

Supplemental table 1. Baseline BCAA and RBP4 levels according to FINDRISCK items.¹

FINDRISC item		Baseline BCAA (nmol/nL)	<i>p</i> ²	Baseline RBP4 (ng/mL)	<i>p</i> ³
Age (years)	<45 (N=172)	401 ± 108	0.243	7.33 ± 5.11	0.483
	45-54 (N=92)	423 ± 113		7.48 ± 5.25	
	55-64 (N=1)	467		2.07	
Self-reported BMI (kg/m ³)	<25 (N=93)	374 ± 72.2	<0.001	7.29 ± 4.26	0.260
	25-30 (N=93)	423 ± 104		7.73 ± 5.23	
	>30 (N=79)	435 ± 140		6.99 ± 6.01	
Self-reported waist circumference: women/men (cm)	<80/<94 (N=24)	375 ± 74.5	0.244	9.61 ± 5.82	0.093
	80-88/94-102 (N=88)	407 ± 82.3		7.04 ± 4.64	
	>88/>102(N=153)	416 ± 127		7.19 ± 5.27	
Physical activity (min)	>30 min/day (N=143)	413 ± 116	0.573	7.83 ± 5.36	0.101
	<30 min/day (N=122)	405 ± 103		6.80 ± 4.86	
Fruit, vegetables and berries consumption	Everyday(N=193)	404 ± 98.8	0.238	7.19 ± 4.70	0.929
	Not Everyday (N=72)	422 ± 135		7.81 ± 6.22	
Blood pressure medication	No (N=237)	406 ± 101	0.235	6.93 ± 4.91	<0.001
	Yes (N=28)	433 ± 168		11.1 ± 5.78	
High glucose levels ever	No (N=179)	417 ± 110	0.120	7.35 ± 5.41	0.550
	Yes (N=86)	394 ± 108		7.38 ± 4.60	
	No (N=52)	404 ± 102		7.98 ± 5.97	
T2D family history	Yes, first relative (N=137)	406 ± 82.2	0.730	7.18 ± 4.41	0.800
	Yes, second relative (N=76)	418 ± 152		7.27 ± 5.80	

¹Variables are expressed as means ± standard deviations. ²*p* refers to differences in baseline BCAA levels according to different categories for each FINDRISC item calculated by t-test, ANOVA, Kruskal-Wallis test or U Mann Whitney test, as applicable. ³*p* refers to differences in baseline RBP4 levels according to different categories for each FINDRISC item calculated by t-test, ANOVA, Kruskal-Wallis test or U Mann Whitney test, as applicable.