

**Table 3.** Means ( $\pm$ standard deviation) of glycemic status and serum hs-CRP at baseline and after the intervention

|                      | Control food (n=26) |                     |                      | Synbiotic food (n=26) |                     |                     | P     |       |             |
|----------------------|---------------------|---------------------|----------------------|-----------------------|---------------------|---------------------|-------|-------|-------------|
|                      | Wk0                 | Wk9                 | Change               | Wk0                   | Wk9                 | Change              | Time  | Group | Time* Group |
| FPG (mg/dL)          | 72.80 $\pm$ 10.36   | 69.92 $\pm$ 14.81   | -2.88 $\pm$ 13.67    | 65.26 $\pm$ 22.93     | 62.88 $\pm$ 17.81   | -2.38 $\pm$ 23.39   | 0.325 | 0.070 | 0.925       |
| Insulin, $\mu$ IU/mL | 9.40 $\pm$ 7.89     | 15.74 $\pm$ 15.19*  | 6.34 $\pm$ 9.83      | 11.79 $\pm$ 8.61      | 11.53 $\pm$ 6.56    | -0.26 $\pm$ 8.72    | 0.022 | 0.717 | 0.014       |
| HOMA-IR              | 1.63 $\pm$ 1.29     | 2.76 $\pm$ 3.10*    | 1.13 $\pm$ 2.27      | 1.95 $\pm$ 1.73       | 1.82 $\pm$ 1.32     | -0.13 $\pm$ 1.86    | 0.088 | 0.515 | 0.033       |
| HOMA-B               | 45.78 $\pm$ 45.04   | 80.00 $\pm$ 76.16*  | 34.22 $\pm$ 49.43    | 63.72 $\pm$ 41.76     | 69.02 $\pm$ 51.92   | 5.30 $\pm$ 49.31    | 0.006 | 0.801 | 0.040       |
| QUICKI               | 0.37 $\pm$ 0.04     | 0.35 $\pm$ 0.05*    | -0.02 $\pm$ 0.04     | 0.36 $\pm$ 0.03       | 0.36 $\pm$ 0.03     | 0.002 $\pm$ 0.03    | 0.038 | 0.908 | 0.022       |
| Hs-CRP, ng/mL        | 6733.0 $\pm$ 4078.2 | 5664.7 $\pm$ 3652.8 | -1068.3 $\pm$ 4148.1 | 5041.2 $\pm$ 4053.3   | 4563.2 $\pm$ 4124.6 | -478.0 $\pm$ 1581.6 | 0.082 | 0.175 | 0.501       |

P-values obtained from repeated measures ANOVA test.

FPG: Fasting plasma glucose; HOMA-IR: Homeostasis model of assessment-insulin resistance; HOMA-B: Homeostatic model assessment-Beta cell function; QUICKI: Quantitative insulin sensitivity check index; Hs-CRP: High sensitivity C-reactive protein.

\*Different from wk 0, P <0.05.