

**Supplemental Table S1.** Initial Physical Status and Laboratory Results of All Patients

Variable	Value
HbA1c, %	5.4±0.3
Fasting glucose, mg/dL	91.2±11.7
Muscle mass, kg	27.0±6.2
Fat mass, kg	17.0±5.2
Fat mass index, kg/m <sup>2</sup>	25.8±6.0
Abdominal fat mass index, kg/m <sup>2</sup>	0.9±0.2
Waist circumference, cm	82.5±8.7
Systolic pressure, mm Hg	118.7±13.8
Diastolic pressure, mm Hg	73.1±10.3
Total cholesterol, mg/dL	194.7±32.2
Triglyceride, mg/dL	112.8±80.0
High-density lipoprotein cholesterol, mg/dL	53.2±12.7
Low-density lipoprotein cholesterol, mg/dL	117.9±30.0
Uric acid, mg/dL	5.5±1.4
White blood cell count, 10 <sup>9</sup> /L	5.6±2.0
Hemoglobin, g/dL	14.4±1.6
Platelet count, 10 <sup>9</sup> /L	239.0±50.8
Total protein, g/dL	7.2±0.4
Albumin, g/dL	4.4±0.2
Blood urea nitrogen, mg/dL	13.4±3.5
Creatinine, mg/dL	0.9±0.2
Sodium, mmol/L	142.2±1.9
Potassium, mmol/L	4.2±0.3
Chloride, mmol/L	103.9±2.0
Calcium, mg/dL	9.1±0.4
Aspartate transaminase, U/L	23.4±10.9
Alanine transaminase, U/L	25.7±18.7
Gamma-glutamyl transferase, U/L	35.5±40.6
Lactate dehydrogenase, U/L	351.1±67.8
Amylase, U/L	87.8±29.4
TSH, ng/dL	2.3±5.4
Free T4, ng/dL	1.3±0.2

Values are expressed as mean ± standard deviation.

HbA1c, hemoglobin A1c; TSH, thyroid-stimulating hormone; T4, thyroxine.