |  |
| Δ9M | 23 | -26.3 | 57.3 | 0.039 | ‡ | 17 | -12.9 | 27.4 | 0.071 |  | 14 | -25.1 | 38.5 | 0.030 | ‡ | 0.619 |  |
| Δ12M | 23 | -40.1 | 69.7 | 0.011 | ‡ | 15 | -18.9 | 24.9 | 0.011 | ‡ | 15 | -16.2 | 39.0 | 0.130 |  | 0.305 |  |
| Blood glucose (postprandial) (mg/dL) | 0M | 33 | 186.1 | 59.9 |  |  | 25 | 188.8 | 69.2 |  |  | 26 | 184.1 | 83.0 |  |  | 0.971 |  |
| 3M | 32 | 158.3 | 55.1 |  |  | 21 | 141.0 | 21.6 |  |  | 26 | 161.5 | 45.3 |  |  | 0.259 |  |
| 6M | 36 | 164.4 | 73.5 |  |  | 20 | 168.2 | 53.4 |  |  | 23 | 159.8 | 60.9 |  |  | 0.916 |  |
| 9M | 29 | 157.3 | 56.8 |  |  | 17 | 148.4 | 28.8 |  |  | 21 | 173.7 | 61.0 |  |  | 0.322 |  |
| 12M | 31 | 175.3 | 72.3 |  |  | 24 | 161.8 | 44.5 |  |  | 27 | 165.4 | 57.3 |  |  | 0.683 |  |
| Δ3M | 29 | -26.2 | 49.9 | 0.009 | ‡ | 18 | -46.4 | 71.0 | 0.013 | ‡ | 25 | -9.3 | 52.2 | 0.381 |  | 0.113 |  |
| Δ6M | 28 | -23.8 | 44.2 | 0.008 | ‡ | 18 | 0.0 | 67.9 | 1.000 |  | 22 | -9.9 | 67.8 | 0.502 |  | 0.400 |  |
| Δ9M | 25 | -22.4 | 55.3 | 0.054 |  | 14 | -17.9 | 40.9 | 0.125 |  | 19 | 10.2 | 70.1 | 0.534 |  | 0.164 |  |
| Δ12M | 28 | -7.3 | 63.5 | 0.547 |  | 20 | -26.8 | 79.4 | 0.147 |  | 24 | -1.3 | 76.3 | 0.937 |  | 0.487 |  |
| TC (mg/dL) | 0M | 54 | 202.9 | 36.1 |  |  | 26 | 198.2 | 33.5 |  |  | 30 | 179.7 | 25.1 |  |  | 0.009 | † |
| 3M | 45 | 195.9 | 39.3 |  |  | 21 | 190.9 | 23.5 |  |  | 26 | 183.9 | 34.8 |  |  | 0.380 |  |
| 6M | 36 | 184.9 | 35.4 |  |  | 21 | 190.1 | 31.0 |  |  | 23 | 179.7 | 27.7 |  |  | 0.566 |  |
| 9M | 35 | 187.5 | 33.4 |  |  | 15 | 181.9 | 23.6 |  |  | 19 | 174.2 | 28.6 |  |  | 0.310 |  |
| 12M | 42 | 190.2 | 36.2 |  |  | 18 | 192.1 | 34.9 |  |  | 20 | 178.2 | 29.1 |  |  | 0.362 |  |
| Δ3M | 44 | -7.0 | 31.4 | 0.150 |  | 21 | -9.0 | 28.5 | 0.161 |  | 23 | 6.4 | 29.0 | 0.302 |  | 0.160 |  |
| Δ6M | 36 | -19.9 | 40.8 | 0.006 | ‡ | 21 | -11.0 | 27.0 | 0.077 |  | 23 | -1.6 | 25.7 | 0.773 |  | 0.131 |  |
| Δ9M | 34 | -23.3 | 34.7 | <0.001 | ‡ | 15 | -9.9 | 21.7 | 0.100 |  | 18 | -1.1 | 24.2 | 0.848 |  | 0.036 | † |
| Δ12M | 40 | -18.8 | 34.0 | 0.001 | ‡ | 18 | -5.1 | 20.6 | 0.313 |  | 20 | 0.9 | 25.7 | 0.884 |  | 0.039 | † |
| LDL-C (mg/dL) | 0M | 61 | 121.7 | 29.1 |  |  | 45 | 115.2 | 29.5 |  |  | 51 | 106.4 | 24.3 |  |  | 0.016 | † |
