

Supplementary table 4: Baseline characteristics of the study population by sitosterol to cholesterol tertiles

	Sitosterol to cholesterol tertiles			P*
	1st tertile	2nd tertile	3rd tertile	
Number	419	419	419	
Lathosterol : cholesterol, mmol/mol	1.83 (1.32-2.46)	1.56 (1.09-2.14)	1.25 (0.89-1.69)	< 0.001¶
Cholestanol : cholesterol, mmol/mol	1.20 (0.96-1.41)	1.33 (1.10-1.55)	1.65 (1.36-2.02)	< 0.001¶
Campesterol : cholesterol, mmol/mol	0.78 (0.61-0.98)	1.23 (1.04-1.45)	2.02 (1.65-2.54)	< 0.001¶
Sitosterol : cholesterol, mmol/mol	0.40 (0.33-0.46)	0.64 (0.58-0.70)	1.05 (0.88-1.29)	
Cholestanol : lathosterol	0.62 (0.42-0.96)	0.81 (0.54-1.36)	1.31 (0.87-2.10)	< 0.001¶
Campesterol : lathosterol	0.43 (0.29-0.63)	0.75 (0.51-1.20)	1.57 (1.05-2.59)	< 0.001¶
Sitosterol : lathosterol	0.21 (0.15-0.29)	0.40 (0.29-0.59)	0.85 (0.57-1.32)	< 0.001¶
Age, years	63.4 ± 10.6	62.7 ± 11.4	62.3 ± 10.9	0.370†
Male gender	275 (65.6)	282 (67.3)	274 (65.4)	0.802‡
Body mass index, kg/m2	28.3 (4.4)	27.5 (3.8)	26.1 (3.9)	< 0.001
Waist circumference, cm	102 ± 12	98 ± 11	95 ± 13	< 0.001
Type 2 diabetes				
No	272 (64.9)	299 (71.4)	316 (75.4)	
Yes, no insulin treatment	128 (30.5)	102 (24.3)	78 (18.6)	< 0.001
Yes, insulin treatment	19 (4.5)	18 (4.3)	25 (6.0)	0.581
HbA1c, %	6.5 ± 1.5	6.3 ± 1.2	6.1 ± 1.0	< 0.001
Fasting glucose, mg/dl	119 ± 41	110 ± 29	108 ± 34	< 0.001
Fasting insulin, U/l	10.0 (7.0-15.0)	8.0 (6.0-12.0)	7.0 (5.0-12.0)	< 0.001¶
Systemic hypertension	314 (74.9)	303 (72.3)	287 (68.5)	0.083
Systolic blood pressure, mmHg	143 ± 25	143 ± 23	141 ± 22	0.379§
Diastolic blood pressure, mmHg	82 ± 12	82 ± 11	81 ± 11	0.506§
Total cholesterol, mg/dl	197 ± 37	203 ± 34	204 ± 37	0.011
LDL cholesterol, mg/dl	117 ± 32	124 ± 29	128 ± 33	< 0.001
HDL cholesterol, mg/dl	38 ± 11	40 ± 10	43 ± 11	< 0.001
Triglycerides, mg/dl	160 (120-217)	144 (111-196)	122 (93-164)	< 0.001¶
Smoking				
Never	163 (38.9)	166 (39.6)	184 (43.9)	
Past	180 (43.0)	179 (42.7)	162 (38.7)	0.084
Current	76 (18.1)	74 (17.7)	73 (17.4)	0.367
C-reactive protein, mg/l	4.43 (1.74-9.97)	2.96 (1.19-7.05)	2.51 (1.01-6.74)	< 0.001¶
APOE genotype (419/417/419)				
E3/3	269 (64.2)	264 (63.3)	262 (62.5)	
E2/2, E2/3, E2/4	69 (16.5)	75 (18.0)	67 (16.0)	0.990
E3/4, E4/4	81 (19.3)	78 (18.7)	90 (21.5)	0.993

Values are means ± standard deviations or medians with inter-quartile ranges in the cases of continuous variables; Values represent numbers (percentages) of subjects in the cases of categorical variables; * General linear model or logistic regression, adjusted for age and gender; † General linear model, adjusted for gender only; ‡ Logistic regression, adjusted for age only; § Additionally adjusted for the use of antihypertensive drugs; ¶ General linear model of logarithmically transformed values.