

**Table 1.** Main characteristics of the study population (total number of participants=39)

| Categorical variables                         | Frequency (%)      |
|-----------------------------------------------|--------------------|
| Prediabetes subgroup                          |                    |
| <i>IFG</i>                                    | 27 (69.2)          |
| <i>IGT</i>                                    | 4 (10.3)           |
| <i>IFG and IGT</i>                            | 8 (20.5)           |
| Male                                          | 17 (43.6)          |
| Current smoking                               | 11 (28.2)          |
| Exercise                                      | 18 (46.2)          |
| Hypertension                                  | 12 (30.8)          |
| Statins                                       | 6 (15.4)           |
| Renin-Angiotensin system inhibitor            | 10 (25.6)          |
| Normally distributed continuous variables     | Mean ± SD          |
| Age (years)                                   | 49.5±11.4          |
| Waist to Hip Ratio                            | 0.93±0.08          |
| Fasting glucose (mmol/L)                      | 6.01±0.54          |
| HbA1c                                         |                    |
| (%)                                           | 5.93±0.21          |
| (mmol/mol)                                    | 41.3 ±2.3          |
| Diastolic blood pressure (mmHg)               | 86.5±10.1          |
| Total cholesterol (mmol/l)                    | 5.16±1.07          |
| LDL-cholesterol (mmol/l)                      | 3.37±0.89          |
| Non-normally distributed continuous variables | Median (range)     |
| EPCs (cells/mL)                               | 158 (0-1133)       |
| Weight (kg)                                   | 88.9 (58.9-159)    |
| BMI (kg/m²)                                   | 32.5 (23.5-43.5)   |
| Waist circumference (cm)                      | 107 (85-148)       |
| Subcutaneous fat (cm)                         | 1.76 (0.81-4.68)   |
| Visceral fat (cm)                             | 8.28 (5.65-18.31)  |
| Insulin (pmol/L)                              | 125.7 (69.5-451.4) |
| HOMA-IR                                       | 4.4 (2.47-15.73)   |
| Systolic blood pressure (mmHg)                | 141 (112-174)      |
| Mean blood pressure (mmHg)                    | 124 (95.3-147.7)   |
| HDL-cholesterol (mmol/l)                      | 42 (30-57)         |
| Triglycerides (mmol/l)                        | 124 (46-592)       |
| hs-CRP (mg/L)                                 | 2.59 (0.17-21.5)   |