**Supplementary Table 1**. List of biochemical parameters that will be analysed in the study.

|  |  |
| --- | --- |
| **Parameter** | **Method of analysis** |
| **Endothelial function** | |
| Asymmetric dimethylarginine  (ADMA) | Immunoenzymatic method (SunRed Human (ADMA) ELISA Kit, China) |
| Endothelial nitric oxide synthase  (eNOS) | Immunoenzymatic method (MyBioSource Human Endothelial Nitric Oxide Synthase ELISA kit, US)A |
| Homocysteine  (Hcy) | Immunoenzymatic method (Axis Homocysteine EIA kit, United Kingdom) |
| NO2 | Method described by Tsikas1 |
| NO3 | Method described by Tsikas1 |
| Plasminogen activator inhibitor-1  (PAI-1) | Immunoenzymatic method (Human Total Serpin E1/PAI-1 Quantikine ELISA, R&D Systems a biotechne brand, USA) |
| Vascular endothelial growth factor  (VEGF) | Immunoenzymatic method (Human VEGF, Quantikine ELISA, R&D Systems a biotechne brand, USA) |
| **Glucose and insulin homeostasis** | |
| Glucose | Enzymatic method with hexokinase |
| Insulin | Electrochemiluminescence method |
| Glycated haemoglobin (HbA1c) | Turbidimetric immunoinhibitory method in hemolysate prepared from blood |
| Insulin-like growth factor  (IGF-1) | Immunoenzymatic method (IGF-1 600 ELISA kit, DRG Intruments GmbH, Germany) |
| **Lipid metabolism** | |
| Total cholesterol  (TC) | Enzymatic colorimetric method |
| Low-density lipoprotein cholesterol  (LDL-C) | Friedewald formula: LDL-C = TC – (HDL-C + TG/5) |
| High-density lipoprotein cholesterol (HDL-C) | Homogeneous enzymatic colorimetric method |
| Triglycerides (TG) | Enzymatic colorimetric method |
| Oxidized low-density lipoprotein  (ox-LDL) | Immunoenzymatic method (Human ox-LDL ELISA kit, SunRed, China) |
| Apolipoprotein A1  (ApoA1) | Nephelometric method |
| Apolipoprotein B (ApoB) | Nephelometric method |
| Apolipoprotein E (ApoE) | Immunoenzymatic method (Human Apolipoprotein E ELISA Kit, Assaypro, USA) |
| **Oxidative stress** | |
| Advanced glycation end products (AGEs) | Immunoenzymatic method (Human AGEs ELISA Kit, MyBiosource, USA) |
| **Antioxidant status** | |
| Glutathione (GSH) | Immunoenzymatic method (Human Reduced GSH), ELISA Kit, MyBiosource, USA) |
| Superoxide dismutase (SOD) | Colorimetric method (SOD Assay Kit, Cayman Chemical, USA) |
| Total antioxidant status (TAS) | Immunoenzymatic method (Human TAS ELISA kit, Qayee-bio, China) |
| Paraoxonases (PON) | Immunoenzymatic method (Human PON ELISA Kit, MyBiosource, USA) |
| **Inflammatory markers** | |
| High-sensitivity C reactive protein (hs-CRP) | Latex enhanced turbidimetric immunoassay method |
| Interleukin-6 (IL-6) | Immunoenzymatic method (Human IL-6 Immunoassay, Quantikine HS ELISA, R&D Systems a biotechne brand, USA) |
| Interleukin-8 (IL-8) | Immunoenzymatic method (Human CXCL8/IL-8 Immunoassay, Quantikine HS ELISA, R&D Systems a biotechne brand, USA) |
| Monocyte chemoattractant protein 1 (MCP-1) | Immunoenzymatic method (MCP-1 human ELISA, DRG Intruments GmbH, Germany) |
| Matrix metalloproteinase-2 (MMP-2) | Immunoenzymatic method (Total MMP-2 Immunoassay, Quantikine ELISA, R&D Systems a biotechne brand, USA) |
| Matrix metalloproteinase-9 (MMP-9) | Immunoenzymatic method (Human MMP-9 Immunoassay, Quantikine ELISA, R&D Systems a biotechne brand, USA) |
| Tumor necrosis factor-α (TNF-α) | Immunoenzymatic method (Human tumor necrosis factor alfa, ELISA kit, Qayee-bio, China) |

1Tsikas D. Simultaneous derivatization and quantification of the nitric oxide metabolites nitrite and nitrate in biological fluids by gas chromatography/mass spectrometry. Anal Chem. 2000 Sep;72(17):4064-4072.