

**Table 3.** Parameter variations from the beginning of study to 6 months of treatment ( $\Delta_{0-16}$ )

	<b>Distracting mini-meal</b>	<b>Metformin</b>	<b>Placebo</b>	<b>Overall p</b>
Body weight (kg)	-16.71±2.54*‡	-14.18±3.86‡	-7.15±2.40	<0.0001
BMI (kg/m <sup>2</sup> )	-5.70±1.00 <sup>o</sup> ‡	-4.48±1.51‡	-2.46±0.76	<0.0001
WC (cm)	-7.94±1.31 <sup>†</sup>	-7.32±1.38 <sup>†</sup>	-3.94±0.59	<0.0001
Fasting insulinaemia (μIU/mL)	-16.28±5.77‡	-19.81±4.05‡	-5.94±4.40	<0.0001
Post-prandial insulinaemia (μIU/mL)	-104.60±17.82*‡	-83.93±15.13‡	-43.25±7.75	<0.0001
Fasting glycaemia (mg/dL)	-4.88±5.86	-4.06±6.05	-2.00±5.36	0.1258 (ns)
Post-prandial glycaemia (mg/dL)	+1.27±5.24	-0.66±6.99	-0.34±6.38	0.4516 (ns)
HOMA-I	-3.75±1.36‡	-4.16±0.89‡	-1.26±0.91	<0.0001
Triacylglycerols (mg/dL)	-70.30±22.33 <sup>†</sup>	-63.70±8.08 <sup>†</sup>	-46.00±28.35	<0.0001
Total cholesterol (mg/dL)	-120.80±21.03* <sup>†</sup>	-91.20±8.85	-92.40±22.15	<0.0001

All  $\Delta_{0-16}$  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). For fasting/post-prandial glycaemia, no post test has been performed. Legend: BMI, body mass index; HOMA-I, homeostasis model assessment-index; WC, waist circumference.

\* p <0.05 vs. Metformin; <sup>o</sup> p <0.01 vs. Metformin; <sup>†</sup> p <0.05 vs. Placebo; <sup>‡</sup> p <0.001 vs. Placebo.