

Table S1. Participants' medication.

	Volun teer code: 1	Volun teer code: 2	Volun teer code: 3	Volun teer code: 4	Volun teer code: 5	Volun teer code: 6	Volun teer code: 7	Volun teer code:8	Volun teer code:9	Volun teer code: 10
Biguanide	√	√	√	√	√	√	√	√	√	√
Thiazolidin ediones	√									
GLP-1 analogues					√					
HMG-CoA- reductase inhibitor		√	√	√	√	√		√		
Proton pump inhibitor					√					
ACE inhibitor		√			√	√				
B blocker		√			√					
Calcium channel blockers		√				√				
SGLT2 inhibitors								√		
DPP-4 enzyme inhibitor						√				

Table S2. Five different meals' caloric content and macronutrient composition.

	BU	BU-IBU	OO	OO250	OO500
Energy (Kcal)	695	695	687	687	687
CHO (g)	56	56	54.2	54.2	54.2
Fat (g)	45	45	45	45	45
Protein (g)	16.6	16.6	16.3	16.3	16.4
CHO (%)	32.2	32.2	31.5	31.5	31.5
Fat (%)	58.3	58.3	58.9	58.9	58.9
Protein (%)	9.5	9.5	9.6	9.6	9.6