

ESM Table 1 Repeated measures ANOVA outcome for interstitial glycerol levels over time, between groups and time-group interaction

	Time	Group	Time*Group
Adipose interstitial glycerol			
p	<0.001	0.789	0.813
β	-0.139	0.061	-0.047
C.I.	[-0.167;0.112]	[0.034;0.142]	[-0.126;0.164]
Adipose % decrease glycerol			
p	<0.001	0.631	0.947
β	-0.216	0.043	-0.066
C.I.	[-0.305;-0.132]	[0.012;0.121]	[-0.182;-0.021]
Muscle interstitial glycerol			
p	<0.001	0.016	0.043
β	-0.387	0.192	-0.198
C.I.	[-0.468;-0.108]	[0.086;0.312]	[-0.374;-0.087]
Muscle % decrease glycerol			
p	<0.001	0.027	0.014
β	-0.471	0.179	-0.216
C.I.	[-0.612;-0.210]	[0.263;0.098]	[-0.409;-0.101]

Changes in interstitial glycerol concentration, expressed as percentage of baseline, were calculated using the average from the 2 baseline measures (t=-30 and t=0). p-values represent the total model. Beta-coefficients (β) and their corresponding 95% confidence interval (C.I.) are presented for the time, group and time over group effect.