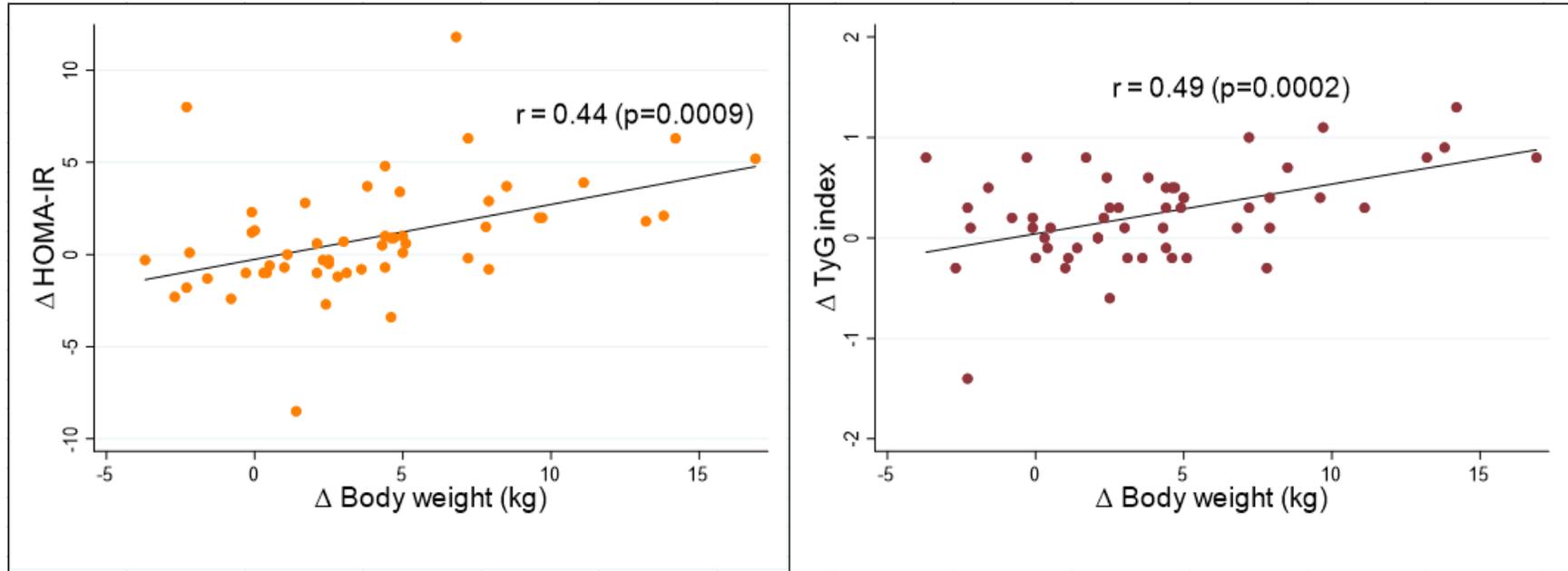
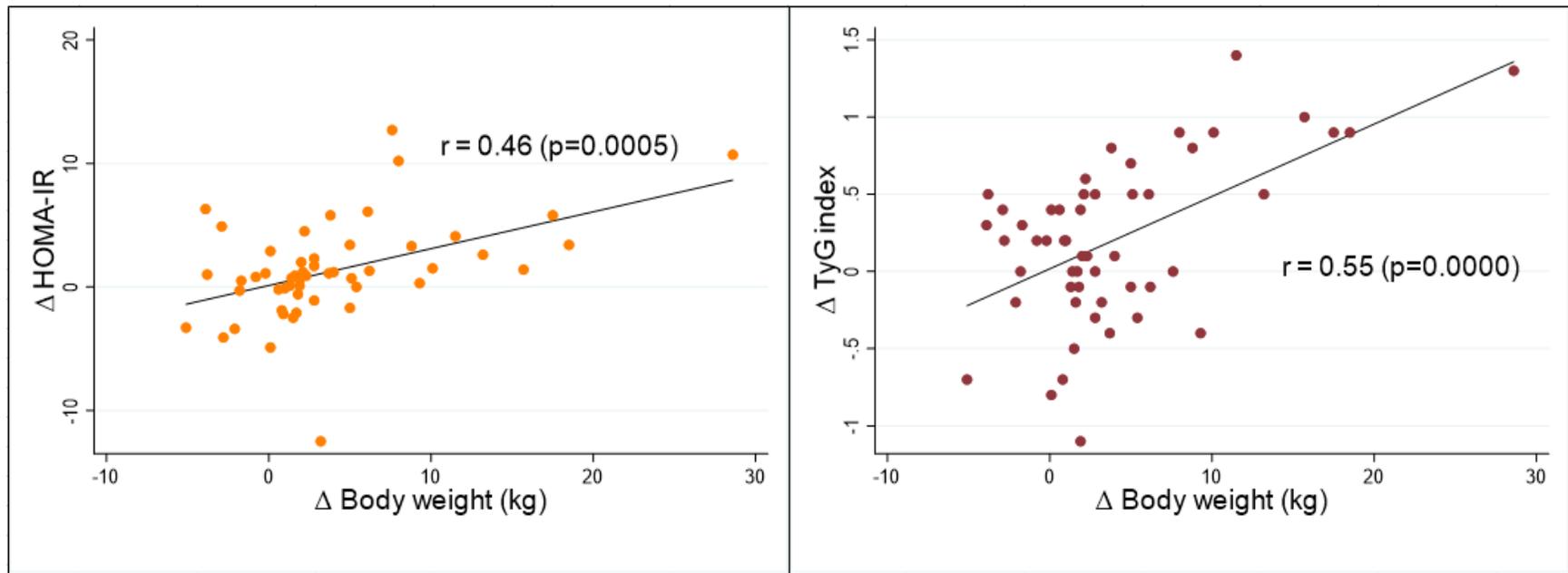


Supplementary Material



**Figure S1.** Correlation between the change in body weight and the changes in insulin resistance indicators in the completer subjects in the short term. HOMA-IR: Homeostasis Model Assessment of Insulin Resistance; TyG index: Triglycerides-Glucose Index.



**Figure S2.** Correlation between the change in body weight and the changes in insulin resistance indicators in the completer subjects in the medium term. HOMA-IR: Homeostasis Model Assessment of Insulin Resistance; TyG index: Triglycerides-Glucose Index.