

**Table 1.** All continuous variables are expressed as mean  $\pm$  standard deviation (SD). P-values Column refers to the ANOVA F test within groups

	<b>HTN</b> <b>n1=114 (34%),</b> <b>62 male 52 female</b> <b>Mean <math>\pm</math> SD</b>	<b>PREHTN</b> <b>n2=106 (32%),</b> <b>67 male 39 female</b> <b>Mean <math>\pm</math> SD</b>	<b>NORMTN</b> <b>n3=110 (33%),</b> <b>52 male 58 female</b> <b>Mean <math>\pm</math> SD</b>	<b>Total</b> <b>n=330 (100%),</b> <b>181 male (55%), 149 female (45%)</b> <b>Mean <math>\pm</math> SD</b>	<b>P value</b>
Age	56.5 $\pm$ 11.6 *	48.4 $\pm$ 13.7 ***	46.7 $\pm$ 15.2	50.6 $\pm$ 14.2	<b>&lt;0.001</b>
BMI	28.3 $\pm$ 4.2	28.5 $\pm$ 4.5	27.5 $\pm$ 5.3	28.1 $\pm$ 4.7	0.280
Glucose	98.1 $\pm$ 18.6	96.1 $\pm$ 11.3	93.2 $\pm$ 20.4	95.8 $\pm$ 17.5	0.130
Insulin	14.5 $\pm$ 9.3 *	15.5 $\pm$ 9.5 **	10.5 $\pm$ 10.8	13.3 $\pm$ 10.2	<b>0.002</b>
HOMA IR	3.1 $\pm$ 2.5 *	2.9 $\pm$ 2.6 **	2.2 $\pm$ 1.5	2.7 $\pm$ 2.2	<b>0.011</b>
Cholesterol	223.4 $\pm$ 46.8 *	217.6 $\pm$ 44.0 **	202.0 $\pm$ 46.3	214.2 $\pm$ 46.6	<b>0.002</b>
Triglycerid	136.7 $\pm$ 78.5 *	129.3 $\pm$ 56.5 **	102.3 $\pm$ 50.0	122.4 $\pm$ 68.0	<b>0.001</b>
HDL	51.2 $\pm$ 13.0 *	48.1 $\pm$ 13.5	46.0 $\pm$ 13.2	48.5 $\pm$ 13.4	<b>0.020</b>
LDL	139.3 $\pm$ 45.5 *	129.9 $\pm$ 56.5	122.0 $\pm$ 45.0	130.1 $\pm$ 49.3	<b>0.040</b>
SBP 24h	138.3 $\pm$ 13.0	129.9 $\pm$ 6.8		133.6 $\pm$ 11.0	<b>&lt;0.001</b>
DBP 24h	86.3 $\pm$ 12.4	80.3 $\pm$ 7.5		83.1 $\pm$ 10.5	<b>&lt;0.001</b>

HTN = hypertensive group, PREHTN = prehypertensive group, NORMTN = control group

\* HTN vs NORMTN  $p < 0.05$ , \*\* PREHTN vs NORMTN  $p < 0.05$ , \*\*\* HTN vs PREHTN  $p < 0.05$ .