

**Table 1—Baseline demographic and clinical data**

	Standard therapy	Combination therapy	P
n (female/male)	29 (16/13)	30 (16/14)	—
Age (years)	55 ± 5	52 ± 5	0.07
Duration of diabetes (years)	5 ± 3	4 ± 2	0.24
Diabetes medications (n)			
None	3	4	
One	9	10	0.90
Two or more	17	16	
Weight (kg)	112.4 ± 3.9	109.1 ± 3.8	0.55
BMI (kg/m <sup>2</sup> )	38.6 ± 0.9	37.8 ± 0.9	0.53
Body fat (kg)	46.6 ± 2.2	45.0 ± 2.1	0.60
Lean body mass (kg)	60.1 ± 2.7	59.7 ± 2.4	0.69
Fasting glucose (mg/dl)	176 ± 8	155 ± 7	0.06
HbA <sub>1c</sub> (%)	8.2 ± 0.2	8.1 ± 0.2	0.71
Resting pulse (bpm)	78 ± 2	79 ± 2	0.58
Systolic blood pressure (mmHg)	131 ± 3	135 ± 3	0.20
Diastolic blood pressure (mmHg)	75 ± 2	76 ± 2	0.67
Fasting cholesterol (mg/dl)	200 ± 8	204 ± 9	0.73
HDL cholesterol (mg/dl)	39 ± 2	40 ± 2	0.61
LDL cholesterol (mg/dl)*	117 ± 6	124 ± 8	0.45
Fasting triglycerides (mg/dl)†	191 ± 15	220 ± 25	0.33

Data are means ± SEM. \*Excludes one subject in the standard therapy group and four subjects in the combination therapy group with fasting triglycerides >400 mg/dl. †Excludes one subject in the standard therapy group with fasting triglycerides >2,000 mg/dl. Conversion factors: glucose mg/dl to mmol/l multiply by 0.0555; cholesterol mg/dl to mmol/l multiply by 0.0259; triglycerides mg/dl to mmol/l multiply by 0.0113.