

Table S1. Twenty-four hour glucose, insulin and lactate AUCs.

Outcome	Aspartame (n = 23)	10% HFCS (n = 18)	17.5% HFCS (n = 15)	25% HFCS (n = 28)	Effect of	P-value
Lactate 24-h AUC (mmol/L x 24h)						
Baseline	21.9 ± 0.8 ¹	22.5 ± 1.0	22.1 ± 1.2	22.6 ± 0.9	Dose	0.018
Intervention	22.2 ± 0.8 ^a	23.5 ± 0.8 ^{ab}	24.9 ± 1.2 ^{***ab}	24.2 ± 1.0 ^{***b}	Group	0.036
Glucose 24-h AUC (mmol/L x 24h)						
Baseline	130.0 ± 1.7	128.6 ± 1.3	129.8 ± 1.4	131.4 ± 1.6	Dose	0.99
Intervention	129.1 ± 1.7	129.0 ± 1.8	128.4 ± 2.0	130.8 ± 1.7	Group	0.77
Insulin 24-h AUC (pmol/L x 24h)						
Baseline	5,689.8 ± 792.4	4,601.0 ± 293.9	5,014.8 ± 457.9	5,291.4 ± 476.3	Dose	0.605
Intervention	5,444.9 ± 672.3	4,464.6 ± 259.6	4,832.5 ± 445.5	5,228.3 ± 460.0	Group	0.93

¹ Values are mean ± SEM; AUC, area under the curve; HFCS, high fructose corn syrup; *** $p < 0.001$, LS mean different from zero; a different from b, Tukey's.

