

supplemental Table III

| | TNF-a (pg/ml) | | | Il - 6 (pg/ml) | | | ox-LDL (ng/ml) | | | Adiponectin (ng/ml) | | |
|--|---------------|------|-------|-------------------------|---|-------------------------|---|--------|--------------|---------------------|-------------|--------|
| | LE | LNE | ONE | LE | LNE | ONE | LE | LNE | ONE | LE | LNE | ONE |
| median (before training) | 0.00 | 0.00 | 0.00 | 0.54 | 0.64 | 0.83 | 60.68 | 80.49 | 104.40 | 6512.5 | 5463.0 | 4957.5 |
| minimum (before training) | 0.00 | 0.00 | 0.00 | 0.08 | 0.11 | 0.00 | 39.33 | 32.12 | 48.69 | 3408 | 2117 | 1364 |
| maximum (before training) | 6.80 | 9.72 | 11.07 | 1.95 | 7.95 | 5.40 | 175.68 | 143.56 | 1313.2 | 15916 | 10392 | 11795 |
| median (after training) | 0.00 | 0.00 | 0.00 | 0.44 | 0.95 | 1.19 | 210.94 | 161.28 | 47.23 | 7325.5 | 7092.5 | 5648.0 |
| minimum (after training) | 0.00 | 0.00 | 0.00 | 0.00 | 0.14 | 0.01 | 22.83 | 29.63 | 0.13 | 3386 | 2734 | 833 |
| maximum (after training) | 3.47 | 7.26 | 8.85 | 1.65 | 10.5 | 5.22 | 732.92 | 773.67 | 192.35 | 15849 | 12986 | 10863 |
| p (Wilcoxon-test : median before/ after) | 0.59 | 0.50 | 0.86 | 0.023 | 0.17 | 0.47 | 0.006 | 0.086 | 0.041 | 0.301 | 0.02 | 0.47 |
| median difference | 0.00 | 0.00 | 0.00 | -0.12 | 0.11 | 0.21 | 98.36 | 40.54 | -34.51 | 265.00 | 1062.0 | -465.5 |
| p (Kruskal-Wallis-H-test of median difference: LE, LNE, ONE) | 0.821 | | | 0.048 | | | 0.001 | | | 0.335 | | |
| | | | | p (Mann-Whitney-U-test) | LE-LNE: 0.013 LNE-ONE: 0.901 LE-ONE: 0.096 | p (Mann-Whitney-U-test) | LE-LNE: 0.256 LNE-ONE: 0.009 LE-ONE: 0.001 | | | | | |