

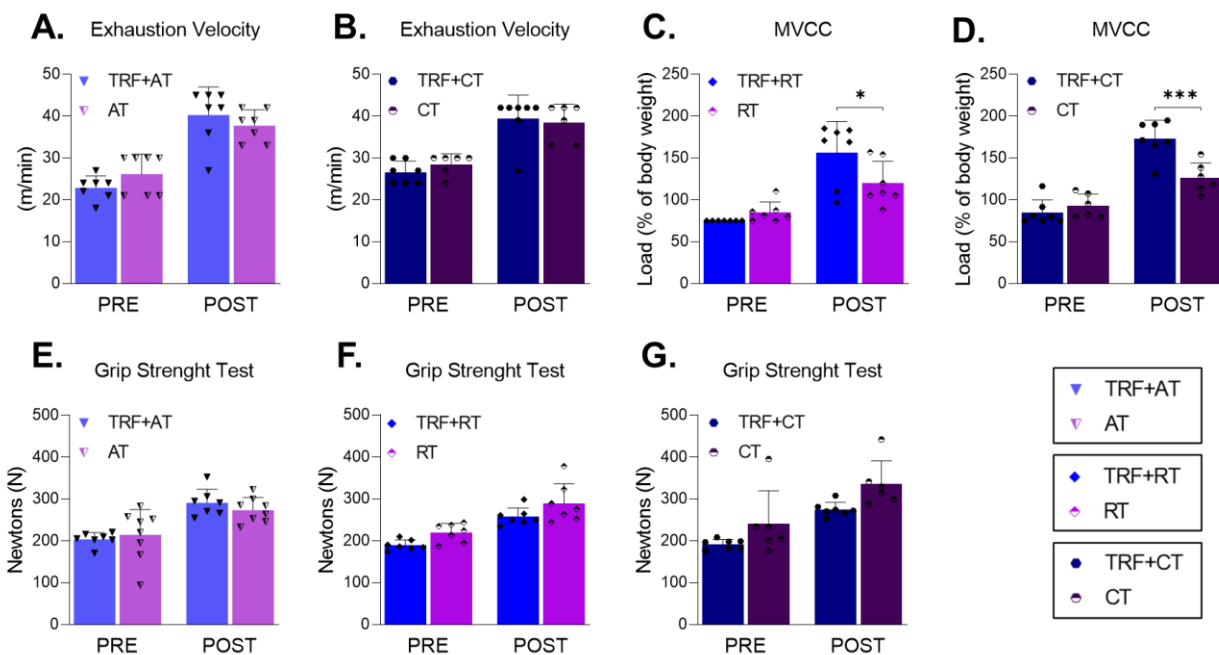
## Supplementary Material for

# Integration of 12-Hour Time-Restricted Feeding with Exercise Training Potentiates Weight Loss and Attenuates MASLD in Diet-Induced Obese Mice