| 3M | 51 | 116.0 | 28.6 |  |  | 40 | 111.0 | 30.2 |  |  | 37 | 105.1 | 26.1 |  |  | 0.212 |  |
| 6M | 47 | 109.0 | 29.9 |  |  | 34 | 111.9 | 28.2 |  |  | 38 | 100.9 | 26.0 |  |  | 0.226 |  |
| 9M | 40 | 108.2 | 23.6 |  |  | 30 | 107.3 | 22.3 |  |  | 32 | 100.7 | 28.8 |  |  | 0.404 |  |
| 12M | 48 | 110.7 | 28.2 |  |  | 37 | 109.0 | 25.1 |  |  | 39 | 100.9 | 23.1 |  |  | 0.189 |  |
| Δ3M | 48 | -6.4 | 30.5 | 0.151 |  | 40 | -4.7 | 24.8 | 0.239 |  | 35 | 2.7 | 15.4 | 0.303 |  | 0.242 |  |
| Δ6M | 44 | -14.3 | 32.0 | 0.005 | ‡ | 34 | -3.3 | 20.5 | 0.351 |  | 37 | -5.4 | 22.5 | 0.154 |  | 0.137 |  |
| Δ9M | 38 | -17.3 | 29.7 | <0.001 | ‡ | 28 | -8.4 | 28.8 | 0.135 |  | 31 | -5.6 | 22.8 | 0.182 |  | 0.179 |  |
| Δ12M | 45 | -13.9 | 27.6 | 0.002 | ‡ | 37 | -6.2 | 33.1 | 0.258 |  | 36 | -5.4 | 21.8 | 0.145 |  | 0.315 |  |
| HDL-C (mg/dL) | 0M | 68 | 52.9 | 12.9 |  |  | 51 | 56.0 | 13.9 |  |  | 55 | 55.8 | 13.5 |  |  | 0.359 |  |
| 3M | 58 | 53.1 | 13.0 |  |  | 46 | 55.4 | 14.5 |  |  | 42 | 54.1 | 13.4 |  |  | 0.705 |  |
| 6M | 52 | 52.2 | 12.6 |  |  | 40 | 54.3 | 12.8 |  |  | 40 | 57.2 | 14.1 |  |  | 0.190 |  |
| 9M | 49 | 52.5 | 14.6 |  |  | 36 | 54.3 | 14.9 |  |  | 35 | 56.3 | 14.1 |  |  | 0.496 |  |
| 12M | 57 | 53.4 | 12.7 |  |  | 41 | 54.7 | 12.1 |  |  | 43 | 57.6 | 15.6 |  |  | 0.312 |  |
| Δ3M | 56 | 0.8 | 7.3 | 0.425 |  | 46 | -0.9 | 5.0 | 0.249 |  | 40 | 0.2 | 8.2 | 0.894 |  | 0.489 |  |
| Δ6M | 50 | 1.2 | 8.4 | 0.320 |  | 40 | -3.3 | 7.5 | 0.009 | ‡ | 40 | 2.0 | 8.0 | 0.132 |  | 0.008 | † |
| Δ9M | 46 | -0.4 | 8.0 | 0.742 |  | 35 | -1.5 | 7.9 | 0.265 |  | 35 | 1.1 | 7.4 | 0.370 |  | 0.364 |  |
| Δ12M | 53 | 1.3 | 8.8 | 0.299 |  | 41 | -2.2 | 7.0 | 0.048 | ‡ | 41 | 1.3 | 7.7 | 0.282 |  | 0.066 |  |
| TG (mg/dL) | 0M | 68 | 178.6 | 119.5 |  |  | 51 | 163.6 | 113.8 |  |  | 55 | 125.1 | 75.5 |  |  | 0.020 | † |
| 3M | 59 | 164.1 | 274.3 |  |  | 47 | 148.3 | 92.9 |  |  | 42 | 132.4 | 88.2 |  |  | 0.701 |  |
| 6M | 52 | 169.9 | 110.8 |  |  | 41 | 159.1 | 102.7 |  |  | 41 | 117.5 | 76.3 |  |  | 0.035 | † |
| 9M | 49 | 151.4 | 66.4 |  |  | 37 | 146.3 | 81.3 |  |  | 35 | 119.6 | 69.4 |  |  | 0.120 |  |
| 12M | 57 | 150.7 | 75.3 |  |  | 42 | 145.2 | 86.1 |  |  | 43 | 123.4 | 66.3 |  |  | 0.192 |  |
