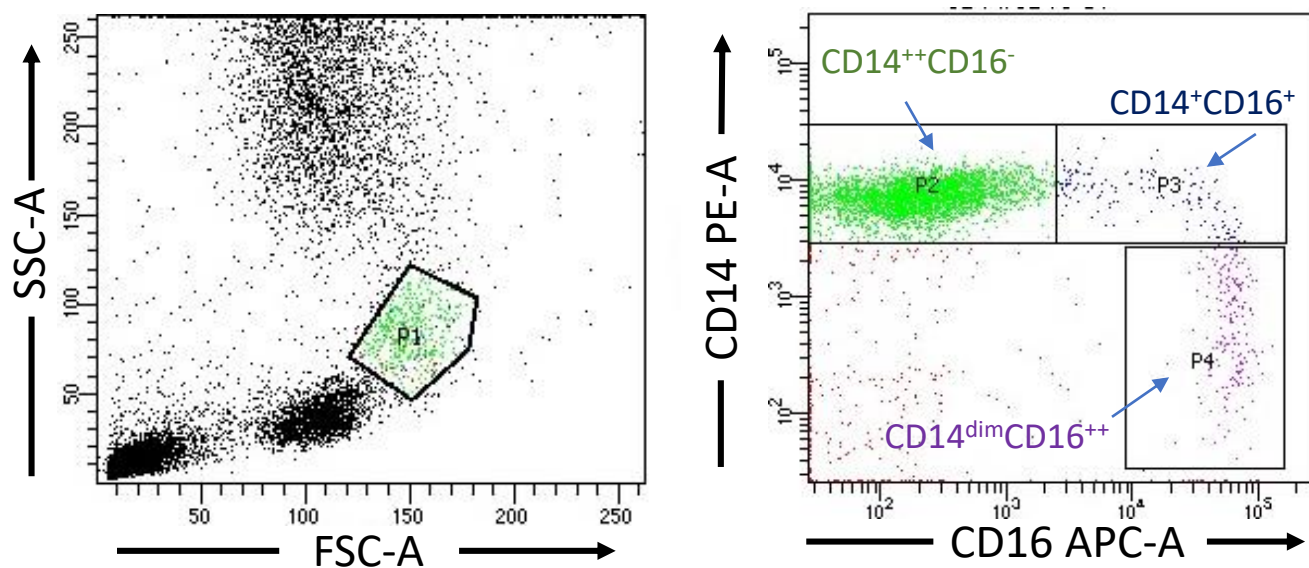


Monocyte subset gating strategy



Supplementary Figure S1. **Monocyte subset gating strategy.**

Gating monocyte subsets according to their size and granulation, CD14 and CD16 expression was used to identify the three monocyte subsets including the (P2) classical subset (CD14⁺⁺CD16⁻), the (P3) intermediate subset (CD14⁺⁺CD16⁺), and the (P4) non-classical subset (CD14^{dim}CD16⁺⁺).

Table S1 Descriptive characteristics of the study population stratified by sex

Physical characteristics of subjects	Male	Female	P-value
	(N= 30)	(N=30)	
Age (years)	33.6 ± 5.65	33.00 ± 4.08	0.8213
Weight (kg)	102.6 ± 9.9	88 ± 9.7	0.0205*
Height (cm)	174.15 ± 8.73	162 ± 8.47	0.0290*
BMI (kg/m ²)	33.16 ± 2.81	34 ± 3.15	0.8217
Waist circumference (inch)	45.78 ± 5.09	39 ± 4.06	0.0102*
Hip circumference (inch)	46.94 ± 3.39	47 ± 3.56	0.9346
Fat weight (kg)	34.05 ± 8.14	38 ± 7.05	0.7783
lean weight (kg)	61.14 ± 7.59	50 ± 7.58	0.0063**
fat %	31.16 ± 4.42	39 ± 3.8	0.0142*
BP/ systolic (mmHg)	123.9 ± 10.84	115 ± 7.4	0.1077
BP/diastolic (mmHg)	75 ± 8.9	73 ± 9.96	0.6958
HR	76.4 ± 8.44	77 ± .16	0.8805
Fasting concentration of serum samples (n=60)	Male (N= 30)	Female (N=30)	P-value
Fasting glucose (mmol/l)	5.37 ± 0.726	5.0 ± 0.731	
Triglycerides (mmol/l)	0.93 ± 0.22	1.0 ± 0.25	0.526
Total cholesterol (mmol/l)	5.47 ± 1.07	5.0 ± 0.731	0.5821
HDL cholesterol (mmol/l)	1.31 ± 0.240	1.0 ± 0.257	0.795
Insulin Con. (µu/l)	2.46 ± 1.54	4 ± 1.19	0.121
HOMA-IR	0.9 ± 0.40	1 ± 0.043	0.895
C-Peptide (pg/ml)	1.40 ± 0.502	2 ± 0.46	0.434

All values are means + standard deviations unless labeled otherwise