Table 2. Comparison between SPI (n=60) and SP (n=60) supplementation at end of study of metabolic and hormonal factors.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Parameter** | **SPI** | | | **SP** | | | **Difference of the difference**  **(95% CI)** | **p-value** |
| **Baseline**  Mean (SD) | **6 months**  Mean (SD) | **Difference**  (6 mo – baseline) | **Baseline**  Mean (SD) | **6 months**  Mean (SD) | **Difference**  (6 mo – baseline) |
| Body mass index  (kg/m2) | 27 (4.6) | 27.3 (4.4) | 0.37 | 26.7 (7.0) | 27 (6.9) | 0.15 | 0.2 (-0.09,0.53) | 0.17 |
| Systolic blood pressure (mmHg) | 125 (20.2) | 121.2 (14.9) | -3.2 | 124.6 (18.8) | 123.4 (16) | -0.8 | -2.5 (-4.2,-1.9) | <0.01 |
| Diastolic blood pressure (mmHg) | 77 (13.8) | 76.8 (9.4) | -0.6 | 77.2 (10.9) | 77.4 (11.6) | 0.2 | -0.8 (-5.2,3.4) | 0.68 |
| TC  (mmol/L) | 5.8 (0.9) | 5.8 (0.9) | 0 | 5.8 (0.8) | 5.7 (0.8) | -0.15 | 0.2 (-0.07,0.47) | 0.15 |
| LDL-C  (mmol/L) | 3.65 (0.7) | 3.6 (0.6) | -0.15 | 3.65 (0.9) | 3.57 (0.75) | -0.10 | -0.16 (-0.65,0.72) | 0.47 |
| HDL-C  (mmol/L) | 1.68 (0.94) | 1.62 (0.36) | -0.05 | 1.78 (0.42) | 1.65 (0.39) | -0.23 | -0.37 (-1.28,0.52) | 0.39 |
| Triglycerides  (mmol/L) | 1.16 (0.54) | 1.22 (0.71) | 0.09 | 1.18 (0.57) | 1.27 (0.91) | 0.09 | -0.12 (-0.31,0.06) | 0.20 |
| hs CRP  (mg/L) | 1.65 (1.55) | 0.69 (0.92) | -0.96 | 2.65 (4.49) | 2.1 (2.27) | -0.5 | -0.46 (-1.6,0.58) | 0.38 |
| Fasting glucose  (mmol/L) | 5.2 (0.7) | 4.4 (0.5) | -0.7 | 5.1 (1.6) | 5.0 (0.9) | -0.10 | -0.7 (-1,-0.4) | <0.01 |
| Fasting insulin  (µIU/mL) | 5.78 (3.59) | 2.64 (1.89) | -3.1 | 5.65 (3.74) | 5.82 (3.7) | 0.11 | -3.25 (-4.-2.43) | <0.01 |
| HOMA-IR | 1.39 (1.03) | 0.52 (0.4) | -0.86 | 1.43 (1.77) | 1.37 (1.42) | -0.04 | -0.82 (-1.07,-0.56) | <0.01 |

*Paired difference=6-months-baseline. Difference of the difference is an unpaired t-test of the paired differences. SPI (15g soy protein with 66mg of isoflavones); SP (15g soy protein alone isoflavone free). HOMA-IR – Homeostasis model of assessment – insulin resistance; TC - Total cholesterol; LDL-C - LDL-cholesterol; HDL-C - HDL cholesterol; TG-Triglycerides; hs CRP – highly sensitive C reactive protein*