

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.