

Table 2) Estimation of the parameters and size of the effect of each group on oxidative stress variables (8-OHdG, MDA and TAC) and lipid profile variables (LDL, VLDL, HDL, TC and TG)

Variable	Coefficient	ES Group	EP Group	Supplementation Group
LDL (mg/dl)	β (S.E)	-20.82(4.99)	-14.57(4.87)	-19.80(4.92)
	Effect Size	0.33	0.20	0.32
	Significance	<0.0001	0.005	<0.0001
VLDL (mg/dl)	β (S.E)	-4.73(1.09)	-1.46(1.05)	-2.12(1.06)
	Effect Size	0.36	0.05	0.10
	Significance	0.0001	0.175	0.054
HDL (mg/dl)	β (S.E)	3.81(1.59)	3.28(1.56)	2.00(1.57)
	Effect Size	0.14	0.113	0.045
	Significance	0.022	0.042	0.209
TG(mg/dl)	β (S.E)	-24.74(5.47)	-10.07(5.35)	-12.74(5.39)
	Effect Size	0.369	0.09	0.138
	Significance	<0.0001	0.070	0.024
TC(mg/dl)	β (S.E)	-21.15(1.22)	-12.10(1.19)	-12.47(1.20)
	Effect Size	0.896	0.748	0.756
	Significance	<0.0001	<0.0001	<0.0001
MDA (nmol/ml)	β (S.E)	-2.30(0.33)	-2.21(0.33)	-0.33(0.33)
	Effect Size	0.55	0.53	0.02
	Significance	<0.0001	<0.0001	0.329
TAC (U/L)	β (S.E)	3.50(0.44)	1.38(0.44)	0.36(0.44)
	Effect Size	0.62	0.20	0.02
	Significance	<0.0001	0.003	0.410
8-OHdG(ng/ml)	β (S.E)	-5.16(0.68)	-3.95(0.68)	-2.59(0.68)
	Effect Size	0.59	0.46	0.30
	Significance	<0.0001	<0.0001	<0.0001

Control group has been considered as reference

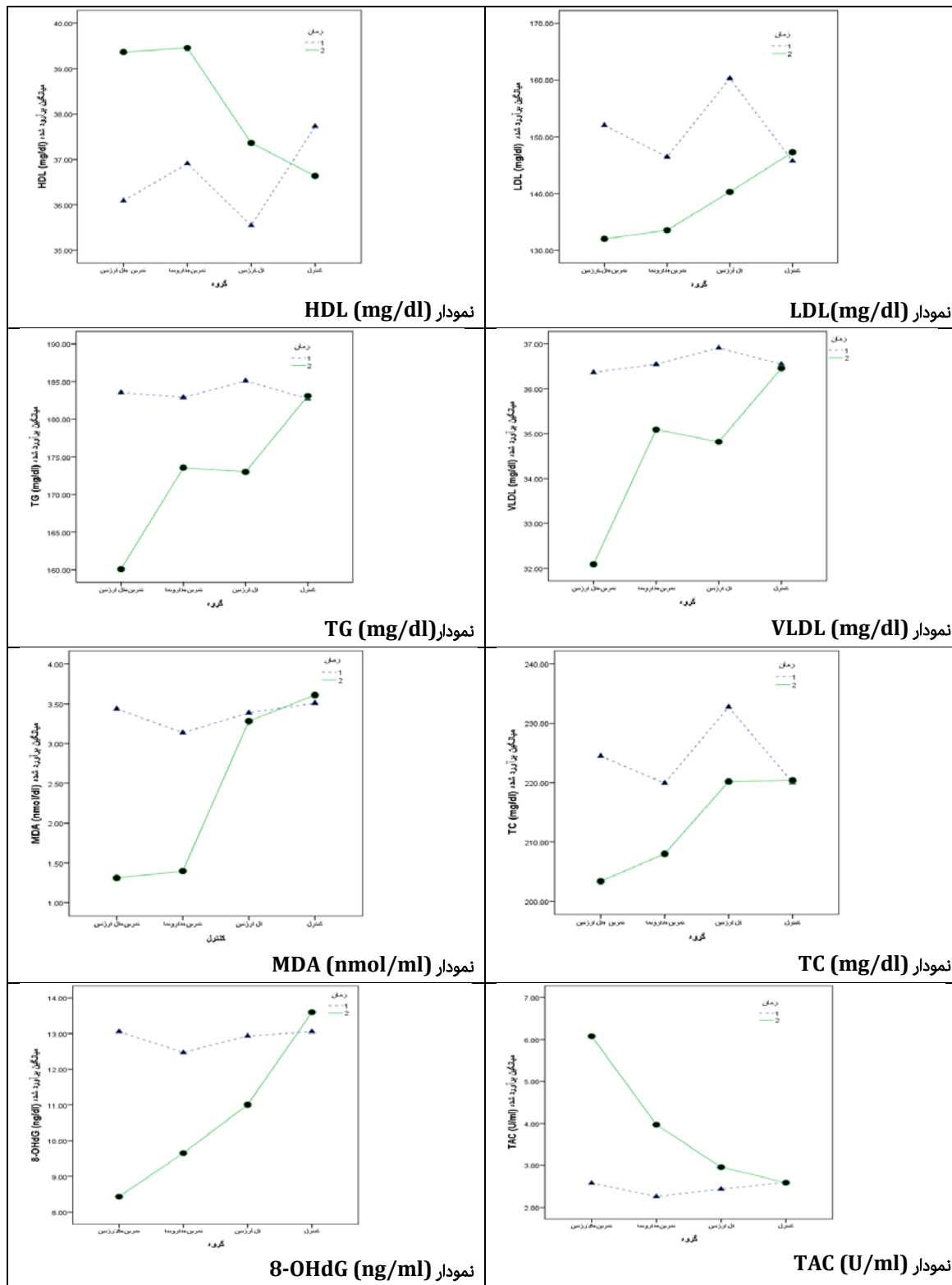


Fig 1) Figure of lipid profile variables (TC, HDL, VLDL, LDL, and TG) and oxidative stress variables (8-MDA , OHdG, and TAC) at two pre-test and post-test times