| Δ3M | 57 | -16.3 | 211.1 | 0.563 |  | 47 | -14.1 | 110.6 | 0.388 |  | 40 | -1.4 | 82.7 | 0.914 |  | 0.887 |  |
| Δ6M | 51 | -27.6 | 124.6 | 0.120 |  | 41 | 4.0 | 99.7 | 0.796 |  | 41 | -4.9 | 77.9 | 0.691 |  | 0.323 |  |
| Δ9M | 47 | -35.7 | 105.3 | 0.024 | ‡ | 36 | -12.7 | 68.9 | 0.278 |  | 35 | 6.6 | 57.7 | 0.505 |  | 0.074 |  |
| Δ12M | 53 | -32.5 | 117.7 | 0.050 | ‡ | 42 | -9.9 | 74.7 | 0.396 |  | 41 | 6.4 | 67.7 | 0.546 |  | 0.126 |  |
| GOT(IU/L) | 0M | 62 | 30.8 | 18.2 |  |  | 45 | 24.5 | 9.5 |  |  | 52 | 26.2 | 12.9 |  |  | 0.064 |  |
| 3M | 52 | 28.7 | 18.0 |  |  | 38 | 24.9 | 12.2 |  |  | 40 | 27.0 | 11.4 |  |  | 0.489 |  |
| 6M | 48 | 28.1 | 16.4 |  |  | 36 | 25.4 | 13.0 |  |  | 38 | 24.6 | 8.4 |  |  | 0.451 |  |
| 9M | 43 | 29.3 | 18.7 |  |  | 27 | 26.0 | 12.5 |  |  | 29 | 27.9 | 23.3 |  |  | 0.785 |  |
| 12M | 52 | 28.1 | 16.9 |  |  | 34 | 29.9 | 21.2 |  |  | 39 | 26.1 | 12.4 |  |  | 0.629 |  |
| Δ3M | 50 | -2.6 | 18.4 | 0.324 |  | 36 | 0.6 | 8.2 | 0.657 |  | 38 | -0.2 | 5.7 | 0.821 |  | 0.483 |  |
| Δ6M | 44 | -0.4 | 16.2 | 0.882 |  | 35 | 1.0 | 11.5 | 0.610 |  | 37 | -2.6 | 9.3 | 0.097 |  | 0.492 |  |
| Δ9M | 41 | -1.6 | 12.2 | 0.396 |  | 26 | 1.7 | 10.4 | 0.415 |  | 29 | 2.1 | 10.5 | 0.283 |  | 0.309 |  |
| Δ12M | 47 | -3.1 | 16.2 | 0.197 |  | 34 | 5.0 | 15.4 | 0.067 |  | 38 | -1.1 | 13.1 | 0.607 |  | 0.056 |  |
| GPT(IU/L) | 0M | 66 | 36.7 | 24.8 |  |  | 50 | 25.6 | 15.5 |  |  | 54 | 23.3 | 16.8 |  |  | <0.001 | † |
| 3M | 58 | 31.4 | 18.5 |  |  | 43 | 23.3 | 15.0 |  |  | 41 | 22.8 | 15.9 |  |  | 0.016 | † |
| 6M | 53 | 34.1 | 33.3 |  |  | 39 | 26.9 | 17.3 |  |  | 40 | 19.6 | 12.0 |  |  | 0.018 | † |
| 9M | 47 | 32.7 | 21.4 |  |  | 31 | 26.7 | 16.0 |  |  | 31 | 23.9 | 15.2 |  |  | 0.101 |  |
| 12M | 58 | 32.7 | 24.9 |  |  | 37 | 30.5 | 24.2 |  |  | 39 | 20.2 | 9.6 |  |  | 0.017 | † |
| Δ3M | 55 | -6.3 | 19.9 | 0.022 | ‡ | 41 | -1.1 | 9.1 | 0.446 |  | 39 | -0.9 | 7.4 | 0.426 |  | 0.106 |  |
| Δ6M | 49 | -0.3 | 33.9 | 0.950 |  | 39 | 1.5 | 10.6 | 0.380 |  | 38 | -3.1 | 12.1 | 0.123 |  | 0.674 |  |
| Δ9M | 44 | -4.2 | 18.6 | 0.143 |  | 29 | 1.1 | 9.5 | 0.535 |  | 30 | 1.6 | 8.4 | 0.293 |  | 0.138 |  |
| Δ12M | 52 | -5.0 | 21.9 | 0.103 |  | 37 | 4.2 | 14.8 | 0.094 |  | 38 | -2.8 | 13.8 | 0.213 |  | 0.053 |  |
