**Table 3: Changes with regards to equol exposure categories on ad-hoc analysis for visceral fat and advanced glycation end products**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Equol intervention group  | Control group | p-value |
| Equol producer status | Equol producer | Equol non-producer | Equol producer | Equol non-producer |  |
| Equol exposure category | 1) both intrinsic and extrinsic equol exposure | 2) exclusively extrinsic equol exposure | 3) exclusively intrinsic equol exposure  | 4) no equol exposure |  |
| Visceral fat  |  |  |  |  | **0.023** |
|  Remained normal or improved | 3 (100%) | 13 (86.7%) | 6 (85.7%) | 8 (57.1%) |  |
| Worsen | 0 (0%) | 2 (13.3%) | 1 (14.3%) | 6 (42.9%) |  |
| Advanced glycation end products |  |  |  | **0.044** |
|  Improved | 3 (75%) | 7 (35%) | 3 (37.5%) | 3 (16.7%) |  |
|  Not improved | 1 (25%) | 13 (65%) | 5 (62.5%) | 15 (83.3%) |  |
| Values are shown as numbers and proportions (%).p-values were obtained from analysis using extended Mantel-Haenszel chi square for linear trend. |  |