**Supplement table 1 General characteristics of sub-groups**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Sub-group n=44 |  | Status-group n=20 |
|  | mean | SD |  | mean | SD |
| Age (years) | 25,0 | 2,2 |  | 26,1 | 2,4 |
| **Anthropometric measurements**  |  |  |  |  |  |
| BMI | 21,5 | 2,2 |  | 21,4 | 2,4 |
| Height (cm) | 170.0 | 5,7 |  | 172,4 | 5,0 |
| Weight (kg) | 62,1 | 6,6 |  | 63,5 | 6,7 |
| Fat% | 26,03 | 5,25 |  | 26,2 | 6,2 |
| Fat mass | 16,42 | 4,73 |  | 16,9 | 5,4 |
| Waist circumference (cm) | 72,91 | 5,72 |  | 75,0 | 6,7 |
| Hip circumference (cm) | 100,30 | 4,94 |  | 100,4 | 6,2 |
| **Blood pressure** |  |  |  |  |  |
| Systolic blood pressure (mm Hg) | 112,58 | 12,21 |  | 112,5 | 13,3 |
| Diastolic blood pressure (mm Hg) | 72,63 | 7,10 |  | 72,1 | 7,3 |
| Heart rate (BPMs -beats per minute) | 74,30 | 10,68 |  | 75,4 | 11,3 |
| Biochemical parameters |  |  |  |  |  |
| Hemoglobin | 121,14 | 28,59 |  | 122,7 | 30,8 |
| Glucose | 4,21 | 0,44 |  | 4,3 | 0,4 |
| 25(OH)D nmol/L  | - | - |  | 29,5 | 13,8 |