

Supplementary Data

Supplementary Table S1: Lipid profile in high-dose group of overweight/obese participants with BMI ≤ 29.9 (n = 10)

	Before	After	<i>p</i> value^a
TC, mmol/L	4.78	4.92	0.19
TG, mmol/L	1.23	1.20	0.41
HDL, mmol/L	1.21	1.30	0.051
LDL, mmol/L	3.01	3.07	0.28

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S2: Lipid profile in high-dose group of overweight/obese participants with BMI ≥ 30.0 (n = 22)

	Before	After	<i>p</i> value^a
TC, mmol/L	5.21	5.19	0.44
TG, mmol/L	1.41	1.23	0.006
HDL, mmol/L	1.28	1.43	< 0.001
LDL, mmol/L	3.33	3.19	0.11

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S3: Lipid profile in high-dose group of overweight/obese participants with age < 40 yrs (n = 13)

	Before	After	<i>p</i> value^a
TC, mmol/L	4.72	4.81	0.23
TG, mmol/L	1.24	1.03	0.011
HDL, mmol/L	1.14	1.26	0.005
LDL, mmol/L	3.08	3.07	0.49

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S4: Lipid profile in high-dose group of overweight/obese participants with age > 40 yrs (n = 19)

	Before	After	<i>p</i> value^a
TC, mmol/L	5.32	5.32	0.48
TG, mmol/L	1.43	1.36	0.22
HDL, mmol/L	1.34	1.47	0.001
LDL, mmol/L	3.33	3.21	0.102

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S5: Lipid profile in high-dose group of overweight/obese participants with age < 40 yrs, BMI \leq 29.9 (n = 7)

	Before	After	<i>p</i> value^a
TC, mmol/L	4.67	4.78	0.22
TG, mmol/L	1.04	0.92	0.025
HDL, mmol/L	1.24	1.32	0.11
LDL, mmol/L	2.94	3.03	0.25

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S6: Lipid profile in high-dose group of overweight/obese participants with age < 40 yrs, BMI \geq 30.0 (n = 6)

	Before	After	<i>p</i> value^a
TC, mmol/L	4.79	4.84	0.39
TG, mmol/L	1.47	1.16	0.054
HDL, mmol/L	1.03	1.196	0.006
LDL, mmol/L	3.23	3.12	0.36

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S7: Lipid profile in high-dose group of overweight/obese participants with age > 40 yrs, BMI \leq 29.9 (n = 6)

	Before	After	<i>p</i> value^a
TC, mmol/L	5.37	5.53	0.27
TG, mmol/L	1.51	1.57	0.41
HDL, mmol/L	1.22	1.30	0.08
LDL, mmol/L	3.47	3.46	0.49

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)

Supplementary Table S8: Lipid profile in high-dose group of overweight/obese participants with age > 40 yrs, BMI \geq 30.0 (n = 13)

	Before	After	<i>p</i> value^a
TC, mmol/L	5.30	5.22	0.26
TG, mmol/L	1.39	1.26	0.028
HDL, mmol/L	1.39	1.55	0.005
LDL, mmol/L	3.28	3.09	0.082

^aWithin-group differences in the parameters before and after intervention were compared using paired t-test (parametric)