**Table 1.**Changes in blood lipid profile.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Beginning of study** | **End of study** | **% change** | ***P-value\**** |
| **Triglycerides (mg/dl)** |  |  |  |  |
| Group I | 105.54 ± 52.71 | 106 ± 9.89 | 0.44 % | 0.29 |
| Group II | 115.37 ± 63.89 | 135 ± 73.25 | 17.02 % | 0.034 |
| Group III | 198.29 ± 10.24 | 160.8 ± 93.28 | - 18,91 % | 0.29 |
| Group IV | 107.56 ± 35.48 | 125.11 ± 35.48 | 16.32 % | 0.025 |
| *P-value†* | **0.008** | 0 | 3.72% | 0.146 |
| **LDL (mg/dl)** |  |  |  |  |
| Group I | 125.5 ± 28.12 | 125.71 ± 39.51 | 0.17 % | 0.60 |
| Group II | 111.27 ± 22.12 | 107.93 ± 24.32 | - 3.002 % | 0.60 |
| Group III | 107.14 ± 25.12 | 110.8 ± 16.04 | 3.42 % | 0.60 |
| Group IV | 108.96 ± 19.63 | 104.13 ± 18.65 | - 4.43 % | 0 |
| *P-value†* | **0.04** | 0 | -0.96% | 0.45 |
| **HDL (mg/dl)** |  |  |  |  |
| Group I | 56.57 ± 10.46 | 91.43 ± 69.69 | 61.62 % | 0.047 |
| Group II | 62.01 ± 13.12 | 61.81 ± 15.16 | - 0.32 % | 0.210 |
| Group III | 56.29 ± 13.48 | 58.6 ± 10.33 | 4.10 % | 0.210 |
| Group IV  *P-value†* | 52.19 ± 10.74  0 | 51.75 ± 12.39  0 | - 0.84 %  16.14% | 0  0.116 |

*Values presented at baseline and at the end of the study are presented as means±SD.  
\*Level of significance for differences observed within the same group, between the two measurements.*

**Table 2.** Changes in additional blood biomarkers of importance.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Beginning of study** | **End of study** | **% change** | **P-value\*** |
| **Vitamin C (μmol/l)** |  |  |  |  |
| Group I | 61 ± 19.78 | 60 ± 18.8 | - 1.64 % | 0 |
| Group II | - | - | - | 0 |
| Group III | - | - | - | 0 |
| Group IV | - | - | - | 0 |
| **Ca (mg/dl)** |  |  |  |  |
| Group I | 9.37 ± 0.42 | 9.63 ± 0.29 | 2.77 % | 0.36 |
| Group II | 9.5 ± 0.38 | 9.49 ± 0.37 | - 0.11 % | 0.36 |
| Group III | 9.34 ± 0.36 | 9.54 ± 0.36 | 2.14 % | 0.36 |
| Group IV | 9.44 ± 0.5 | 9.4 ± 0.26 | - 0.42 % | 0.41 |
| **Mg (mmol/l)** |  |  |  |  |
| Group I | 2.07 ± 0.17 | 2 ± 0 | - 3.38 % | 0.15 |
| Group II | 2.1 ± 0.25 | 2.09 ± 0.27 | - 0.48 % | 0.15 |
| Group III | 1.98 ± 0.01 | 2 ± 0.01 | 1.01 % | 0.15 |
| Group IV | 2.13 ± 0 | 1.7 ± 0.52 | - 20.19 % | 0.01 |

Values presented at baseline and at the end of the study are presented as means±SD.

\*Level of significance for differences observed within the same group, between the two measurements.