

Supplemental Table 1. Characteristics of NMR features at baseline (N=2,590).					
	All	placebo	metformin	lifestyle	<i>P</i> value
Treatment	2,590 (100.0%)	867 (100.0%)	865 (100.0%)	858 (100.0%)	
ApoB (mg/dL)	94.8 (28.3)	94.9 (28.3)	94.7 (28)	94.5 (28.1)	0.619
ApoA1 (mg/dL)	129.5 (31.2)	128.9 (30.2)	129.3 (32)	130.5 (30.3)	0.195
Large HDL (umol/L)	1.1 (1)	1 (1)	1.1 (1)	1 (1)	0.371
Medium HDL (umol/L)	4.7 (3.2)	4.6 (3.3)	4.7 (3)	4.8 (3.3)	0.115
Small HDL (umol/L)	15.5 (4)	15.6 (3.9)	15.3 (3.9)	15.5 (4.1)	0.548
H7P (umol/L)	0.1 (0.2)	0.1 (0.2)	0.1 (0.2)	0.1 (0.2)	0.658
H6P (umol/L)	0.3 (0.5)	0.3 (0.5)	0.3 (0.5)	0.3 (0.5)	0.415
H5P (umol/L)	0.5 (0.6)	0.5 (0.6)	0.5 (0.6)	0.5 (0.6)	0.161
H4P (umol/L)	1.3 (1.3)	1.2 (1.4)	1.3 (1.2)	1.4 (1.3)	0.117
H3P (umol/L)	3.2 (2.8)	3.1 (2.9)	3.3 (2.6)	3.3 (2.8)	0.279
H2P (umol/L)	12.8 (3.8)	12.9 (3.8)	12.8 (3.6)	12.9 (3.8)	0.433
H1P (umol/L)	2.4 (2.1)	2.4 (2.2)	2.4 (2.1)	2.3 (2.1)	0.557
Large LDL (nmol/L)	156.9 (212)	155.6 (219.7)	156.4 (208.9)	158.2 (202.5)	0.983
Medium LDL (nmol/L)	261.7 (462.5)	259.8 (466.3)	270.9 (432.2)	258 (466.1)	0.633
Small LDL (nmol/L)	1053.3 (707.5)	1066.7 (733.3)	1037.5 (693.4)	1060.8 (693.7)	0.665
Very large TRL (nmol/L)	0.1 (0.2)	0.1 (0.2)	0.1 (0.2)	0.1 (0.2)	0.443
Large TRL (nmol/L)	4.3 (6.4)	4.3 (6.3)	4.1 (6.5)	4.4 (6.5)	0.693
Medium TRL (nmol/L)	21.9 (24.5)	23.2 (24.8)	21.7 (23.2)	20.9 (24.9)	0.059
Small TRL (nmol/L)	48.2 (48.7)	49.1 (51.5)	47.8 (46.2)	47.8 (46.8)	0.609
Very small TRL (nmol/L)	85.7 (58.1)	88.4 (59.5)	84.2 (60.4)	85.8 (54.8)	0.135
HDL Size (nm)	8.7 (0.4)	8.7 (0.4)	8.7 (0.4)	8.7 (0.4)	0.507
LDL Size (nm)	20.6 (0.8)	20.6 (0.8)	20.6 (0.8)	20.6 (0.8)	0.871
TRL size (nm)	48.3 (11.5)	48.2 (11.3)	48.4 (11.3)	48.7 (11.9)	0.616
TRL-TG (mg/dL)	133.9 (99.7)	135.7 (100.2)	133.8 (95.1)	132 (106.5)	0.378
TRL-C (mg/dL)	193.7 (47.1)	194.2 (45.9)	193.4 (47)	193.7 (47.3)	0.838
LDL PPD (1)	0.3 (0.1)	0.3 (0.1)	0.3 (0.1)	0.3 (0.1)	0.16
Valine (umol/L)	236.9 (54.8)	236.4 (51.1)	235.9 (56.7)	238.7 (56.5)	0.666
Leucine (umol/L)	132.3 (44)	133.2 (44.6)	132.1 (44.6)	131.6 (43.2)	0.529
Isoleucine (umol/L)	52.2 (24.2)	53 (24.6)	51.5 (23.7)	52.1 (24)	0.235
Alanine (umol/L)	396.4 (129)	392.3 (130.3)	396.8 (126.4)	397.8 (130.3)	0.992
GlycA (umol/L)	374 (86.2)	374.4 (86.3)	373.7 (87.4)	373.6 (83.1)	0.713
Citrate (umol/L)	102.8 (30.6)	103 (30)	102.5 (30.4)	102.7 (31.1)	0.992
Ketone bodies (umol/L)	187.1 (90)	188 (89.6)	189.4 (89.7)	186.1 (91.1)	0.695
BHB (umol/L)	129.6 (65.9)	129.6 (67)	129.1 (64.6)	129.9 (65.2)	0.76
AcAc (umol/L)	37.2 (26.9)	36.3 (26.5)	38.2 (28.8)	37.2 (26.2)	0.477
Acetone (umol/L)	18.4 (16.6)	18.5 (16.1)	18.9 (16.4)	17.9 (17.7)	0.359
Glycine (umol/L)	204.2 (58.2)	202.2 (58.6)	205.8 (60.1)	204.6 (56.3)	0.322