

**Table 4.** Adjusted changes in glycemic status and serum hs-CRP in pregnant women who received either synbiotic or control foods

	Control food (n=26)	Synbiotic food (n=26)	P
FPG (mg/dL)			
Model 1*	-0.41±3.04	-4.85±3.04	0.313
Model 2**	-3.60±3.80	-1.66±3.80	0.724
Insulin, µIU/mL			
Model 1	6.18±1.83	-0.09±1.83	0.020
Model 2	6.39±1.86	-0.30±1.86	0.016
HOMA-IR			
Model 1	1.10±0.40	-0.09±0.40	0.044
Model 2	1.09±0.41	-0.09±0.41	0.052
HOMA-B			
Model 1	34.04±9.88	5.47±9.88	0.049
Model 2	36.26±9.76	3.25±9.76	0.022
QUICKI			
Model 1	-0.020±0.007	0.001±0.007	0.037
Model 2	-0.020±0.007	0.004±0.007	0.011
Hs-CRP, ng/mL			
Model 1	-781.2±565.0	-764.2±565.0	0.983
Model 2	-107.3±630.7	-474.2±630.7	0.512

*P*-values obtained from ANCOVA.

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.

\*Adjusted for baseline values (data are means± standard error),

\*\*Adjusted for maternal age (data are means± standard error).