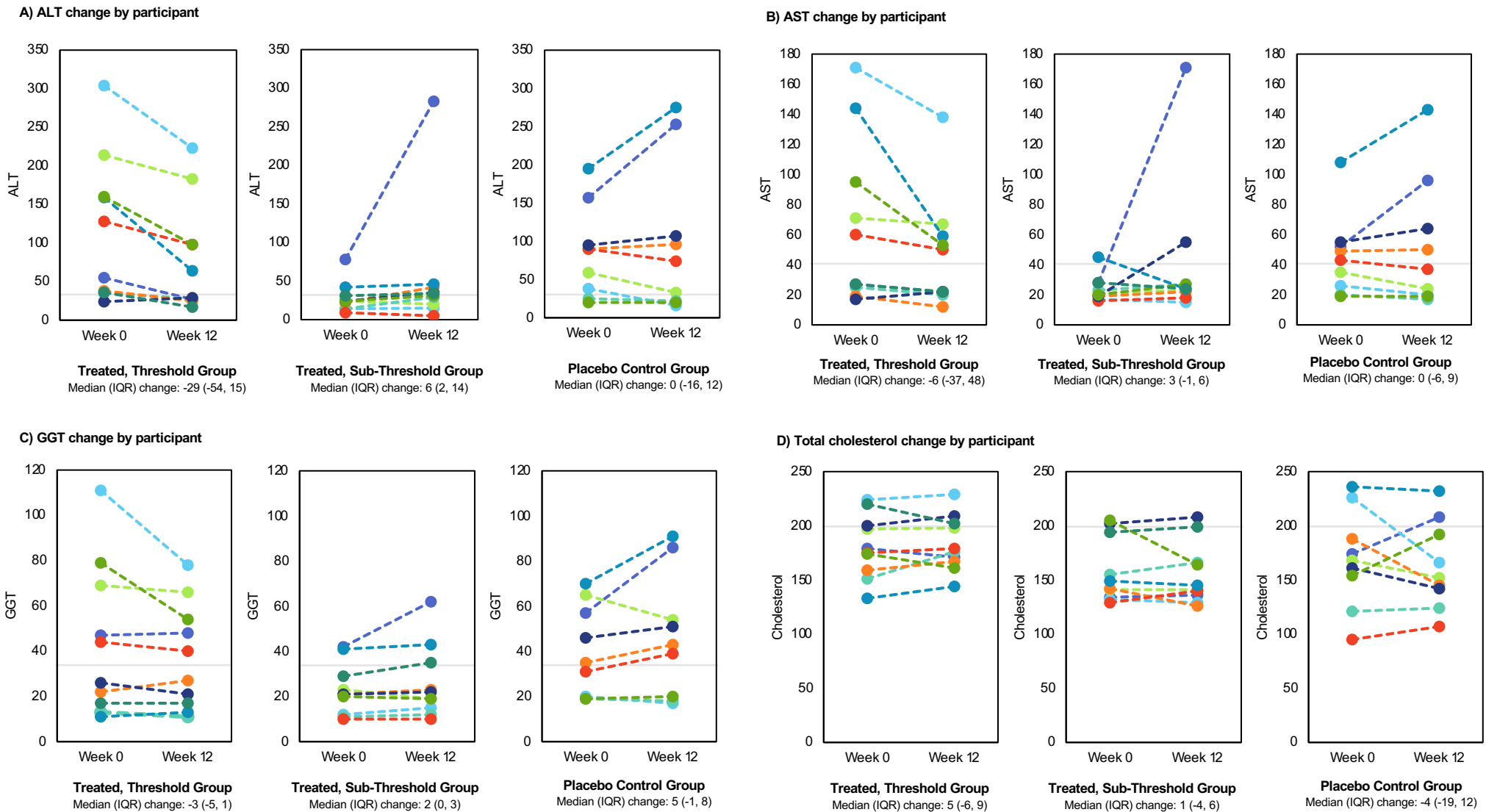


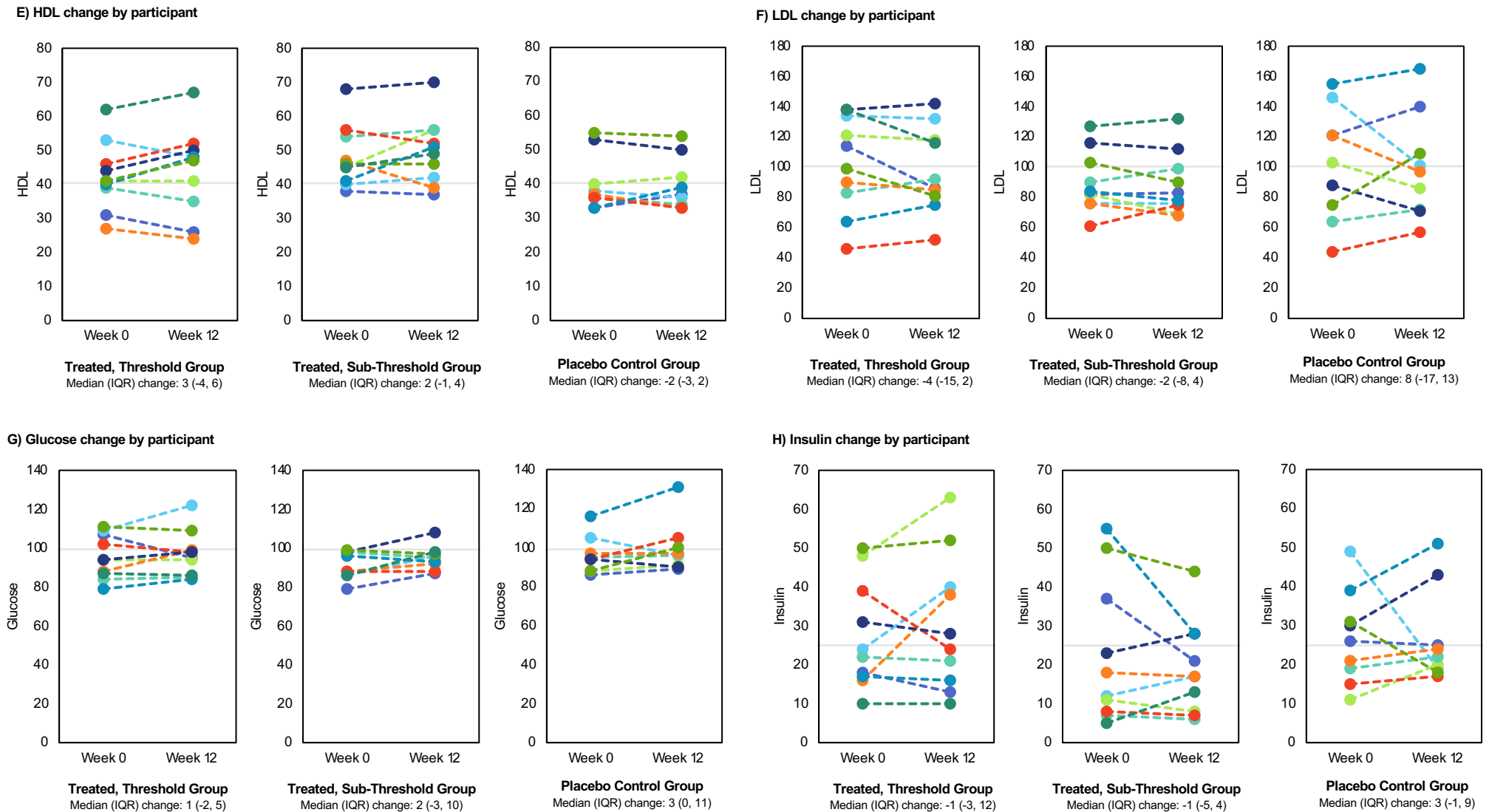
# C15:0 Supplementation in Young Adults with Overweight and Obesity: A Randomized Controlled Trial

Robinson MK, et al.

