

**Table 1.** Comparison between baseline and end of study participant characteristics in non-diabetic participants grouped by change in erythrocyte DHA enrichment ( $\geq 2\%$  or  $< 2\%$ ).

Variables	DHA $\geq 2\%$ (n=9)		DHA $< 2\%$ (n=7)	
	Baseline	End	Baseline	End
Group (treatment/placebo)	8 / 1		0 / 7 <sup>***</sup>	
Sex (M/F)	5 / 4		6 / 1	
Age (y)	45.7 $\pm$ 4.4		56.7 $\pm$ 2.5	
Weight (kg)	94.9 $\pm$ 5.4	95.4 $\pm$ 5.6	98.3 $\pm$ 1.6	95.9 $\pm$ 2.6
BMI (kg/m <sup>2</sup> )	33.3 $\pm$ 1.2	33.4 $\pm$ 0.9	32.8 $\pm$ 1.3	31.8 $\pm$ 0.8
Waist circumference (cm)	110.8 $\pm$ 2.9	110.9 $\pm$ 2.9	111.8 $\pm$ 1.6	109.6 $\pm$ 1.2
DEXA % body fat	40.0 $\pm$ 2.1	39.8 $\pm$ 2.2	33.8 $\pm$ 3.3	34.8 $\pm$ 2.6
MRS liver fat (%)	34.4 $\pm$ 8.5	25.3 $\pm$ 6.1	18.9 $\pm$ 5.4	15.9 $\pm$ 12.3
MRI visceral mass (kg)	3.36 $\pm$ 0.43	3.53 $\pm$ 0.32	3.79 $\pm$ 0.34	3.41 $\pm$ 0.19
MAP (mmHg)	102.7 $\pm$ 3.6	99.4 $\pm$ 3.4	104.2 $\pm$ 4.8	102.9 $\pm$ 4.2
HbA1c (% total Hb)	5.8 $\pm$ 0.1	5.8 $\pm$ 0.2	6.0 $\pm$ 0.2	5.9 $\pm$ 0.3
Erythrocyte EPA (%)	0.82 $\pm$ 0.13	3.44 $\pm$ 0.47 <sup>***</sup>	1.00 $\pm$ 0.10	0.90 $\pm$ 0.08
Erythrocyte DHA (%)	3.68 $\pm$ 0.60	7.08 $\pm$ 0.47 <sup>***</sup>	4.62 $\pm$ 0.40	4.81 $\pm$ 0.26

Data presented as mean  $\pm$  SEM

Abbreviations: End, end of study; BMI, body mass index; DEXA, dual-energy X-ray absorptiometry; MRS, magnetic resonance spectroscopy; MRI, magnetic resonance imaging; MAP, mean arterial pressure; HbA1c, glycated haemoglobin A1c; EPA, eicosapentaenoic acid; DHA, docosahexaenoic acid

<sup>\*\*\*</sup>P<0.001 between baseline and end of study measurements within the respective groups