

**SUPPLEMENTARY DATA**

**Table 1 of the supplementary data**

Reference values of lipid profile in normoglycemic healthy control participants separated by sex

|                                    | Men ± n = 177      |                           | Women ± n = 241    |                           | P*    |
|------------------------------------|--------------------|---------------------------|--------------------|---------------------------|-------|
| Variable                           | Median [25th-75th] | Mean ± standard deviation | Median [25th-75th] | Mean ± standard deviation |       |
| <i>Total cholesterol, mg/dL</i>    | 190 [170-217]      | 192 ± 36.4                | 187 [164-215]      | 190 ± 33.8                | .518  |
| HDL-C, mg/dL                       | 52.0 [44.9-61.0]   | 54.5 ± 14.9               | 63.0 [53.0-72.0]   | 63.4 ± 15.3               | <.001 |
| LDL-C, mg/dL                       | 118 [96.2-135]     | 118 ± 29.5                | 108 [88.0-129]     | 110 ± 28.2                | .010  |
| <i>Triglycerides, mg/dL</i>        | 89.5 [68.8-131]    | 114 ± 114                 | 76.0 [56.0-98.0]   | 82.5 ± 37.4               | .001  |
|                                    |                    |                           |                    |                           |       |
| <i>VLDL particles, nmol/L</i>      | 39.1 [27.5-60.5]   | 49.5 ± 42.2               | 30.8 [23.9-43.0]   | 36.2 ± 18.9               | <.001 |
| Large, nmol/L                      | 1.00 [0.75-1.44]   | 1.21 ± 0.92               | 0.84 [0.64-1.06]   | 0.92 ± 0.41               | <.001 |
| Medium, nmol/L                     | 4.07 [2.70-5.95]   | 5.26 ± 7.65               | 3.22 [2.39-4.80]   | 3.73 ± 1.98               | .010  |
| Small, nmol/L                      | 33.7 [23.5-52.9]   | 43.0 ± 34.6               | 26.6 [20.6-37.4]   | 31.5 ± 17.0               | <.001 |
| VLDL-Z, nm                         | 42.1 [42.0-42.3]   | 42.1 ± 0.23               | 42.2 [42.0-42.3]   | 42.2 ± 0.21               | .143  |
| <i>Cholesterol content, mg/dL</i>  | 9.85 [5.39-16.8]   | 12.4 ± 11.7               | 7.30 [4.21-11.2]   | 8.82 ± 6.13               | <.001 |
| <i>Triglyceride content, mg/dL</i> | 57.0 [40.0-84.6]   | 71.8 ± 68.5               | 44.9 [35.2-60.6]   | 52.0 ± 26.0               | <.001 |
|                                    |                    |                           |                    |                           |       |
| <i>LDL particles, nmol/L</i>       | 1319 [1140-1504]   | 1340 ± 279                | 1256 [1078-1441]   | 1264 ± 259                | .005  |
| Large, nmol/L                      | 181 [160-212]      | 185 ± 37.2                | 189 [162-209]      | 188 ± 33.7                | .466  |
| Medium, nmol/L                     | 391 [302-493]      | 411 ± 144                 | 411 [332-508]      | 423 ± 128                 | .393  |
| Small, nmol/L                      | 735 [634-828]      | 744 ± 141                 | 638 [560-733]      | 653 ± 128                 | <.001 |
| LDL-Z, nm                          | 20.9 [20.8-21.1]   | 20.9 ± 0.28               | 21.1 [21.0-21.3]   | 21.1 ± 0.22               | <.001 |

|                                      |                  |             |                  |             |       |
|--------------------------------------|------------------|-------------|------------------|-------------|-------|
| <i>Cholesterol content, mg/dL</i>    | 129 [111-149]    | 130 ± 28.2  | 124 [107-143]    | 126 ± 26.0  | .092  |
| <i>Triglyceride content, mg/dL</i>   | 15.5 [11.8-19.0] | 15.9 ± 5.09 | 15.7 [12.6-19.1] | 16.1 ± 4.75 | .684  |
|                                      |                  |             |                  |             |       |
| <i>HDL particles, μmol/L</i>         | 26.5 [23.3-29.6] | 27.1 ± 5.50 | 30.8 [27.0-34.5] | 31.2 ± 6.19 | <.001 |
| Large, μmol/L                        | 0.25 [0.22-0.28] | 0.26 ± 0.05 | 0.28 [0.24-0.31] | 0.28 ± 0.05 | <.001 |
| Medium, μmol/L                       | 8.16 [7.23-9.46] | 8.53 ± 2.11 | 10.1 [8.90-11.5] | 10.5 ± 2.27 | <.001 |
| Small, μmol/L                        | 18.1 [15.6-20.3] | 18.4 ± 4.01 | 20.2 [17.5-23.3] | 20.5 ± 4.45 | <.001 |
| HDL-Z, nm                            | 8.21 [8.17-8.25] | 8.21 ± 0.06 | 8.23 [8.20-8.28] | 8.24 ± 0.06 | <.001 |
| <i>Cholesterol content, mg/dL</i>    | 51.0 [44.6-59.1] | 52.4 ± 11.7 | 60.0 [52.6-69.7] | 61.6 ± 13.1 | <.001 |
| <i>Triglyceride content, mg/dL</i>   | 11.2 [9.31-13.4] | 12.0 ± 4.95 | 13.6 [11.4-16.5] | 14.4 ± 4.72 | <.001 |
|                                      |                  |             |                  |             |       |
| <i>Non-HDL particles</i>             | 1333 [1162-1537] | 1362 ± 284  | 1260 [1077-1443] | 1268 ± 265  | .001  |
| <i>Total particles/HDL particles</i> | 51.5 [43.4-60.6] | 52.7 ± 13.4 | 41.2 [33.7-51.0] | 43.1 ± 11.9 | <.001 |
| <i>LDL particles/HDL particles</i>   | 49.3 [42.0-58.4] | 50.8 ± 12.9 | 40.3 [32.9-49.9] | 41.9 ± 11.4 | <.001 |

\*P value for mean

HDL, high-density lipoprotein; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; LDL, low-density lipoprotein.

VLDL, very low-density lipoprotein.