**Supplementary Table 1. Baseline characteristics of study participants, stratified by *FNDC5* rs3480 genotypes.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **A/A**  **(n=188)** | **A/G**  **(n=155)** | **G/G**  **(n=27)** | ***P* value** |
| **Demographics** |  |  |  |  |
| Age, years | 41.7 ± 12.5 | 40.1 ± 11.3 | 40.4 ± 10.3 | 0.454 |
| Male sex, n (%) | 137 (72.9%) | 121 (78.1%) | 22 (81.5%) | 0.411 |
| **Metabolic factors** |  |  |  |  |
| BMI, kg/m2 | 26.5 ± 3.2 | 27.0 ± 3.4 | 27.5 ± 3.2 | 0.201 |
| Waist circumference, cm | 91.9 ± 8.3 | 92.2 ± 9.0 | 92.8 ± 9.1 | 0.857 |
| Skeletal muscle index, % | 30.0 ± 3.2 | 30.0 ± 2.9 | 29.8 ± 3.8 | 0.926 |
| ASM/BMI ratio | 0.85 ± 0.15 | 0.86 ± 0.14 | 0.85 ± 0.18 | 0.778 |
| Sarcopenia, n (%) | 32 (17.02%) | 23 (14.84%) | 6 (22.22%) | 0.564 |
| Type 2 diabetes, n (%) | 60 (31.9%) | 50 (32.3%) | 7 (25.9%) | 0.802 |
| Hypertension, n (%) | 85 (45.2%) | 46 (29.7%) | 8 (29.6%) | 0.009 |
| Dyslipidemia, n (%) | 155 (82.4%) | 135 (87.1%) | 24 (88.9%) | 0.407 |
| Cigarette smoking, n (%) |  |  |  | 0.873 |
| Never | 122 (64.9%) | 106 (68.4%) | 19 (70.4%) |  |
| Ever | 18 (9.6%) | 16 (10.3%) | 3 (11.1%) |  |
| Current | 48 (25.5%) | 33 (21.3%) | 5 (18.5%) |  |
| **Laboratory parameters** |  |  |  |  |
| ALT, IU/L | 54 (32-88) | 54 (34-101) | 51 (30-120) | 0.861 |
| AST, IU/L | 35 (26-52) | 35 (25-59) | 32 (27-50) | 0.940 |
| γ-GT, IU/L | 52 (34-82) | 52 (33-82) | 54 (35-102) | 0.815 |
| Albumin, g/dL | 4.6 ± 0.4 | 4.7 ± 0.3 | 4.6 ± 0.4 | 0.433 |
| Bilirubin, μmol/L | 12 (10-16) | 12 (10-16) | 11 (10-18) | 0.789 |
| Fasting glucose, mmol/L | 5.6 ± 1.4 | 5.7 ± 1.6 | 5.5 ± 1.2 | 0.830 |
| Fasting insulin, mIU/L | 14.8 (10.2-21.3) | 15.6 (10.7-21.9) | 17.6 (11.9-24.3) | 0.665 |
| HbA1c, % | 6.2 ± 1.4 | 6.1 ± 1.4 | 6.1 ± 1.2 | 0.875 |
| HOMA-IR | 3.4 (2.4-5.0) | 3.4 (2.4-5.6) | 4.0 (2.8-5.3) | 0.679 |
| Prothrombin time, s | 12.8 ± 0.7 | 12.8 ± 0.6 | 12.6 ± 0.6 | 0.149 |
| Platelet count, ×109/L | 248 ± 59 | 244 ± 56 | 228 ± 49 | 0.199 |
| Triglycerides, mmol/L | 2.3 ± 1.6 | 2.1 ± 1.0 | 2.4 ± 1.1 | 0.327 |
| Total cholesterol, mmol/L | 5.0 ± 1.1 | 5.0 ± 1.0 | 5.0 ± 1.3 | 0.939 |
| HDL-cholesterol, mmol/L | 1.0 ± 0.2 | 1.0 ± 0.2 | 0.9 ± 0.2 | 0.148 |
| LDL-cholesterol, mmol/L | 3.0 ± 0.9 | 3.1 ± 0.8 | 3.0 ± 1.0 | 0.300 |
| **Genotypes, n (%)** |  |  |  |  |
| *PNPLA3* rs738409 |  |  |  | 0.691 |
| C/C | 52 (27.66%) | 45 (29.03%) | 9 (33.33%) |  |
| C/G | 88 (46.81%) | 73 (47.10%) | 9 (33.33%) |  |
| G/G | 48 (25.53%) | 37 (23.87%) | 9 (33.33%) |  |
| *TM6SF2* rs58542926 |  |  |  | 0.536 |
| C/C | 152 (80.85%) | 133 (85.81%) | 25 (92.59%) |  |
| C/T | 33 (17.55%) | 21 (13.55%) | 2 (7.41%) |  |
| T/T | 3 (1.60%) | 1 (0.65%) | 0 (0.00%) |  |
| **Liver histology** |  |  |  |  |
| Fibrosis stage, n (%) |  |  |  | 0.180 |
| F0 | 75 (39.9%) | 67 (43.2%) | 7 (25.9%) |  |
| F1 | 84 (44.7%) | 62 (40.0%) | 17 (63.0%) |  |
| F2 | 25 (13.3%) | 17 (11.0%) | 3 (11.1%) |  |
| F3 | 2 (1.1%) | 8 (5.2%) | 0 (0.0%) |  |
| F4 | 2 (1.1%) | 1 (0.6%) | 0 (0.0%) |  |
| Steatosis grade, n (%) |  |  |  | 0.947 |
| S1 | 73 (38.8%) | 63 (40.6%) | 11 (40.7%) |  |
| S2 | 74 (39.4%) | 61 (39.4%) | 12 (44.4%) |  |
| S3 | 41 (21.8%) | 31 (20.0%) | 4 (14.8%) |  |
| Ballooning grade, n (%) |  |  |  | 0.559 |
| B0 | 35 (18.6%) | 27 (17.4%) | 4 (14.8%) |  |
| B1 | 125 (66.5%) | 94 (60.6%) | 18 (66.7%) |  |
| B2 | 28 (14.9%) | 34 (21.9%) | 5 (18.5%) |  |
| Lobular inflammation grade, n (%) |  |  |  | 0.308 |
| L0 | 25 (13.3%) | 17 (11.0%) | 5 (18.5%) |  |
| L1 | 123 (65.4%) | 101 (65.2%) | 12 (44.4%) |  |
| L2 | 37 (19.7%) | 33 (21.3%) | 10 (37.0%) |  |
| L3 | 3 (1.6%) | 4 (2.6%) | 0 (0.0%) |  |
| NAS score | 4 (3-5) | 4 (3-5) | 4 (3-5) | 0.849 |
| **Definite NASH** | 67 (35.6%) | 54 (34.8%) | 10 (37.0%) | 0.972 |
| **Significant fibrosis** | 29 (15.4%) | 26 (16.8%) | 3 (11.1%) | 0.794 |

*Abbreviations*: ALT, alanine aminotransferase; AST, aspartate transaminase; ASM, appendicular skeletal muscle mass; BMI, body mass index; GGT, γ-glutamyl transpeptidase; HOMA-IR, homeostasis model assessment-insulin resistance; NAFLD, non-alcoholic fatty liver disease; NASH, nonalcoholic steatohepatitis; NAS, NAFLD activity score.