

*Replacement of dietary saturated fat with unsaturated fats increases numbers of circulating endothelial progenitor cells and decreases number of microparticles: findings from the randomized, controlled DIVAS study*

Article

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**Supplemental Table 1. Effects of replacing dietary SFA with MUFA or n-6 PUFA on numbers of EPC, EMP and PMP after 16 weeks**

	SFA group			MUFA group			n-6 PUFA group			Overall
	Baseline	Week 16	$\Delta$	Baseline	Week 16	$\Delta$	Baseline	Week 16	$\Delta$	<i>P</i> <sup>1</sup>
EPC, /mL blood	936 $\pm$ 83	925 $\pm$ 92	-10 $\pm$ 55 <sup>a</sup>	883 $\pm$ 73	1124 $\pm$ 95	241 $\pm$ 53 <sup>b*</sup>	956 $\pm$ 89	1044 $\pm$ 84	87 $\pm$ 68 <sup>ab</sup>	0.023
EMP, /μL blood	57.5 $\pm$ 4.3	65.9 $\pm$ 4.2	8.5 $\pm$ 5.1 <sup>a*</sup>	59.2 $\pm$ 4.2	39.9 $\pm$ 2.6	-19.3 $\pm$ 4.4 <sup>b*</sup>	56.4 $\pm$ 3.5	39.4 $\pm$ 2.7	-17.0 $\pm$ 3.5 <sup>b*</sup>	<0.001
PMP, /μL blood	187 $\pm$ 25	218 $\pm$ 17	31 $\pm$ 29 <sup>a</sup>	213 $\pm$ 26	147 $\pm$ 15	-67 $\pm$ 27 <sup>b*</sup>	180 $\pm$ 15	139 $\pm$ 12	-40 $\pm$ 17 <sup>b*</sup>	<0.001

Data are mean  $\pm$  SE for  $n=59-65$  subjects per group. No significant differences between diet groups were identified at baseline (week 0; one-way ANOVA). <sup>1</sup> Overall between group diet effects for  $\Delta$  were derived from general linear models with baseline values for the variable of interest, BMI, age, sex and intervention diet as prognostic factors;  $P \leq 0.05$  was considered significant. If significant, post-hoc analyses used Tukey correction to adjust for multiple treatments (different superscript letters within a row identify significant differences between diet groups ( $P \leq 0.05$ )) and one-sample t-tests determined whether  $\Delta$  for each diet group was significantly different to zero ( $*P \leq 0.05$ ). Abbreviations:  $\Delta$ : change from baseline at week 16, EMP: endothelial microparticles, EPC: endothelial progenitor cells, PMP: platelet microparticles.