| γ-GPT(IU/L) | 0M | 61 | 57.8 | 48.0 |  |  | 49 | 40.3 | 38.2 |  |  | 53 | 44.4 | 76.5 |  |  | 0.234 |  |
| 3M | 52 | 51.5 | 51.0 |  |  | 41 | 42.0 | 47.4 |  |  | 40 | 50.2 | 76.3 |  |  | 0.719 |  |
| 6M | 49 | 55.4 | 50.8 |  |  | 37 | 52.6 | 69.6 |  |  | 39 | 44.1 | 58.2 |  |  | 0.659 |  |
| 9M | 43 | 52.6 | 45.8 |  |  | 29 | 59.1 | 94.4 |  |  | 30 | 69.8 | 144.0 |  |  | 0.760 |  |
| 12M | 52 | 49.2 | 44.8 |  |  | 36 | 55.6 | 84.5 |  |  | 38 | 42.7 | 69.9 |  |  | 0.705 |  |
| Δ3M | 49 | -7.7 | 20.2 | 0.010 | ‡ | 38 | 2.1 | 21.7 | 0.563 |  | 39 | -0.5 | 18.6 | 0.864 |  | 0.065 |  |
| Δ6M | 45 | -4.0 | 19.2 | 0.171 |  | 36 | 9.0 | 41.4 | 0.202 |  | 39 | -6.8 | 40.7 | 0.305 |  | 0.113 |  |
| Δ9M | 41 | -4.4 | 18.5 | 0.135 |  | 26 | 13.7 | 74.5 | 0.358 |  | 30 | 14.7 | 58.8 | 0.182 |  | 0.222 |  |
| Δ12M | 47 | -4.3 | 22.8 | 0.200 |  | 35 | 10.8 | 64.6 | 0.328 |  | 38 | 1.1 | 78.0 | 0.934 |  | 0.502 |  |
| Serum amylase(IU/L) | 0M | 23 | 57.7 | 24.0 |  |  | 8 | 69.3 | 22.5 |  |  | 7 | 81.1 | 26.1 |  |  | 0.078 |  |
| 3M | 14 | 66.6 | 21.8 |  |  | 7 | 80.9 | 24.6 |  |  | 6 | 83.3 | 24.4 |  |  | 0.239 |  |
| 6M | 10 | 71.5 | 25.8 |  |  | 6 | 69.0 | 25.5 |  |  | 6 | 84.5 | 24.4 |  |  | 0.520 |  |
| 9M | 4 | 66.8 | 15.1 |  |  | 0 | N/A | N/A |  |  | 3 | 71.3 | 2.1 |  |  | N/A |  |
| 12M | 9 | 57.8 | 16.4 |  |  | 6 | 76.2 | 26.4 |  |  | 2 | 105.0 | 36.8 |  |  | 0.041 | † |
| Δ3M | 13 | 9.5 | 10.4 | 0.006 | ‡ | 6 | 16.5 | 25.7 | 0.177 |  | 6 | -2.2 | 16.3 | 0.758 |  | 0.159 |  |
| Δ6M | 10 | 9.2 | 9.1 | 0.011 | ‡ | 5 | 20.2 | 20.7 | 0.095 |  | 4 | -1.5 | 17.3 | 0.873 |  | 0.112 |  |
| Δ9M | 4 | 2.3 | 8.3 | 0.624 |  | 0 | N/A | N/A | N/A |  | 3 | -3.3 | 32.9 | 0.877 |  | N/A |  |
| Δ12M | 8 | 3.5 | 9.4 | 0.329 |  | 5 | 15.2 | 26.9 | 0.275 |  | 1 | -31.0 | N/A | N/A |  | 0.099 |  |
| Serum creatinine (mg/dL) | 0M | 68 | 0.68 | 0.14 |  |  | 49 | 0.71 | 0.24 |  |  | 55 | 0.74 | 0.22 |  |  | 0.203 |  |
| 3M | 57 | 0.71 | 0.17 |  |  | 43 | 0.73 | 0.23 |  |  | 45 | 0.82 | 0.44 |  |  | 0.172 |  |
| 6M | 53 | 0.70 | 0.15 |  |  | 39 | 0.74 | 0.25 |  |  | 44 | 0.78 | 0.21 |  |  | 0.161 |  |
| 9M | 48 | 0.72 | 0.14 |  |  | 34 | 0.75 | 0.30 |  |  | 36 | 0.72 | 0.20 |  |  | 0.876 |  |
| 12M | 57 | 0.74 | 0.13 |  |  | 38 | 0.76 | 0.28 |  |  | 43 | 0.76 | 0.18 |  |  | 0.797 |  |
