**Table S2**: Blood glucose and plasma insulin time to reach peak postprandial concentration, n=38

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Supplement** | **Time point (minutes)** | | | | |
| **30** | **45** | **60** | **90** | **120** |
| **Blood glucose** | | | | | |
| **Placebo** | 16 (42%) | 19 (50%) | 3 (8%) | 0 (0%) | 0 (0%) |
| **Low dose** | 13 (34%) | 19 (50%) | 3 (8%) | 1 (3%) | 2 (5%) |
| **High dose** | 12 (32%) | 21 (55%) | 5 (13%) | 0 (0%) | 0 (0%) |
| **Plasma insulin** | | | | | |
| **Placebo** | 24 (63%) |  | 13 (34%) | 0 (0%) | 1 (3%) |
| **Low dose** | 26 (68%) |  | 10 (26%) | 2 (5%) | 0 (0%) |
| **High dose** | 19 (50%) |  | 16 (42%) | 3 (8%) | 0 (0%) |

Data presented as n (%)