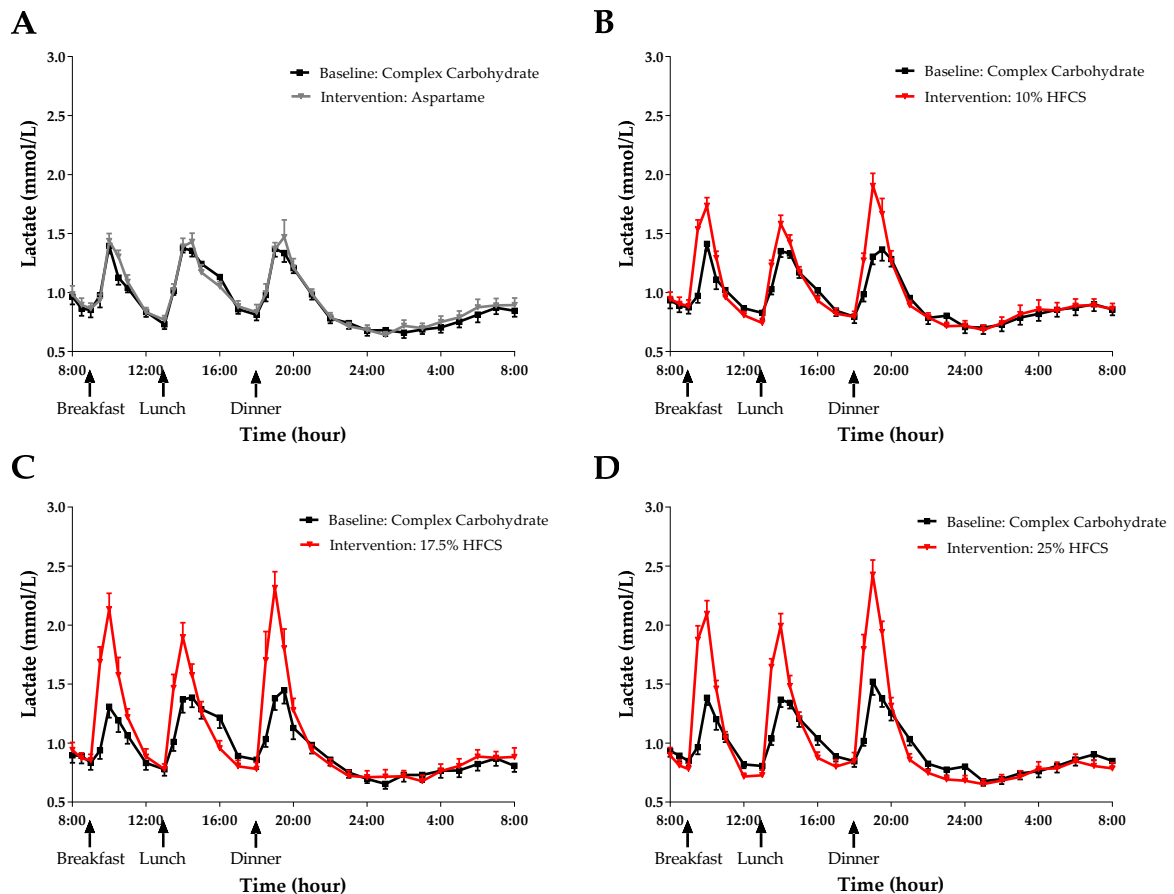


Figure S1. Twenty-four hour plasma lactate concentration at baseline and after consuming 0 (n = 23) (A), 10 (n = 18) (B), 17.5 (n = 15) (C), or 25% (n = 28) (D) HFCS-sweetened beverages for 2 weeks.

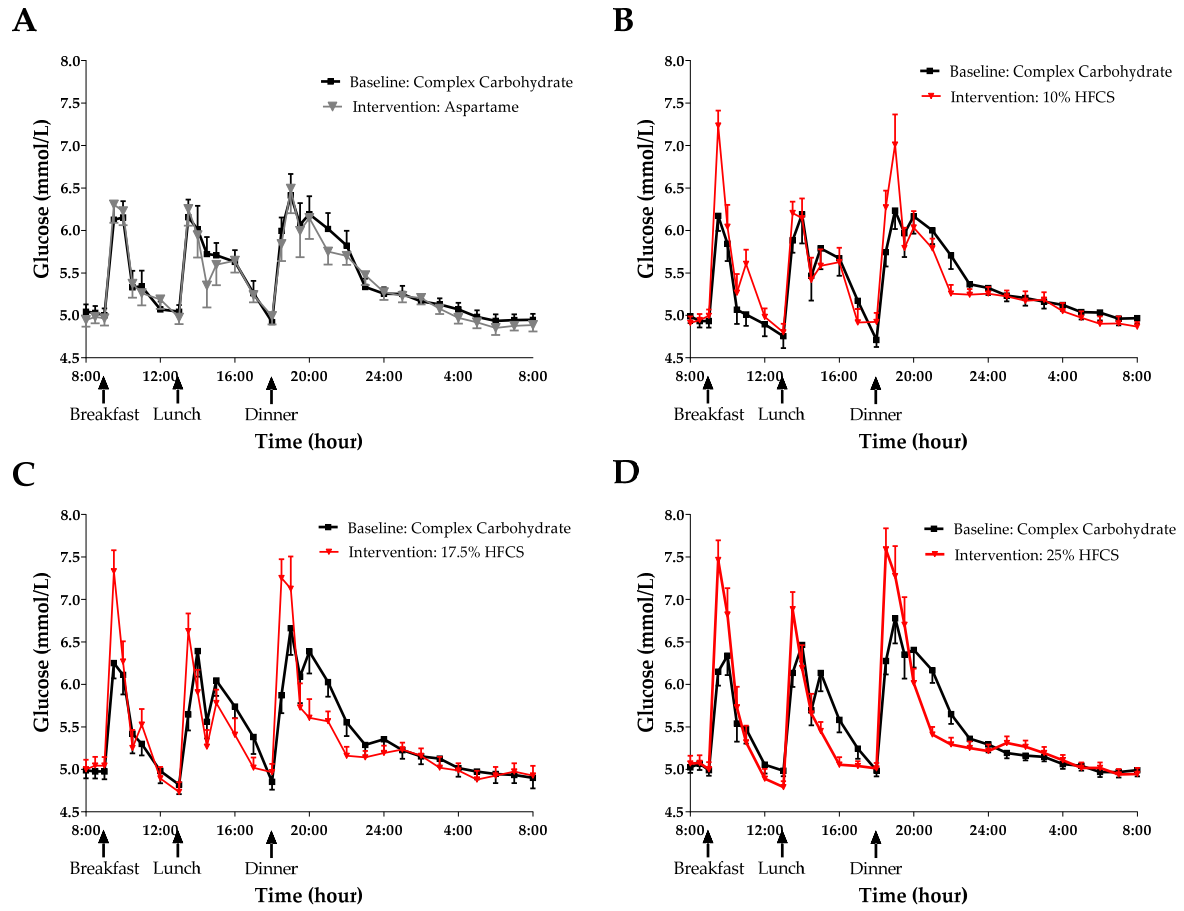


Figure S2. Twenty-four hour plasma glucose concentrations at baseline and after consuming 0 (n = 23) (A), 10 (n = 18) (B), 17.5 (n = 15) (C), or 25% (n = 28) (D) HFCS-sweetened beverages for 2 weeks.

