### Supplementary Table 2. Simple linear regression analysis of HbA1c reduction

| Variable                                | Standardized β | P value  |
|-----------------------------------------|----------------|----------|
| Age                                     | 0.05           | 0.64     |
| Female sex                              | -0.07          | 0.51     |
| Body mass index                         | 0.07           | 0.52     |
| Waist circumference                     | 0.05           | 0.61     |
| Systolic blood pressure                 | -0.04          | 0.68     |
| Diastolic blood pressure                | -0.05          | 0.63     |
| HbA1c                                   | 0.60           | <0.01    |
| Meal tolerance test glucose 0 min       | -0.13          | 0.22     |
| Meal tolerance test glucose 90 min      | -0.08          | 0.45     |
| HOMA-IR                                 | 0.14           | 0.20     |
| HOMA-β                                  | 0.19           | 0.07     |
| Insulinogenic index                     | 0.08           | 0.45     |
| 8-hr urine glucose/Cr                   | -0.07          | 0.51     |
| Morning spot urine glucose/Cr           | -0.18          | 0.08     |
| Estimated GFR                           | 0.01           | 0.96     |
| Glucose filtration rate                 | -0.08          | 0.46     |
| Glucose excretion rate                  | -0.16          | 0.14     |
| Renal glucose clearance                 | -0.11          | 0.29     |
| Fractional glucose excretion            | -0.08          | 0.45     |

HbA1c, glycosylated hemoglobin; HOMA-IR, homeostasis model assessment of insulin resistance; HOMA-β, homeostasis model assessment of β-cell function; GFR, glomerular filtration rate.