

Supplementary Table S1. Comparison of Study Population versus Population Excluded for Missing Telomerase Activity.

	Population with telomerase activity data (n= 74)	Population without telomerase activity data (n= 109)
<i>Responders/Non-Responders</i>	28/46	45/64
<i>Males/Females (n)</i>	63/11	89/20
<i>Low-Fat diet/Mediterranean diet</i>	42/32	61/48
<i>Age (years)</i>	59 (57-61)	61 (59-63)
<i>Telomere Length (ratio T/S)</i>	1.29 (1.11-1.47)	1.31 (1.20-1.43)
<i>Height (m)</i>	1.66 (1.64-1.67)	1.65 (1.63-1.66)
<i>Weight (kg)</i>	84.6 (81.9-87.3)	85.6 (82.7-88.5)
<i>Body mass index (kg/m²)</i>	30.8 (29.9-31.8)	31.4 (30.6-32.3)
<i>Waist circumference (cm)</i>	105 (103-107)	106 (104-108)
<i>HDL-cholesterol (mmol/L)</i>	41 (39-44)	42 (40-44)
<i>LDL-cholesterol (mmol/L)</i>	89 (83-95)	10 (89-99)
<i>Triglycerides (mmol/L)</i>	140 (124-155)	144 (130-158)
<i>C-reactive protein (nmol/L)</i>	3.49 (2.50-4.49)	3.78 (2.97-4.60)
<i>HbA1c (%)</i>	6.67 (6.49-6.86)	6.70 (6.54-6.85)
<i>Glucose (mmol/L)</i>	111.9 (105.5-118.4)	109.7 (105.7-113.7)
<i>Insulin (nmol/L)</i>	11.6 (10.0-13.2)	11.9 (9.6-14.2)
<i>HOMA-IR</i>	4.19 (3.33-5.06)	4.38 (3.75-5.03)
<i>ISI</i>	2.76 (2.40-3.130)	2.62 (2.35-2.90)
<i>IGI</i>	0.51 (0.27-0.77)	0.79 (0.47-1.13)
<i>Hepatic-IR_{fasting}</i>	1723 (1376-2070)	1770 (1514-2026)
<i>DI</i>	0.55 (0.43-0.67)	0.51 (0.46-0.57)

Values expressed as mean (95%CI). Frequencies in categorical variables. Abbreviations:

DI, Disposition Index; Hepatic-IR_{fasting}, Hepatic Insulin Resistance Index derived from Fasting values; IGI, InsulinoGenic Index; ISI, Insulin Sensitivity Index.