**Supplementary Material 1**

**Methods**

**Metabolic Syndrome (MetS) diagnosis**

In the current study, MetS was diagnosed according to the adult criteria of the International Diabetes Federation (IDF) (1), which defines MetS as meeting at least three out of five criteria. The MetS diagnostic criteria provided by the IDF are as follows:

1. Waist circumference ≥90 cm for men or ≥85 cm for women
2. Systolic BP of 130 mmHg of Diastolic BP of 85 mmHg or treatment with anti-hypertensive medication
3. TGs ≥150 mg/dL or taking dyslipidemia drugs
4. HDL-chol <40 mg/dL for men or <50 mg/dL for women
5. Fasting plasma glucose (FPG) ≥100 mg/dL or or treatment of previously diagnosed type 2 diabetes mellitus