

## Supplementary materials

**Table S1. Characteristics of the participants according to metabolic status**

Variable	Healthy control (n = 14)	Prediabetes (n = 33)	DM (n = 12)	<i>p</i> -value
HbA1c, %	5.4 (0.2)	5.8 (0.2)	7.6 (1.1)	< 0.001
Fasting blood glucose (mmol/L)	5.1 (0.3)	5.6 (0.4)	8.9 (3.2)	< 0.001
Fasting insulin (pmol/L)	47.7 (19.6)	60.5 (31.3)	70.7 (37.3)	0.163
Fasting C peptide (nmol/L)	0.6 (0.3)	0.8 (0.3)	0.9 (0.5)	0.048
HOMA-IR	1.5 (0.6)	2.2 (1.1)	4.1 (2.8)	0.001

Data are presented as mean (SD).

One-way analysis of variance (ANOVA) was used to compare between metabolic states.

Abbreviations: DM, diabetes mellitus; HbA1c, glycosylated hemoglobin; HOMA-IR, homeostatic model assessment for insulin resistance.