

|                                      | Metformin group (n=86) | Placebo group (n=87) |
|--------------------------------------|------------------------|----------------------|
| Age (years)                          | 63 (8)                 | 64 (8)               |
| Men                                  | 70 (81%)               | 63 (72%)             |
| Smoking history                      |                        |                      |
| Current                              | 18 (21%)               | 17 (20%)             |
| Former                               | 42 (49%)               | 50 (57%)             |
| Never                                | 26 (30%)               | 20 (23%)             |
| Blood pressure (mm Hg)               | 142/80 (21/11)         | 139/79 (21/12)       |
| Heart rate (beats per min)           | 63 (11)                | 65 (10)              |
| Bodyweight (kg)                      | 87.8 (14.1)            | 86.8 (15.0)          |
| Body-mass index (kg/m <sup>2</sup> ) | 30.2 (4.1)             | 30.5 (4.4)           |
| Waist circumference (cm)             | 105 (10)               | 104 (10)             |
| Hip circumference (cm)               | 108 (8)                | 108 (8)              |
| Body fat (kg)                        | 28.2 (7.5)             | 29.1 (7.5)           |
| Medical history                      |                        |                      |
| Biochemistry (fasting)               |                        |                      |
| Plasma glucose (mmol/L)              | 5.4 (0.6)              | 5.3 (0.5)            |
| Insulin (pmol/L) *                   | 60.6 (9.6)             | 62.4 (10.2)          |
| HOMA-IR *                            | 2.38 (1.67)            | 2.42 (1.73)          |
| HbA <sub>1c</sub> (%)                | 5.68 (0.32)            | 5.63 (0.31)          |
| HbA <sub>1c</sub> (mmol/mol)         | 38.7 (3.6)             | 38.2 (3.3)           |