

SUPPLEMENTARY TABLES

Supplementary Table 1: Characteristics of individual patients in responder group

	Participant number					
	1	2	3	4	5	6
Age	31	42	34	42	46	35
Gender	Male	Female	Male	Male	Female	Male
Duration of diabetes (years)	0.5	2	1	5	0.5	5
Medication number of OADs						
Before	0	2	2	3	0	1
After	0	0	0	0	0	0
Insulin dose						
Before	0	0	0	0	0	0
After	0	0	0	0	0	0
Two generation family history of diabetes	Yes	Yes	Yes	Yes	Yes	Yes
Weight						
Before	71	92	93	81	79.9	85
After	65.1	80	82	73	70.4	80
BMI						
Before	26.8	36.5	32.2	30.5	31.6	29.5
After	23.9	31.2	28.4	27.1	27.9	27.2
Waist circumference						
Before	97	110	107	107	102	104
After	92	105	96	96	97	99
SBP						
Before	150	150	120	130	120	166
After	120	140	110	120	110	120
DBP						
Before	100	100	70	80	70	110
After	70	90	70	80	70	70
HbA1c						
Before	9.9	7.1	11.2	7	8.2	10.1
After	6	6.1	6.2	6.2	6.3	6.4
Blood sugar, fasting						
Before	205	106	172	139	157	244
After	118	108	119	102	103	115
Blood sugar, postprandial						
Before	399	155	327	205	117	367
After	94	111	164	109	91	164
Serum insulin fasting						
Before	18	9	27	10	17	16.8
After	10	9	18	6	14	8
Serum C-peptide fasting						
Before	2.95	2.75	2.4	2	3.74	2.98
After	1.77	2.08	1.9	1.7	2.53	1.86
HOMA-IR						
Before	2.75	2.27	2.16	1.68	3.26	3.15
After	1.41	1.62	1.52	1.3	1.93	1.47
Insulin sensitivity index (QUICKI)						
Before	0.28	0.34	0.27	0.32	0.29	0.28
After	0.33	0.33	0.3	0.36	0.32	0.34
HOMA-beta						
Before	37.7	119.5	43.2	54.9	71.3	30.2

Contd...

Supplementary Table 1: Contd...

	Participant number					
	1	2	3	4	5	6
After	68	90	70.4	87.1	113	73.9
Serum triglyceride						
Before	113	138	130	197	283	360
After	103	119	102	163	213	178
LDL cholesterol						
Before	150	106	109	153	164	194
After	143	175	136	127	161	199
Serum HDL cholesterol						
Before	36	34	39	40	39	42
After	41	45	41	37	50	39
Serum cholesterol						
Before	192	173	171	180	235	281
After	185	199	174	175	227	249
Serum VLDL cholesterol						
Before	18.1	22.1	26.06	31.4	45.3	57.7
After	16.6	19	16.4	100	34	28.4
C-reactive protein						
Before	0.2	1.2		0.3	0.8	
After	0.2	0.4	0.8	0.6	0.3	
Microalbumin						
Before	2.9	2.2	1.1	1	1.9	2.1
After	0.5	3	0.6	0.5	0.6	0.6
Hemoglobin						
Before	15.9	12.8	16.7	14.2	12.7	16.8
After	15.5	12.7	15.6	14.7	13	16.4
Hematocrit						
Before	46.7	39	46.76	42.7	38.6	49.1
After	44.5	39	46.1	43.9	38.6	48.1
Serum creatinine						
Before	0.9	0.7	0.6	0.8	0.9	0.8
After		0.8	0.8	0.7	0.9	0.8
eGFR						
Before	113	107	110	111	76	110
After		91	117	116	76	116
Serum uric acid						
Before	5.6	6.6	5.9	6.8	5.1	3.6
After	6.2	4.6	5.6	4.3	4.2	4.4
Serum calcium						
Before	10	9.4	9.02	8.5	9.8	9.9
After	10.2	9.8	9.7	9.3	9.4	
Serum aspartate aminotransferase						
Before	38	12	25	14	24	26
After	18	18	18	18	17	19
Serum alanine aminotransferase						
Before	76	16	52	21	29	39
After	19	18	21	17	15	30
Serum albumin						
Before	5.08	4.37	4.1	4.18	4.6	4.98
After	5.32	4.67	4.3	4.07	4.54	4.78
Serum globulin						
Before	2.2	2.2	2.82	2.7	2.7	2.5
After	2.3	2.9	2.5	2.7	3	2.3

Contd...

Supplementary Table 1: Contd...

	Participant number					
	1	2	3	4	5	6
Serum protein, total						
Before	7.34	6.61	6.92	6.89	7.3	7.51
After	7.55	7.56	6.8	6.8	7.46	7.1
Serum sodium						
Before	139	138	139	141	139	138
After	142	139	140	141	138	141
Serum potassium						
Before	5.1	3.9	4.8	4.5	4.6	4.5
After	4.7	5	5.6	4.3	4.8	5.2
Fatty liver on USG abdomen						
Before	Grade II–III	Grade II–III	Grade II–III	Grade II–III	Grade I	Not done
After	Normal	Grade I	Normal	Normal	Grade I	Not done

BMI: Body mass index, SBP: Systolic blood pressure, DBP: Diastolic blood pressure, USG: Ultrasonography, eGFR: Epidermal growth factor receptor, LDL: Low-density lipoprotein, HDL: High-density lipoprotein, VLDL: Very low-density lipoprotein, HOMA-IR: Homeostasis model assessment insulin resistance, BMI: Body mass index, HbA1c: Glycosylated hemoglobin, QUICKI: Quantitative insulin sensitivity check index, OADs: Oral antidiabetic drugs