## Online Supplementary Materials

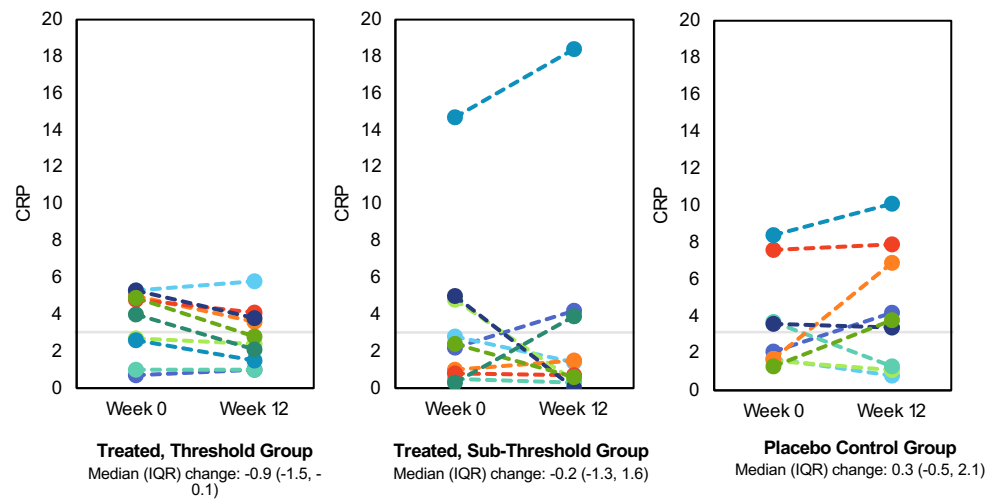


**Supplemental Figure 1. Change in clinical indices from baseline to 12-weeks, by participant, relative to the normal values (grey line) for placebo, threshold treatment, and sub-threshold treatment groups.** The threshold designation represents the proposed threshold of 5  $\mu\text{g/mL}$  (20  $\mu\text{M}$ ) circulating C15:0 at end of treatment. Within each group, colors consistently represent the same individual across clinical indices: (A) ALT, (B) AST, (C) GGT, and (D) total cholesterol. Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; C15:0, Pentadecanoic Acid; GGT, gamma-glutamyl transferase. Reference ranges: ALT, <30 U/L; AST, <40; GGT, <36 U/L; Cholesterol, <200 mg/dL; HDL, >40 mg/dL; LDL, <100 mg/dL; Glucose, 70-99 mg/dL; Insulin, 2.6-24.9  $\mu\text{IU/mL}$ ; CRP, <3.0 mg/L; Hemoglobin, 13.7-15.7 g/dL. Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; C15:0, Pentadecanoic Acid; GGT, gamma-glutamyl transferase.

