

Supplemental Figure Legends

Supplemental Figure 1. Effect of standard diet (n=8), keto-diet (n=10), and keto-diet plus keto esters (n=11) on free fatty acid during two step euglycemic clamp pre and post-diet treatment. *p<0.01-0.01.

Supplemental Figure 2. Plasma insulin concentrations during two step euglycemic clamp pre- and post-diet treatment in the standard diet (n=8), keto-diet (n=10), and keto-diet plus keto-esters (n=11) groups. *p<0.05-0.01.

Supplemental Figure 3. Steady state of plasma glucose concentrations during two step euglycemic clamp pre-and post-diet treatment in the standard diet (n=8) reached after the 70 minutes, keto-diet (n=10) reached after 115 minutes, and keto-diet plus keto-esters (n=11) reached after 115 minutes with plasma glucose concentration constant rate reached at ~100 mg/dl during the last 30 minutes prior to starting the insulin clamp. *p<0.05-0.01.

Supplemental Figure 4. The plasma β -OH-B, glucose and insulin concentration every 15 minutes over a two-hour period, following ingestion of 8 grams of the ketone ester of beta-hydroxybutyrate in 3 obese T2D patients. *p<0.05-0.01.