

Appendix 4

Table 1. Insulin data used in meta-analysis.

Reference	Postprandial concentration – reported units	Comparison (day time, night time)	Day (mean \pm SD*)	Night (mean \pm SD*)
Al-Naimi et al, 2004	AUC (pmol/l.h)	1300, 0100h	699 \pm 153.2	550 \pm 150.9
Biston et al, 1996	iAUC (nmol/l.min)	0830, 2000h	35.4 \pm 8.3	44.6 \pm 14.0
Bo et al, 2017	AUC (μ U/ml x h)	0800, 2000h	6968.9 \pm 2323.9	8597.8 \pm 3525.9
Gibbs et al, 2015 - <i>Low GI</i>	iAUC (pmol/L.h)	0800, 2000h	1356 \pm 1080.4	1077 \pm 1623.3
Gibbs et al, 2015 - <i>High GI</i>	iAUC (pmol/L.h)	0800, 2000h	1159 \pm 1723.4	1236 \pm 917.1
Gil-Lozano et al, 2015	iAUC (ng/ml.120min)	1100, 2300h	52.7 \pm 21.2	64.3 \pm 18.8
Holmback et al, 2003 ^a – <i>High carbohydrate</i>	iAUC (mU/L.3h)	1200, 0000h	2955.6 \pm 1102.0	2900.5 \pm 878.8
Holmback et al, 2003 – <i>High fat</i>	iAUC (mU/L.3h)	1200, 0000h	2516.6 \pm 782.5	2792.8 \pm 734.3
Leung et al, 2017 – <i>low GI</i>	iAUC (mU/L.3h)	0800, 2000h	1930.5 \pm 818.2	3051.7 \pm 793.1
Van Cauter et al, 1992 - <i>12 hour fast</i>	2hr iAUC (nmol/L.min)	0800, 2000h	15.0 \pm 3.6	17.7 \pm 4.5
Van Cauter et al, 1992 ^b - <i>6 hour fast</i>	2hr iAUC (nmol/L.min)	0800, 2000h	13.3 \pm 2.9	15.6 \pm 5.0

* SD (standard deviation) was adjusted with correlation factor (0.3). ^a Plasma insulin levels supplied by Holmback et al, iAUC calculated by the review's authors.

^b In the original article, authors stated that they were reporting AUC, but from their description of method, it was understood that they reported iAUC.

AUC: area under the curve, iAUC: incremental area under the curve.