**Supplementary Table 3**. Serum concentrations of markers of cholesterol synthesis and absorption.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Before HULA** | **After HULA** | **Change in HULA group** | **Before WALK** | **After WALK** | **Change in WALK group** | **Pxx** |
| SYNTHESIS MARKERS (102mmol/molx) |  |  |  |  |  |
| Desmosterol | 75.6 (65.4 - 84.8) | 74.5 ± 2.1 | 0.0 (-0.1 – 0.0) | 75.6 ± 2.4 | 75.3 (64.0 – 84.5) | 0.0 (-0.1 - +0.1) | NS |
| Lathosterol | 137.9 (101.6 – 173.2) | 127.3 (100.4 – 195.9) | -2.5 ± 5.6 | 144.3 (102.3 – 170.8) | 136.4 ± 6.2 | -0.1 (-0.3 - +0.2) | NS |
| Cholestenol | 18.8 (14.4 – 22.6) | 19.1 ± 0.1 | 0.0 (-3.5 – +3.0) | 18.5 (15.5 – 22.9) | 18.7 (13.9 – 22.2) | -0.3 ± 0.6 | NS |
| Squalene | 12.3 (10.4 – 17.2) | 13.3 (10.5 – 17.7) | 0.0 (-3.0 - +3.0) | 13.6 (10.8 – 18.7) | 12.3 (11.0 – 16.1) | +1.0 (-3.0 - +2.5) | NS |
| ABSORPTION MARKERS (102mmol/molx) |  |  |  |  |  |
| Cholestanol | 135.3 (119.2–148.9) | 136.1 (124.2 – 155.0) | +2.2 ± 1.3 | 135.7 (119.6 – 151.7) | 139.6 ± 3.2 | 0.0 ± 0.0 | NS |
| Campesterol | 206.5 ± 11.4 | 196.5 (150.0 – 250.8) | -1.2 ± 4.1 | 202.3 ± 10.3 | 205.3 ± 11.1 | +3.0 ± 5.3 | NS |
| Sitosterol | 109.3 ± 5.9 | 108.1 ± 5.6 | -1.2 ± 1.8 | 108.1 ± 5.5 | 110 ± 5.8 | +2.0 ± 2.4 | NS |
| Avenasterol | 31.0 (26.0 – 40.3) | 31.4 (26.8 – 36.5) | 0.0 (-6.0 - +3.0) | 32.2 (26.8 – 38.4) | 32.9 (26.3 – 39.5) | +1.0 ± 0.8 | NS |
| SYNTHESIS/ABSORPTION |  |  |  |  |  |
| Lathosterol to sitosterol | 1.28 (0.91 – 2.18) | 1.33 (0.94 – 1.95) | +0.05 (-0.16 - +0.33) | 1.23 (0.69 – 2.12) | 1.33 (0.76 – 1.90) | -0.06 (-0.33 - +0.19) | NS |
| Lathosterol to avenasterol | 4.52 ± 0.27 | 4.12 (2.94 – 6.09) | +0.28 (-1.08 – +1.09) | 4.20 (2.81 – 5.95) | 4.39 ± 0.27 | -0.17 (-0.76 - +0.39) | NS |

xindicates 102 mmol/mol of cholesterol

\*p<0.05, \*\*p<0.03, \*\*\*p<0.01, a p=0.06, b p=0.053, c p=0.07

xxp-value for changes between groups