

Table 2. Biochemical and hormonal values in groups A1 and A2, before intervention

	Group A1	Group A2	p-value
Chol (mg/dl)	187.6±38.2	209.5±43.7	0.05
Trigl. (mg/dl)	127.7±46.8	141.5±42.9	0.498
HDL (mg/dl)	40.8±10.7	42.1±10.3	0.944
LDL (mg/dl)	127.4±32.8	131.2±43.9	0.123
hsCRP (mg/l)	9.37±5.5	8.58±3.9	0.816
Insulin (IU/ml)	39.2±31.5	41±30	0.845
HOMA-IR	9.4±8.2	10.1±8.2	0.722
Leptin (ng/ml)	90.1±30	88.7±29.3	0.955
IL-6 (pg/ml)	82.3±17	83±17	0.770
IGF-I (µg/L)	102.9±55.4	97±42.7	0.076
TNF-α (pg/ml)	43.05±15.9	41.17±12.7	0.440
Isoprostane (pg/ml)	5298.2±2559.3	5218.5±2450.7	0.405
Glutathione	22±9.8	22.3±9.5	0.192
Peroxidase (ng/ml)			
Resistin (ng/ml)	22.3±8.1	23.7±9.1	0.538
Adiponectin (ng/ml)	17.2±4.9	20.5±6.2	0.375

Chol: cholesterol; Trig: triglycerides; HDL: high density lipoprotein; IL-6: interleukin 6; hsCRP: C reactive protein; IGF-1: insulin-like growth factor 1; TNF-α: Tumor necrosis factor α; HOMA-IR: homeostasis model assessment index.

For SI units multiply for insulin by 7.175, for cholesterol, LDL and HDL by 0.02586, for triglycerides by 0.01536. Normal values (range): resistin; 7-16ng/ml, TNF-α; 1.2-7.8pg/ml, adiponectin 28.2-110ng/ml