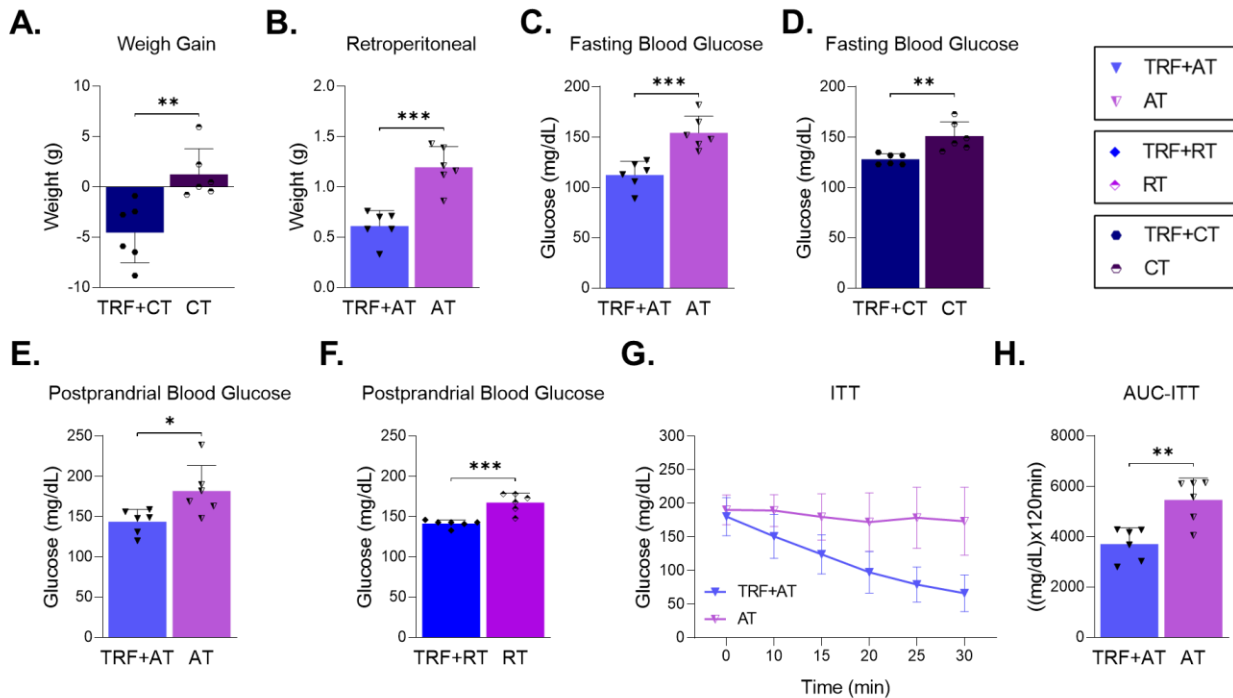
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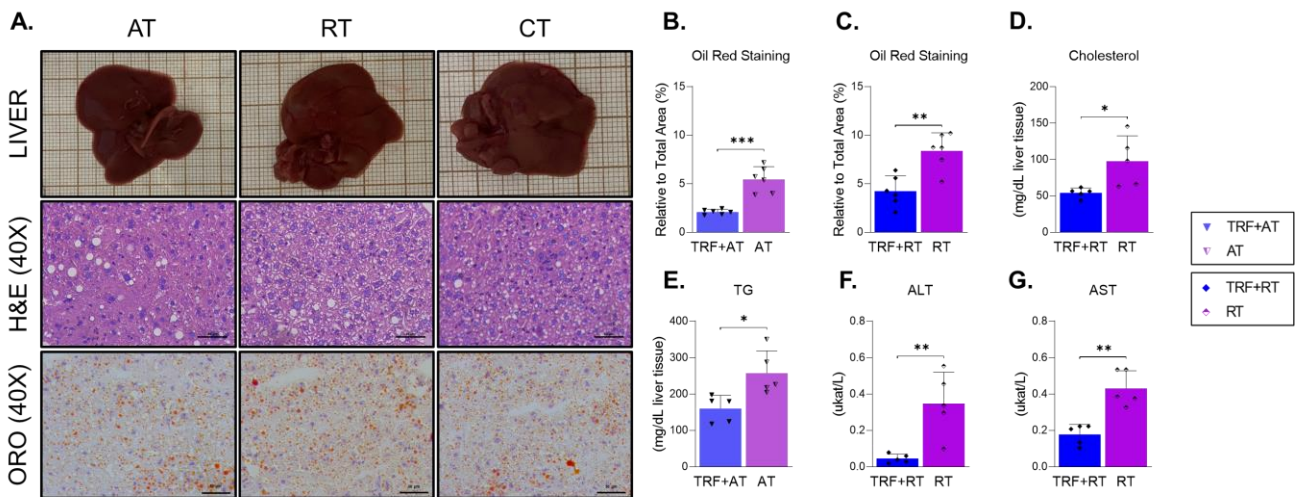
The PDF file includes: Figure S1; Figure S2 and Figure S3.



**Figure S1. Comparative effects of combined time-restricted feeding and exercise versus isolated exercise on physical performance and handgrip strength.** Aerobic training (AT), resistance training (RT), and combined training (CT) A-B, Exhaustion velocity (n=6-7). C-D, Maximum voluntary carrying capacity (MVCC) test. (n=6-7). E-G, Grip strength test (n=6-7). Bars represent mean and standard deviation. Statistical significance: \*P < 0.05, \*\*P < 0.01, and \*\*\*P < 0.001.



**Figure S2. Effects of TRF combined with physical exercise versus isolated exercise on body weight, adiposity, and glycemic homeostasis.** A, Weight gain (final weight – initial weight) (n=6). B, Visceral adipose tissue (retroperitoneal) (n=6). C-D, Fasting blood glucose (n=6). E-F, Postprandial blood glucose (n=6). G, Insulin tolerance test (ITT) (n=6). H, ITT area under the curve (n=6). Bars represent mean and standard deviation. Statistical significance: \*P < 0.05, \*\*P < 0.01, and \*\*\*P < 0.001.



**Figure S3. Effects of TRF combined with physical exercise versus isolated exercise on hepatic fat, lipid metabolism, and liver enzymes.** A, Histological liver sections stained with hematoxylin-eosin (H&E) and Oil Red O (ORO). B-C, Quantification of Oil Red stained area (n=6). **D, Hepatic cholesterol** (n=5). E, Hepatic triglycerides (n=5). F, Serum alanine aminotransferase (ALT) (n=5). G, Serum aspartate aminotransferase (AST) (n=5). Statistical significance: \*P < 0.05, \*\*P < 0.01, and \*\*\*P < 0.001.