

Table 1) The mean of demographic characteristics and blood lipid levels of the subjects before and after the intervention in the studied groups (number in each group=10)

Variables	Control Group	Supplement Group	Exercise Group	Exercise-Supplement Group
Age (Year)	34.40±5.40	33.80±4.70	34.80±7.70	36.20±6.20
Weight (Kg)				
Pretest	66.70±7.40	65.30±5.20	67.10±7.60	65.20±7.40
Posttest	66.20±6.90	64.30±5.20	*64.70±7.10	*61.30±6.10
Height (cm)	156.40±6.10	157.20±6.30	158.10±4.80	157.00±5.70
Fat Value (Percent)				
Pretest	36.90±1.50	35.40±1.30	36.40±1.40	35.60±2.10
Posttest	36.40±0.90	34.50±1.10	*34.40±0.80	*33.20±1.60
Body Mass Index (kg/m²)				
Pretest	27.40±4.60	26.80±4.70	26.90±3.80	27.10±3.70
Posttest	27.20±4.30	26.30±4.50	*25.90±4.10	*25.10±3.50
Triglyceride Level (mg/dl)				
Pretest	101.00±29.90	97.80±29.70	89.80±31.10	109.20±29.40
Posttest	100.60±28.70	89.30±20.80	81.50±27.90	101.80±27.50
HDL-C Level (mg/dl)				
Pretest	55.70±11.30	57.30±15.60	61.60±14.60	55.50±11.40
Posttest	54.60±10.50	58.10±14.90	62.20±18.30	58.50±9.90
LDL-C Level (mg/dl)				
Pretest	87.40±17.30	88.20±16.50	87.10±17.40	91.70±15.70
posttest	89.14±23.30	80.80±19.70	*72.10±17.40	*76.80±17.60
Cholesterol Level (mg/dl)				
Pretest	158.40±17.50	162.20±20.30	155.20±18.10	165.30±20.50
Posttest	161.70±15.90	157.120±21.90	152.40±21.30	*150.20±22.50

*p<0.05 compared to pretest

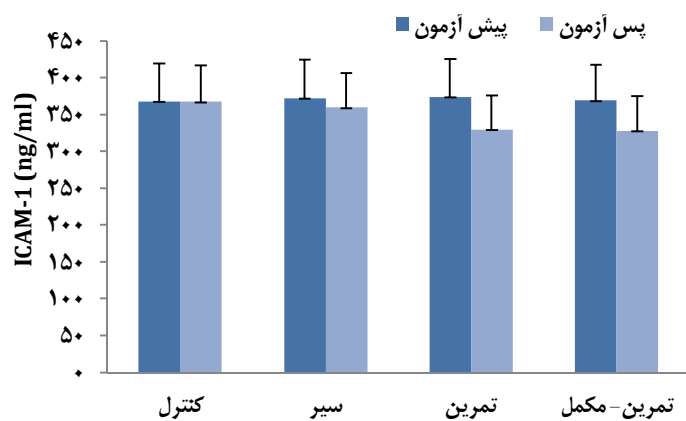


Figure 1) Comparison of ICAM-1 levels in pretest and posttest stages in different groups (significant difference was observed between the exercise-supplement and exercise groups between pretest and posttest at the significance level of 0.05; also, significant difference was observed between the control group and each of exercise-supplement and exercise group at the significance level of 0.05).

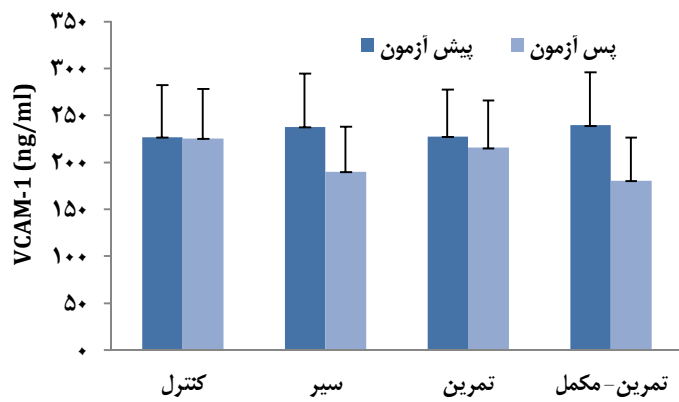


Figure 2) Comparison of VCAM-1 levels in the pretest and posttest stages in different groups (significant difference was observed between exercise-supplement and supplement groups between pretest and posttest at significance level of 0.05; also, significant difference was observed between the control group and each of exercise-supplement and supplement groups at significance level of 0.05).