

**Table 2.** Metabolic data of the patients at beginning of study

	<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Overall p</b>
Fasting insulinaemia ( $\mu\text{IU/mL}$ )	$28.88 \pm 6.04^*$	$32.20 \pm 2.17^\dagger$	$29.53 \pm 3.09$	0.0093
Post-prandial insulinaemia ( $\mu\text{IU/mL}$ )	$126.65 \pm 16.42^{\circ\dagger}$	$109.25 \pm 13.50$	$117.34 \pm 6.99$	<0.0001
Fasting glycaemia (mg/dL)	$89.44 \pm 4.50^{\circ\ddagger}$	$82.38 \pm 5.22^\dagger$	$77.97 \pm 3.77$	<0.0001
Post-prandial glycaemia (mg/dL)	$120.88 \pm 2.94^\circ$	$106.78 \pm 5.30^\ddagger$	$117.94 \pm 3.63$	<0.0001
HOMA-I	$6.37 \pm 1.40^\dagger$	$6.54 \pm 0.58^\ddagger$	$5.69 \pm 0.73$	0.0016
Triacylglycerols (mg/dL)	$231.00 \pm 34.70^\dagger$	$231.70 \pm 8.40^\dagger$	$200.00 \pm 54.30$	<0.0001
Total cholesterol (mg/dL)	$321.80 \pm 52.90^*$	$294.20 \pm 7.80$	$312.40 \pm 22.90$	0.0050

All metabolic data are expressed as mean value  $\pm$  standard deviation. The overall p refers to one-way ANOVA computed as first test among values of each parameter measured or deduced in the different groups of patients, while the symbols refer to Bonferroni's multiple comparison calculated as post test among the same values (inter-patient analysis). HOMA-I refers to the formula: Fasting insulinaemia ( $\mu\text{IU/mL}$ )  $\times$  Fasting glycaemia (mg/dL) / 22.5. Legend: HOMA-I, homeostasis model assessment-index.

\* p <0.05 vs. Group B;  $^\circ$  p <0.001 vs. Group B;  $^\dagger$  p <0.05 vs. Group C;  $^\ddagger$  p <0.01 vs. Group C;  $^\S$  p <0.001 vs. Group C.