

Table SI. Individual BMI, serum adiponectin and serum leptin values for the study participants.

| Subject               | BMI (kg/m <sup>2</sup> ) | Adiponectin (ng/ml) | Leptin (pg/ml) |
|-----------------------|--------------------------|---------------------|----------------|
| 1                     | 17.5                     | 16.1                | 707.3          |
| 2                     | 18.0                     | 29.1                | 641.5          |
| 3                     | 18.8                     | 45.3                | 1045.8         |
| 4                     | 19.6                     | 23.1                | 353.7          |
| 5                     | 20.5                     | 25.7                | 396.7          |
| 6                     | 22.2                     | 44.5                | 944.4          |
| 7                     | 24.0                     | 28.7                | 842.3          |
| 8                     | 26.5                     | 46.4                | 982.7          |
| 9                     | 31.0                     | 24.3                | 435.8          |
| 10                    | 32.9                     | 28.8                | 465.5          |
| BMI, body mass index. |                          |                     |                |

Table SII. Comparison of adiponectin levels across studies.

| Study                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Mean adiponectin level<br>(original unit) | Equivalent in<br>ng/ml | Equivalent in<br>µg/ml |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|------------------------|------------------------|
| Present study                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 31.2 ng/ml                                | 31.2                   | 0.0312                 |
| Cleveland Clinic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 5-37 µg/ml                                | 5000-37,000            | 5-37                   |
| Habib <i>et al</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 146.64±56.36 ng/ml                        | 146.64±56.36           | 0.14664±0.05636        |
| <p>The table summarizes the mean serum levels of adiponectin observed in the present study, compared to reference values from the Cleveland Clinic (<a href="https://my.clevelandclinic.org/health/articles/22439-adiponectin">https://my.clevelandclinic.org/health/articles/22439-adiponectin</a>) and other relevant studies, including Habib <i>et al</i> (Habib SS, Al-Khlaiwi T, Butt MA, Habib SM, Al-Khliwi H and Al-Regaiey K: Novel Adiponectin-Resistin Indices and Ratios Predict Increased Cardiovascular Risk in Patients with Type 2 Diabetes Mellitus. J Saudi Heart Assoc 35: 59-65, 2023). For each adipokine, the original units from each study are provided, along with their equivalent values to ensure consistency in comparison.</p> |                                           |                        |                        |

Table SIII. Comparison of leptin levels across studies.

| Study                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Mean leptin level<br>(original unit) | Equivalent in pg/ml | Equivalent in ng/ml |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|---------------------|---------------------|
| Present study                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 681 pg/ml                            | 681                 | 0.681               |
| Cleveland Clinic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 0.5-12.5 ng/ml                       | 500-12,500          | 0.5–12.5            |
| Habib <i>et al</i> <sup>a</sup>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 21.7±11.12 ng/ml                     | 21,700±11,120       | 21.7±11.12          |
| <p>The table summarizes the mean serum levels of leptin observed in the present study, compared to reference values from the Cleveland Clinic (<a href="https://my.clevelandclinic.org/health/body/22446-leptin">https://my.clevelandclinic.org/health/body/22446-leptin</a>) and other relevant studies, including Habib <i>et al</i> (Habib SS, Al-Khlaiwi T, Butt MA, Habib SM, Al-Khliwi H and Al-Regaiey K: Novel Adiponectin-Resistin Indices and Ratios Predict Increased Cardiovascular Risk in Patients with Type 2 Diabetes Mellitus. J Saudi Heart Assoc 35: 59-65, 2023). For each adipokine, the original units from each study are provided, along with their equivalent values to ensure consistency in comparison.</p> |                                      |                     |                     |