**Supplemental Table 1**. Screening characteristics of participants who completed the study (n = 20).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Male (n = 9)** | | | **Female (n = 11)** | | |
|  | Mean | SEM | Range | Mean | SEM | Range |
| **Age (years)** | 50.4 | 2.4 | 39-59 | 52.5 | 1.9 | 40-60 |
| **BMI (kg/m2)** | 26.3 | 1.0 | 23.1-31.5 | 26.7 | 1.1 | 22.5-32.7 |
| **Brachial SBP (mm Hg)** | 128.7 | 2.2 | 119-140 | 128.7 | 3.5 | 109-151 |
| **Brachial DBP (mm Hg)** | 85.4 | 1.2 | 80-90 | 86.5 | 1.9 | 76-96 |
| **Glucose (mmol/L)†** | 5.1 | 0.1 | 4.6-5.4 | 4.8 | 0.1 | 4.2-5.7 |
| **Total cholesterol (mmol/L)\*** | 4.4 | 0.2 | 3.5-5.3 | 5.4 | 0.2 | 4.3-6.4 |
| **HDL-C (mmol/L)\*** | 1.2 | 0.1 | 0.9-1.7 | 1.7 | 0.1 | 1.3-2.4 |
| **TC:HDL†** | 4.0 | 0.4 | 2.0-5.6 | 3.3 | 0.2 | 2.2-4.3 |
| **LDL-C (mmol/L)\*** | 2.6 | 0.2 | 1.5-3.4 | 3.2 | 0.2 | 2.0-3.9 |
| **Triglycerides (mmol/L)** | 1.4 | 0.3 | 0.6-3.3 | 1.2 | 0.1 | 0.7-2.3 |

\*indicates a significant difference between male and female participants, p ≤ 0.05.

†indicates a trend towards a significant difference between male and female participants, p ≤ 0.10.