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| **Supplementary Table 1**. Means of incremental area under the curve (iAUC) of amino acids for the postprandial responses after consumption of a pre-meal of the four interventions followed by a fat-rich main meal in subjects with the metabolic syndrome (n=16)1.  |
|  |  | **Intervention (pre-meal)** | ***P-value*3** |
|  | **Parameter, unit** | **WP (-15 min)** | **Casein** | **Gluten** |
| **iAUC** |  |  |  |  |  |
|  | 5-oxo proline2,µg/mg x -15/30-360 min | 5596.7(3418.7-7774.6) | 5536.1(3381.8-7690.5) | 3930.1(2400.7-5459.5) | 0.3695 |
|  | Alanine2,µg/mg x -15/30-360 min | 21352.9(16349.8-26356.0) | 22338.3 (17104.3-27572.3) | 16599.7(12710.3-20489.2) | 0.1436 |
|  | Asparagine2,µg/mg x -15/30-360 min | 2325.1(1316.2-3334.1) | 1930.2(1092.6-2767.8) | 1520.5(839.1-2202.0) | 0.4168 |
|  | Aspartic acid2,µg/mg x -15/30-360 min | 1141.8(623.9-1659.7) | 653.0(356.8-949.1) | 750.6(410.2-1091.0) | 0.2263 |
|  | Cysteine2,µg/mg x -15/30-360 min | 2469.7(1313.9-3625.41) | 1616.2(859.8-2372.5) | 1667.6(887.2-2448.0) | 0.4066 |
|  | Cystine2 | 3437.1(1868.4-5005.8) | 2650.6(1440.8-3860.4) | 1748.1(950.3-2546.0) | 0.1580 |
|  | Glutamic acid2,µg/mg x -15/30-360 min | 10763.7(6604.0-14923.3) | 9451.7(5799.1-13104.3) | 7967.5(4888.4-11046.5) | 0.5708 |
|  | Glutamine2,µg/mg x -15/30-360 min | 7656.3(4513.2-10799.4) | 6075.2(3581.1-8569.2) | 4902.1(2891.4-6918.8) | 0.3026 |
|  | Glycine2,µg/mg x -15/30-360 min | 6153.8(4492.9-7814.7) | 6941.7(5068.1-8815.2) | 5331.7(3892.6-6770.7) | 0.3627 |
|  | Methionine,µg/mg x -15/30-360 min | 9199.6(6597.9-11801.2)x | 11053.1(8451.5-13654.8)x | 5756.1(3154.5-8357.8)y | **0.0143** |
|  | Phenylalanine2,µg/mg x -15/30-360 min | 4689.1(3450.8-5927.4)x | 8844.6(6508.9-11180.4)y | 8412.6(6191.0-10634.2)y | **0.0043** |
|  | Proline2,µg/mg x -15/30-360 min | 34017.3(26594.7-41439.8)x | 53808.4(42067.5-65549.3)y | 54394.9(42526.0-66263.8)y | **0.0048** |
|  | Serine2,µg/mg x -15/30-360 min | 3682.7(1853.1-5512.2) | 3310.8(1666.0-4955.5) | 3266.0(1643.4-4888.5) | 0.9403 |
|  | Tryptophan2,µg/mg x -15/30-360 min | 1600.3(1075.4-2125.1)x | 908.0(610.2-1205.8)y | 680.0(457.0-903.0)y | **0.0034** |
|  | Tyrosine,µg/mg x -15/30-360 min | 1141.6(774.8-1508.4)x | 2011.9(1645.1-2378.7)y | 1079.6(712.8-1446.4)x | **0.013** |
| 1 Values are means (95% confidence interval) unless otherwise stated. 2 Medians (95% confidence interval). 3 One-way ANOVA was applied for analysing differences on the postprandial responses. The hypothesiswas to test if iAUC was significant difference between the three interventions WP (-15 min), casein and gluten. Values in a row with different superscript letters are significantly different, P < 0.05. |