Table 1. Mean, standard deviation and independent T-test results to evaluate homogeneity of variances at the beginning of the training period

Anthropometric measurements/groups	Mean±SD	Leven's test to determine the equality of variances	
		F	P
Age, year			
Exercise + Supplement	44.5±2.76	0	0
Exercise + placebo	45.00±4.04		
Control	46.3±3.63		
Height, cm			
Exercise + Supplement	172.14±8.38	0	0
Exercise + placebo	173.08±8.27		
Control	165.61±8.84		
Weight, kg			
Exercise + Supplement	75.90±6.85	0.80	0.63
Exercise + placebo	77.2±10.39		
Control	80.4±8.5		
Body mass index (kg/m²)			
Exercise + Supplement	25.73±2.95	0.32	0.38
Exercise + placebo	25.62±3.53		
Control	27.79±1.92		

Table 2. Comparison of intra-group and intergroup variance variations of the antioxidant enzymes levels in type 2 diabetic patients

Variables/groups	Sampling stages		Changes		
	Pre-test	Post-test	Intragroup	intergroup	
	(M±SD)	(M±SD)	P-Value	F	P-Value
Malondialdehyde (µmol/ml)					
Exercise + Supplement	59.2±5.65	55.16±5.32	0.001†	38.31	0.001†
Exercise + placebo	58.74±5.67	53. 18±3.77	0.001†		
Control	58.15±7.03	62.19±5.83	0.001†		
Superoxide dismutase (mm)					
Exercise + Supplement	20.96±4.12	39. 22±17.7	0.003†	9.70	0.001†
Exercise + placebo	25.45±6.73	37.78±8.26	0.001†		
Control	32.27±12.51	31.11±10.53	0.585		
Catalase (mm)					
Exercise + Supplement	4.79±2.33	10.95±2.95	0.001†	15.87	0.001†
Exercise + placebo	4.34±304	6.05±3.21	0.044†		
Control	5.54±5.92	5.75±5.51	0.829		

† Significant * significant at p<0.05