| Δ3M | 54 | 0.04 | 0.08 | <0.001 | ‡ | 42 | 0.00 | 0.09 | 0.850 |  | 43 | 0.03 | 0.13 | 0.184 |  | 0.189 |  |
| Δ6M | 49 | 0.03 | 0.08 | 0.030 | ‡ | 39 | 0.03 | 0.11 | 0.135 |  | 42 | 0.01 | 0.11 | 0.665 |  | 0.585 |  |
| Δ9M | 45 | 0.05 | 0.08 | <0.001 | ‡ | 32 | 0.04 | 0.08 | 0.013 | ‡ | 35 | 0.00 | 0.08 | 0.806 |  | 0.040 | † |
| Δ12M | 51 | 0.06 | 0.07 | <0.001 | ‡ | 38 | 0.03 | 0.08 | 0.047 | ‡ | 41 | 0.01 | 0.11 | 0.772 |  | 0.011 | † |
| SBP (mmHg) | 0M | 81 | 133.7 | 17.4 |  |  | 58 | 131.9 | 13.4 |  |  | 70 | 137.9 | 22.1 |  |  | 0.152 |  |
| 3M | 76 | 129.2 | 14.2 |  |  | 57 | 131.2 | 13.9 |  |  | 67 | 134.7 | 17.5 |  |  | 0.099 |  |
| 6M | 69 | 130.9 | 12.9 |  |  | 56 | 131.8 | 12.7 |  |  | 63 | 137.8 | 16.7 |  |  | 0.012 | † |
| 9M | 64 | 131.0 | 13.3 |  |  | 52 | 131.8 | 12.6 |  |  | 63 | 133.1 | 16.3 |  |  | 0.698 |  |
| 12M | 71 | 132.4 | 18.1 |  |  | 54 | 129.9 | 10.9 |  |  | 63 | 135.0 | 19.2 |  |  | 0.269 |  |
| Δ3M | 74 | -4.1 | 16.5 | 0.034 | ‡ | 56 | -0.2 | 13.7 | 0.915 |  | 67 | -3.6 | 17.8 | 0.107 |  | 0.353 |  |
| Δ6M | 69 | -3.1 | 15.5 | 0.098 |  | 55 | -0.5 | 12.5 | 0.781 |  | 61 | -0.3 | 18.7 | 0.908 |  | 0.520 |  |
| Δ9M | 64 | -3.3 | 16.5 | 0.118 |  | 51 | -0.4 | 14.8 | 0.865 |  | 62 | -4.5 | 21.5 | 0.104 |  | 0.464 |  |
| Δ12M | 71 | -1.8 | 18.1 | 0.394 |  | 53 | -2.2 | 15.4 | 0.296 |  | 62 | -4.4 | 20.7 | 0.102 |  | 0.708 |  |
| DBP (mmHg) | 0M | 81 | 79.4 | 11.4 |  |  | 58 | 73.4 | 10.8 |  |  | 70 | 74.3 | 10.8 |  |  | 0.002 | † |
| 3M | 76 | 76.9 | 11.9 |  |  | 57 | 74.7 | 8.9 |  |  | 67 | 73.0 | 9.7 |  |  | 0.077 |  |
| 6M | 69 | 77.5 | 11.0 |  |  | 56 | 74.6 | 9.6 |  |  | 62 | 73.2 | 7.8 |  |  | 0.034 | † |
| 9M | 63 | 78.2 | 11.6 |  |  | 52 | 73.5 | 8.3 |  |  | 63 | 72.2 | 9.7 |  |  | 0.003 | † |
| 12M | 71 | 79.1 | 11.4 |  |  | 54 | 74.0 | 8.0 |  |  | 63 | 73.0 | 10.0 |  |  | <0.001 | † |
| Δ3M | 74 | -2.1 | 9.3 | 0.059 |  | 56 | 1.9 | 9.4 | 0.147 |  | 67 | -1.8 | 13.2 | 0.267 |  | 0.086 |  |
| Δ6M | 69 | -2.0 | 8.0 | 0.038 | ‡ | 55 | 1.3 | 8.2 | 0.252 |  | 60 | -1.1 | 11.8 | 0.459 |  | 0.144 |  |
| Δ9M | 63 | -1.2 | 11.1 | 0.392 |  | 51 | 0.5 | 9.2 | 0.694 |  | 62 | -1.8 | 11.6 | 0.220 |  | 0.503 |  |
| Δ12M | 71 | -0.4 | 9.6 | 0.704 |  | 53 | 0.1 | 10.0 | 0.956 |  | 62 | -1.4 | 9.6 | 0.262 |  | 0.713 |  |