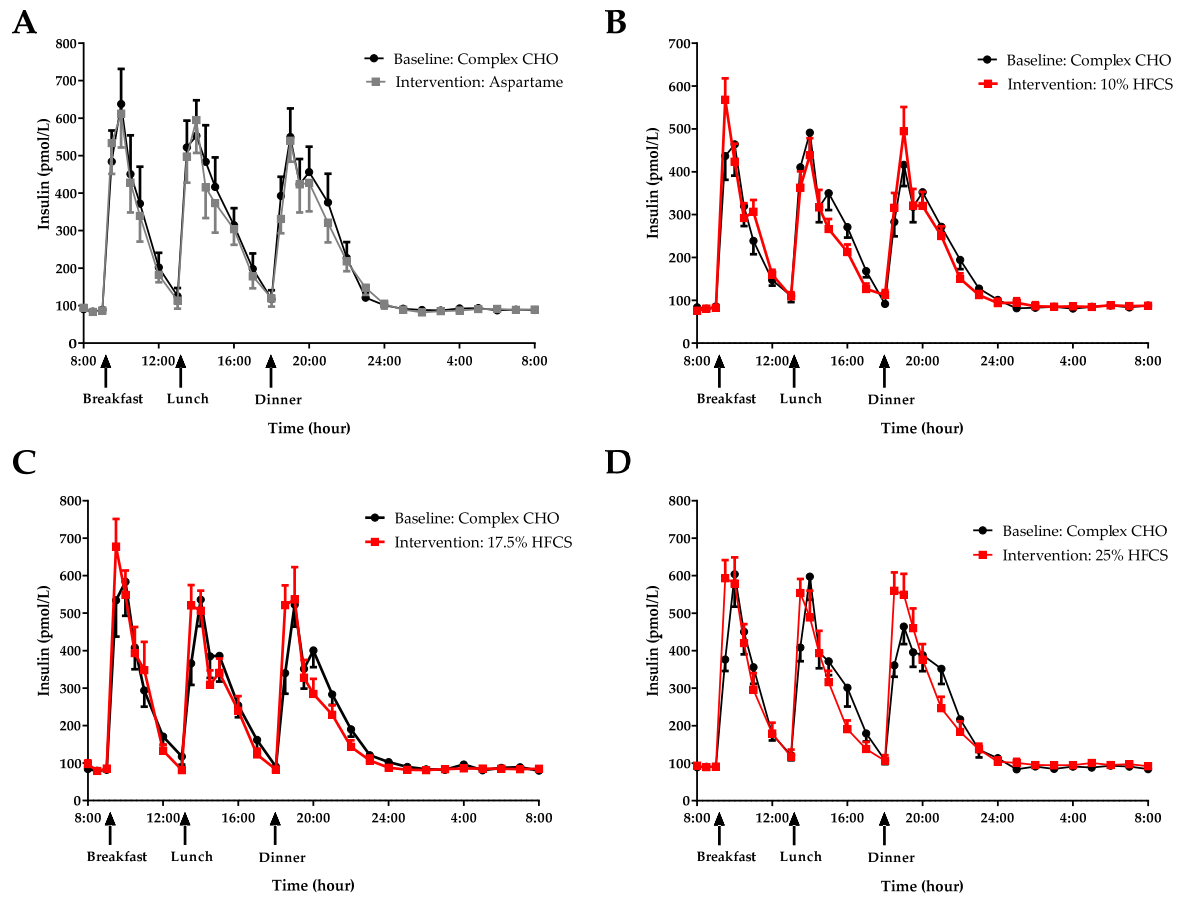


Figure S3. Twenty-four hour plasma insulin concentrations at baseline and after consuming 0 (n = 23) (A), 10 (n = 18) (B), 17.5 (n = 16) (C), or 25% (n = 28) (D) HFCS-sweetened beverages for 2 weeks.