r/p	CRP	IL-17	IL-6	TNF	GRL	ADN	LPT	TC	HDL	LDL	TG	GLU	INS	BMI
CRP	-	0.032	0.082	0.060	0.218	-0.115	-0.146	-0.070	0.081	-0.116	0.021	0.141	-0.011	0.376
	-	0.926	0.717	0.790	0.329	0.611	0.516	0.770	0.735	0.626	0.930	0.531	0.966	0.085
IL-17	-	-	0.000	0.264	0.264	-0.264	0.636	0.333	0.402	0.100	-0.100	-0.055	-0.442	-0.182
	-	-	1.000	0.432	0.433	0.433	0.035	0.381	0.284	0.798	0.798	0.873	0.200	0.593
IL-6	-	-	-	-0.326	-0.329	0.081	0.586	0.106	0.091	0.010	-0.068	-0.125	0.000	0.331
	-	-	-	0.120	0.117	0.713	0.003	0.648	0.695	0.964	0.771	0.561	1.00	0.115
TNF-α	-	-	-	-	0.129	-0.103	-0.115	0.046	0.025	0.082	0.071	0.204	-0.048	0.049
	-	-	-	-	0.547	0.641	0.601	0.844	0.916	0.723	0.759	0.340	0.846	0.819
GRL	-	-	-	-	-	0.063	-0.422	-0.156	0.101	-0.121	0.105	-0.325	-0.074	0.062
	-	-	-	-	-	0.774	0.045	0.500	0.664	0.602	0.650	0.121	0.764	0.773
ADN	-	-	-	-	-	-	-0.209	-0.175	0.233	-0.126	-0.263	-0.307	0.140	-0.105
	-	-	-	-	-	-	0.337	0.449	0.309	0.586	0.250	0.154	0.567	0.634
LPT	-	-	-	-	-	-	-	0.222	0.129	0.095	-0.126	-0.143	-0.139	0.074
	-	-	-	-	-	-	-	0.333	0.576	0.683	0.586	0.514	0.571	0.738
TC	-	-	-	-	-	-	-	-	-0.064	0.933	0.464	0.163	-0.025	0.154
	-	-	-	-	-	-	-	-	0.784	0.000	0.034	0.480	0.926	0.505
HDL	-	-	-	-	-	-	-	-	-	-0.236	-0.619	-0.185	-0.833	-0.215
	-	-	-	-	-	-	-	-	-	0.303	0.003	0.423	0.000	0.350
LDL	-	-	-	-	-	-	-	-	-	-	0.529*	0.217	0.054	0.118
	-	-	-	-	-	-	-	-	-	-	0.014	0.344	0.837	0.612
TG	-	-	-	-	-	-	-	-	-	-	-	0.381	0.477	0.125
	-	-	-	-	-	-	-	-	-	-	-	0.089	0.053	0.590
GLU	-	-	-	-	-	-	-	-	-	-	-	-	0.039	-0.047
	-	-	-	-	-	-	-	-	-	-	-	-	0.875	0.828
INS	-	-	-	-	-	-	-	-	-	-	-	-	-	0.366
	-	-	-	-	-	-	-	-	-	-	-	-	-	0.123
BMI	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table S1. Correlations between analyzed parameters after the intervention

r – Spearman's correlation factor. $p \leq 0.05$, statistical significance. GRL – ghrelin; AND - adiponectin; LPT – leptin; TC – total cholesterol; TG – triglycerides; GLU – glucose; INS – insulin;