**Table 1** Characteristics and CGM metrics of the study participants (n=36)

|  |  |
| --- | --- |
| Parameters | Median (IQR)  |
|  |  |
| Age, years | 54 (52-58) |
| Height, cm | 169 (167-173) |
| Weight, kg | 79 (74-89) |
| BMI, kg/m2 | 27.9 (26.5-29.4) |
|  |  |
| HbA1c, % | 5.4 (5.2-5.6) |
|  mmol/mol | 35.5 (33.3-37.7) |
|  |  |
| 1,5-AG, mg/mL | 19.7 (15.3-24.1) |
|  |  |
| OGTT PG 0, mg/dL | 92 (86-97) |
| OGTT PG 30, mg/dL | 159 (137-181) |
| OGTT PG 60, mg/dL | 176 (150-194) |
| OGTT PG 120, mg/dL | 112 (96-140) |
| OGTT IRI 0, mU/mL | 9.0 (5.2-11.5) |
| OGTT IRI 30, mU/mL | 58.2 (30.5-76.5) |
| OGTT IRI 60, mU/mL | 73.2 (47.1-141.9) |
| OGTT IRI 120, mU/mL | 55.0 (28.6-106.7) |
|  |  |
| CGM total count | 1,964 (1,951-1,975) |
| CGM mean, mg/dL | 113 (104-119) |
| CGM max, mg/dL | 193 (173-219) |
| CGM SD, mg/dL | 20.7 (16.9-23.4) |
| CGM CV, % | 18.3 (15.4-20.6) |
|  |  |
| TAR >140, % | 10.35 (4.26-15.76) |
| TAR >180, % | 0.61 (0-2.09) |
| TAR >200, % | 0 (0-0.73) |
|  |  |
| % of ≥140 peak per meal | 57.5 (25.4-75.5) |
| % of ≥180 peak per meal | 8.1 (0-21.3) |
| % of ≥200 peak per meal | 0 (0-6.4) |

Data are medians (IQR, interquartile range). BMI, body mass index; 1,5-AG, 1,5-anhydroglucitol; OGTT, 75-g oral glucose tolerance test; PG 0, 30, 60, and 120, pre-load, 30 min, 60 min, and 120 min post-load plasma glucose levels, respectively; IRI 0, 30, 60, and 120, pre-load, 30 min, 60 min, and 120 min post-load serum insulin levels, respectively; CGM, continuous glucose monitoring; CGM mean, the average sensor glucose level during CGM; CGM max, the maximal sensor glucose level during CGM; CGM SD, standard deviation of the sensor glucose level during CGM; CGM CV, coefficient of variation of the sensor glucose level during CGM; TAR, time above range; TAR >140, 180 and 200, the percentages of time above sensor glucose 140, 180 and 200 mg/dL, respectively; % of ≥140, 180 and 200 peak per meal, proportions of postprandial hyperglycemia equal to or exceed 140, 180 and 200 mg/dL, respectively.