**Table S1 The percentage of subjects with abnormal characteristics at baseline in each group (n = 75)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Baseline characteristics | Control group | Study group | | |
| PO (21) | FO (21) | PS (16) | PS+FO (17) |
| BMI (kg/m2) ≥24 | 20 (95%) | 21 (100%) | 14 (87.5%) | 17 (100%) |
| WHR ≥0.9 in males or ≥0.8 in females | 14 (67%) | 16 (76%) | 14 (87.5%) | 13 (76%) |
| SBP (mmHg) ≥140 | 14 (67%) | 9 (43%) | 12 (75%) | 10 (59%) |
| DBP (mmHg) ≥90 | 11 (52%) | 12 (57%) | 11 (69%) | 12 (71%) |
| FPG (mmol/L) ≥6.1 | 5 (24%) | 5 (24%) | 3 (19%) | 3 (18%) |
| TC (mmol/L) ≥5.8 | 7 (33%) | 7 (33%) | 5 (31%) | 9 (53%) |
| TG (mmol/L) ≥1.7 | 8 (38%) | 10 (48%) | 5 (31%) | 8 (47%) |
| LDL cholesterol (mmol/L) ≥3.6 | 10 (48%) | 4 (19%) | 7 (44%) | 7 (41%) |
| Hyperlipidaemia | 19 (90%) | 15 (71%) | 14 (88%) | 16 (94%) |
| ALT (U/L) ≥40 | 6 (29%) | 8 (38%) | 5 (31%) | 7 (41%) |
| GGT (U/L) ≥45 | 10 (48%) | 8 (38%) | 9 (56%) | 7 (41%) |
| AST (U/L) ≥35 | - | 5 (24%) | 1 (6%) | 3 (18%) |

**Note:** BMI: body mass index; WHR: waist–hip ratio; SBP: systolic blood pressure; DBP: diastolic blood pressure; FPG: fasting plasma glucose; TC: total cholesterol; TG: triglyceride; LDL: low-density lipoprotein; ALT: alanine aminotransferase; GGT: gamma-glutamyl transferase; AST: aspartate aminotransferase.