# Supplementary Table. Laboratory variables at baseline, 120 and 240 minutes after consumption of high dietary calcium meal (HDCM), high supplemental calcium meal (HSCM), and low calcium meal (LCM).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Time | | | P\* | P\*\* |
| Baseline | 120 minutes | 240 minutes |
| Total cholesterol (mmol/L) |  |  |  |  |  |
| HDCM (n=16) | 4.46 ± 0.21 | 4.65 ± 0.21 | 4.79 ± 0.22 | <0.0001 | NS |
| HSCM (n=16) | 4.52 ± 0.21 | 4.61 ± 0.22 | 4.68 ± 0.22 | NS |
| LCM (n=16) | 4.36 ± 0.17 | 4.55 ± 0.20 | 4.68 ± 0.22 | 0.004 |
| P\*\*\* | NS | NS | NS |  |  |
| HDL cholesterol (mmol/L) |  |  |  |  |  |
| HDCM (n=16) | 1.51 ± 0.12 | 1.46 ± 0.13 | 1.54 ± 0.13 | NS | NS |
| HSCM (n=16) | 1.50 ± 0.12 | 1.47 ± 0.13 | 1.47 ± 0.12 | NS |
| LCM (n=16) | 1.47 ± 0.10 | 1.46 ± 0.12 | 1.43 ± 0.11 | NS |
| P\*\*\* | NS | NS | NS |  |  |
| LDL cholesterol (mmol/L) |  |  |  |  |  |
| HDCM (n=16) | 2.46 ± 0.17 | 2.46 ± 0.17 | 2.52 ± 0.16 | NS | NS |
| HSCM (n=16) | 2.54 ± 0.17 | 2.34 ± 0.16 | 2.30 ± 0.15 | 0.01 |
| LCM (n=16) | 2.41 ± 0.15 | 2.30 ± 0.17 | 2.54 ± 0.14 | NS |
| P\*\*\* | NS | NS | NS |  |  |
| Triglycerides (mmol/L) |  |  |  |  |  |
| HDCM (n=16) | 1.09 ± 0.13 | 1.59 ± 0.18 | 1.61 ± 0.21 | <0.0001 | NS |
| HSCM (n=16) | 1.04 ± 0.13 | 1.74 ± 0.21 | 1.58 ± 0.21 | <0.0001 |
| LCM (n=16) | 1.05 ± 0.13 | 1.72 ± 0.19 | 1.68 ± 0.22 | <0.0001 |
| P\*\*\* | NS | NS | NS |  |  |
| Glucose (mmol/L) |  |  |  |  |  |
| HDCM (n=16) | 5.09 ± 0.14 | 4.97 ± 0.18 | 5.00 ± 0.18 | NS | NS |
| HSCM (n=16) | 5.33 ± 0.15 | 5.51 ± 0.31 | 5.01 ± 0.14 | NS |
| LCM (n=16) | 5.24 ± 0.15 | 5.38 ± 0.28 | 5.07 ± 0.19 | NS |
| P\*\*\* | NS | NS | NS |  |  |
| Insulin (μU/mL) |  |  |  |  |  |
| HDCM (n=16) | 22.54 ± 1.88 | 71.92 ± 12.76 | 33.32 ± 4.18 | <0.0001 | NS |
| HSCM (n=16) | 23.73 ± 2.64 | 93.64 ± 20.56 | 30.56 ± 3.64 | <0.0001 |  |
| LCM (n=16) | 26.30 ± 2.87 | 72.81 ± 15.23 | 40.27 ± 11.11 | <0.0001 |  |
| P\*\*\* | NS | NS | NS |  |  |
| hs-CRP (mg/dL) |  |  |  |  |  |
| HDCM (n=16) | 0.30 ± 0.05 | 0.32 ± 0.05 | 0.33 ± 0.05 | NS | NS |
| HSCM (n=16) | 0.32 ± 0.04 | 0.31 ± 0.04 | 0.31 ± 0.04 | NS |
| LCM (n=16) | 0.32 ± 0.04 | 0.32 ± 0.05 | 0.32 ± 0.04 | NS |
| P\*\*\* | NS | NS | NS |  |  |
| Adiponectin (μU/mL) |  |  |  |  |  |
| HDCM (n=16) | 7.06 ± 1.12 | 7.50 ± 1.07 | 6.47 ± 0.83 | NS | NS |
| HSCM (n=16) | 6.98 ± 0.95 | 7.07 ± 1.10 | 7.08 ± 0.97 | NS |
| LCM (n=16) | 8.26 ± 1.02 | 7.45 ± 0.89 | 8.01 ± 1.06 | NS |
| P\*\*\* | NS | NS | NS |  |  |

Mean values with their standard erros.

HDL = high density lipoprotein, LDL = low density lipoprotein, hs-CRP = high sensitivity C reactive protein, NS = non significant

\* P values refer to time effect in each test meal (repeated measures ANOVA)

\*\* P values refer to treatment effects (repeated measures ANOVA)

\*\*\* P values refer to difference between meals at each time point (ANOVA)