| Body weight (kg) | 0M | 78 | 73.28 | 14.81 |  |  | 52 | 61.58 | 8.64 |  |  | 64 | 58.24 | 10.71 |  |  | <0.001 | † |
| 3M | 64 | 71.15 | 13.00 |  |  | 46 | 60.79 | 8.22 |  |  | 50 | 57.87 | 11.45 |  |  | <0.001 | † |
| 6M | 58 | 72.34 | 13.47 |  |  | 44 | 60.84 | 8.59 |  |  | 50 | 57.35 | 11.30 |  |  | <0.001 | † |
| 9M | 55 | 73.57 | 13.91 |  |  | 38 | 59.79 | 9.05 |  |  | 47 | 58.76 | 11.16 |  |  | <0.001 | † |
| 12M | 60 | 75.50 | 15.41 |  |  | 45 | 60.98 | 9.39 |  |  | 48 | 58.22 | 10.55 |  |  | <0.001 | † |
| Δ3M | 63 | -0.21 | 2.11 | 0.429 |  | 45 | 0.15 | 2.42 | 0.686 |  | 49 | -0.37 | 1.46 | 0.081 |  | 0.451 |  |
| Δ6M | 58 | 0.13 | 2.59 | 0.714 |  | 43 | 0.72 | 4.99 | 0.351 |  | 48 | -0.17 | 1.56 | 0.465 |  | 0.424 |  |
| Δ9M | 55 | 0.01 | 2.58 | 0.985 |  | 37 | -0.24 | 2.15 | 0.495 |  | 46 | 0.09 | 2.53 | 0.817 |  | 0.821 |  |
| Δ12M | 60 | 0.51 | 3.03 | 0.201 |  | 44 | -0.20 | 2.34 | 0.574 |  | 47 | -0.43 | 2.90 | 0.317 |  | 0.198 |  |
| BMI (kg/m2) | 0M | 64 | 26.69 | 4.61 |  |  | 48 | 24.28 | 2.68 |  |  | 53 | 23.84 | 3.43 |  |  | <0.001 | † |
| 3M | 51 | 26.20 | 3.89 |  |  | 41 | 23.95 | 2.59 |  |  | 40 | 23.48 | 3.62 |  |  | <0.001 | † |
| 6M | 45 | 26.61 | 3.90 |  |  | 39 | 23.98 | 2.70 |  |  | 39 | 23.50 | 3.37 |  |  | <0.001 | † |
| 9M | 41 | 26.76 | 3.71 |  |  | 34 | 23.31 | 2.27 |  |  | 37 | 23.89 | 3.26 |  |  | <0.001 | † |
| 12M | 46 | 27.48 | 4.68 |  |  | 40 | 23.78 | 2.63 |  |  | 39 | 23.90 | 3.08 |  |  | <0.001 | † |
| Δ3M | 50 | 0.00 | 0.60 | 0.992 |  | 41 | 0.07 | 1.02 | 0.669 |  | 40 | -0.19 | 0.62 | 0.059 |  | 0.283 |  |
| Δ6M | 45 | 0.08 | 0.93 | 0.574 |  | 39 | 0.34 | 2.13 | 0.322 |  | 38 | -0.11 | 0.67 | 0.315 |  | 0.354 |  |
| Δ9M | 41 | 0.04 | 0.97 | 0.779 |  | 34 | -0.05 | 0.83 | 0.741 |  | 37 | 0.06 | 1.05 | 0.712 |  | 0.874 |  |
| Δ12M | 46 | 0.16 | 1.05 | 0.303 |  | 40 | -0.07 | 0.90 | 0.633 |  | 39 | -0.20 | 1.29 | 0.346 |  | 0.307 |  |

‡p<0.05 vs.0Month paired t-test,†p<0.05 ANOVA

M: month; TC: Total cholesterol; HDL: high-density lipoprotein - cholesterol; LDL: low-density lipoprotein - cholesterol; GOT: glutamate oxaloacetate transaminase; GTP: glutamate pyruvate transaminase; γ-GTP: γ-glutamyltranspeptidase; SBP; Systolic blood pressure; DBP: Diastolic blood pressure; BMI: Body mass index