nutrients

MDPI

Supplementary Material

Supplementary Table S1: Pearson correlation analyses.

Baseline Plasma TMAO (μM) vs:	r	*p*
BMI (kg/m^2)	0.191	0.479
Age (yrs)	0.413	0.118
VAT (cm^2)	0.189	0.484
GDR (mg/kg/min)	-0.130	0.632
Glucose AUC_{180min} (mg/dLx180 min)	-0.071	0.792
Insulin AUC_{180min} (μU/dLx180 min)	0.096	0.725

BMI: body mass index; VAT: visceral adipose tissue; GDR: glucose disposal rate; $GlucoseAUC_{180}$: 180 min glucose-area-under the curve from oral glucose tolerance test; $InsulinAUC_{180}$: 180 min insulin-area-under-the curve from oral glucose tolerance test. Non-normally distributed data were log transformed (VAT, $GlucoseAUC_{180}$ $InsulinAUC_{180}$).

Supplementary Table S2: Pearson correlation analyses.

Plasma TMAO % Change After Lifestyle Intervention vs:	r	*p*
BMI (kg/m^2)	0.134	0.621
Age (yrs)	-0.126	0.642
Glucose AUC_{180min} (mg/dLx180 min)	-0.012	0.964
Insulin AUC_{180min} (μU/dLx180 min)	-0.234	0.379
VO_2 max (L/min)	-0.435	0.092

BMI: body mass index; $GlucoseAUC_{180}$: 180 min glucose-area-under the curve from oral glucose tolerance test; $InsulinAUC_{180}$: 180 min insulin-area-under-the curve from oral glucose tolerance test. Non-normally distributed data were log transformed (VAT, $GlucoseAUC_{180}$ $InsulinAUC_{180}$).