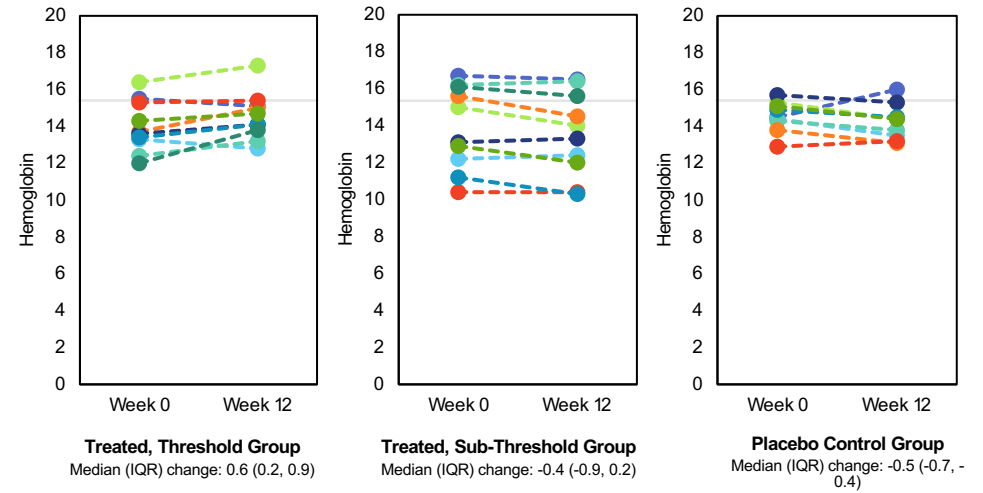


**Continuation of Supplemental Figure 1. Change in clinical indices from baseline to 12-weeks, by participant, relative to the normal values (grey line) for placebo, threshold treatment, and sub-threshold treatment groups.** The threshold designation represents the proposed threshold of 5  $\mu\text{g/mL}$  (20  $\mu\text{M}$ ) circulating C15:0 at end of treatment. Within each group, colors consistently represent the same individual across clinical indices: (E) HDL, (F) LDL, (G) glucose, and (H) insulin. Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; C15:0, Pentadecanoic Acid; GGT, gamma-glutamyl transferase. Reference ranges: ALT, <30 U/L; AST, <40; GGT, <36 U/L; Cholesterol, <200 mg/dL; HDL, >40 mg/dL; LDL, <100 mg/dL; Glucose, 70-99 mg/dL; Insulin, 2.6-24.9  $\mu\text{IU/mL}$ ; CRP, <3.0 mg/L; Hemoglobin, 13.7-15.7 g/dL. Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; C15:0, Pentadecanoic Acid; GGT, gamma-glutamyl transferase.

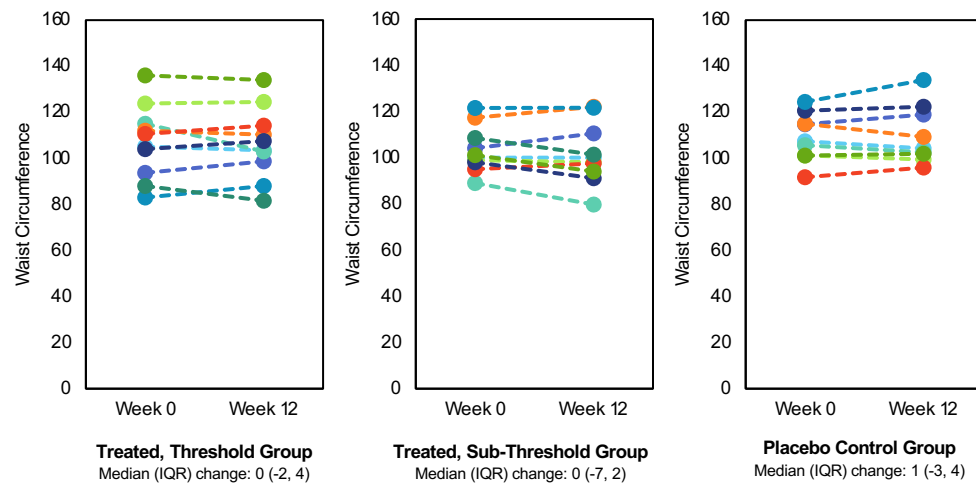
I) CRP change by participant



J) Hemoglobin change by participant



K) Waist circumference change by participant



**Continuation of Supplemental Figure 1. Change in clinical indices from baseline to 12-weeks, by participant, relative to the normal values (grey line) for placebo, threshold treatment, and sub-threshold treatment groups.** The threshold designation represents the proposed threshold of 5  $\mu\text{g/mL}$  (20  $\mu\text{M}$ ) circulating C15:0 at end of treatment. Within each group, colors consistently represent the same individual across clinical indices: (I) CRP, (J) hemoglobin, and (K) waist circumference. Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; C15:0, Pentadecanoic Acid; GGT, gamma-glutamyl transferase. Reference ranges: ALT, <30 U/L; AST, <40; GGT, <36 U/L; Cholesterol, <200 mg/dL; HDL, >40 mg/dL; LDL, <100 mg/dL; Glucose, 70-99 mg/dL; Insulin, 2.6-24.9  $\mu\text{IU/mL}$ ; CRP, <3.0 mg/L; Hemoglobin, 13.7-15.7 g/dL. Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; C15:0, Pentadecanoic Acid; GGT, gamma-glutamyl transferase.