

Supplementary Table 4. Correlations at baseline between significantly altered miRNA and clinical values

| | miR-122-5p | | miR-151-3p | | miR-223 | | miR-29a | | miR-636 | |
|-------------------|------------|------|------------|------|---------|------|---------|------|---------|------|
| | rho | p | rho | p | Rho | p | rho | p | rho | p |
| Weight | 0.19 | 0.16 | -0.06 | 0.66 | 0.02 | 0.86 | -0.14 | 0.33 | -0.03 | 0.81 |
| BMI | 0.36** | 0.01 | 0.01 | 0.99 | 0.13 | 0.31 | -0.04 | 0.80 | 0.02 | 0.99 |
| WHR | 0.28* | 0.04 | 0.19 | 0.15 | 0.27* | 0.04 | 0.18 | 0.18 | -0.06 | 0.64 |
| Total T | 0.16 | 0.23 | 0.03 | 0.80 | -0.07 | 0.60 | 0.01 | 0.95 | 0.01 | 0.98 |
| Free T | 0.19 | 0.17 | 0.13 | 0.33 | 0.04 | 0.77 | -0.03 | 0.81 | -0.05 | 0.73 |
| FG-score | 0.05 | 0.70 | -0.01 | 0.97 | 0.02 | 0.86 | -0.06 | 0.07 | 0.11 | 0.41 |
| SHBG | 0.03 | 0.84 | -0.06 | 0.64 | -0.11 | 0.42 | 0.07 | 0.60 | 0.02 | 0.91 |
| Total cholesterol | -0.03 | 0.86 | -0.07 | 0.63 | -0.09 | 0.50 | -0.06 | 0.69 | 0.15 | 0.29 |
| HDL-cholesterol | -0.27* | 0.05 | -0.22 | 0.11 | -0.21 | 0.11 | -0.19 | 0.17 | -0.10 | 0.48 |
| LDL-cholesterol | 0.09 | 0.53 | 0.06 | 0.64 | 0.03 | 0.85 | 0.01 | 0.93 | 0.13 | 0.36 |
| Triglycerides | 0.13 | 0.34 | 0.07 | 0.63 | 0.01 | 0.99 | 0.09 | 0.52 | -0.10 | 0.47 |
| Fasting glucose | 0.15 | 0.27 | 0.04 | 0.77 | 0.12 | 0.38 | 0.17 | 0.22 | 0.07 | 0.60 |
| Insulin | 0.11 | 0.41 | -0.19 | 0.16 | -0.07 | 0.62 | -0.20 | 0.15 | 0.12 | 0.40 |
| C-peptide | 0.03 | 0.82 | -0.16 | 0.22 | -0.08 | 0.57 | -0.16 | 0.25 | 0.01 | 0.99 |
| HOMA-IR | 0.13 | 0.36 | -0.20 | 0.15 | -0.04 | 0.76 | -0.18 | 0.19 | 0.12 | 0.40 |
| Fat, arms | 0.27* | 0.04 | -0.05 | 0.99 | 0.13 | 0.32 | 0.11 | 0.45 | -0.17 | 0.23 |
| Fat, legs | 0.04 | 0.75 | -0.15 | 0.28 | -0.02 | 0.99 | -0.07 | 0.60 | -0.05 | 0.75 |
| Fat, upper | 0.28* | 0.04 | -0.10 | 0.47 | 0.04 | 0.75 | -0.03 | 0.81 | -0.03 | 0.82 |

Spearman's Rho. Unadjusted. All significant rho-values (*) were insignificant after adjustment for BMI and age. The correlation between miR-122-5p and BMI (**), remained significant after adjustment for age (Rho =0.37, p=0.006), WHR: Waist-hip ratio, T: Testosterone. *p<0.05