

Table 1. Characteristics (mean \pm SD) of children receiving zinc supplement followed by placebo.

	Zinc		Placebo		P value*
	Before	After	Before	After	
Weight (kg)	45.63 \pm 10.14 [¶]	43.91 \pm 10.03 [¶]	44.05 \pm 9.65 [‡]	46.68 \pm 10.02 [‡]	0.01
Height (cm)	135.61 \pm 7.57	137.00 \pm 7.41	137.60 \pm 7.62	138.16 \pm 7.45	0.07
Body mass index (kg/m ²)	25.05 \pm 3.70 [¶]	23.29 \pm 3.64 [¶]	23.21 \pm 3.28 [‡]	24.87 \pm 3.40 [‡]	0.01
Body mass index-Z score (SD)	3 \pm 0.41 [¶]	2.5 \pm 0.42 [¶]	2.5 \pm 0.37 [‡]	3 \pm 0.45 [‡]	0.02
Waist circumference (cm)	82.36 \pm 8.60	81.93 \pm 9.00	82.92 \pm 6.56	83.26 \pm 7.11	0.25
Systolic blood pressure (mmHg)	95.89 \pm 10.00	96.88 \pm 10.30	96.12 \pm 10.79	94.21 \pm 10.12	0.23
Diastolic blood pressure (mmHg)	54.46 \pm 8.75	54.17 \pm 6.54	54.76 \pm 8.47	54.00 \pm 10.38	0.17
Serum zinc (μ mol/L)	11.88 \pm 4.36 [¶]	13.47 \pm 2.24 [¶]	12.97 \pm 3.43 [‡]	11.48 \pm 3.39 [‡]	0.03
Total cholesterol (mmol/L)	4.68 \pm 0.71 [¶]	4.58 \pm 0.69 [¶]	4.61 \pm 0.69	4.66 \pm 0.67	0.01
LDL-C (mmol/L)	2.87 \pm 0.67 [¶]	2.65 \pm 0.44 [¶]	2.64 \pm 0.59	2.75 \pm 0.55	0.03
HDL-C (mmol/L)	1.13 \pm 0.23	1.18 \pm 0.24	1.18 \pm 0.34	1.11 \pm 0.12	0.40
Triglycerides (mmol/L)	1.46 \pm 0.24 [¶]	1.37 \pm 0.25 [¶]	1.39 \pm 0.22 [‡]	1.49 \pm 0.29 [‡]	0.051
Fasting plasma glucose (mmol/L)	4.81 \pm 0.53 [¶]	4.48 \pm 0.32 [¶]	4.43 \pm 0.45 [‡]	4.69 \pm 0.46 [‡]	<0.0001
Insulin (mU/dL)	21.38 \pm 9.97 [¶]	16.51 \pm 7.75 [¶]	17.12 \pm 6.92 [‡]	19.65 \pm 8.53 [‡]	0.02
HOMA-IR	4.75 \pm 1.46 [¶]	3.26 \pm 1.57 [¶]	3.27 \pm 1.62 [‡]	4.19 \pm 1.05 [‡]	0.01

*: P value of variables after receiving zinc supplement vs. placebo obtained by Student's *t*-test except for systolic and diastolic blood pressures, zinc, insulin and HOMA-IR with non-normal distribution tested by Wilcoxon Signed Rank test

[¶]: p<0.05 after vs. before receiving zinc; [‡]: p<0.05 after vs. before receiving placebo