

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.

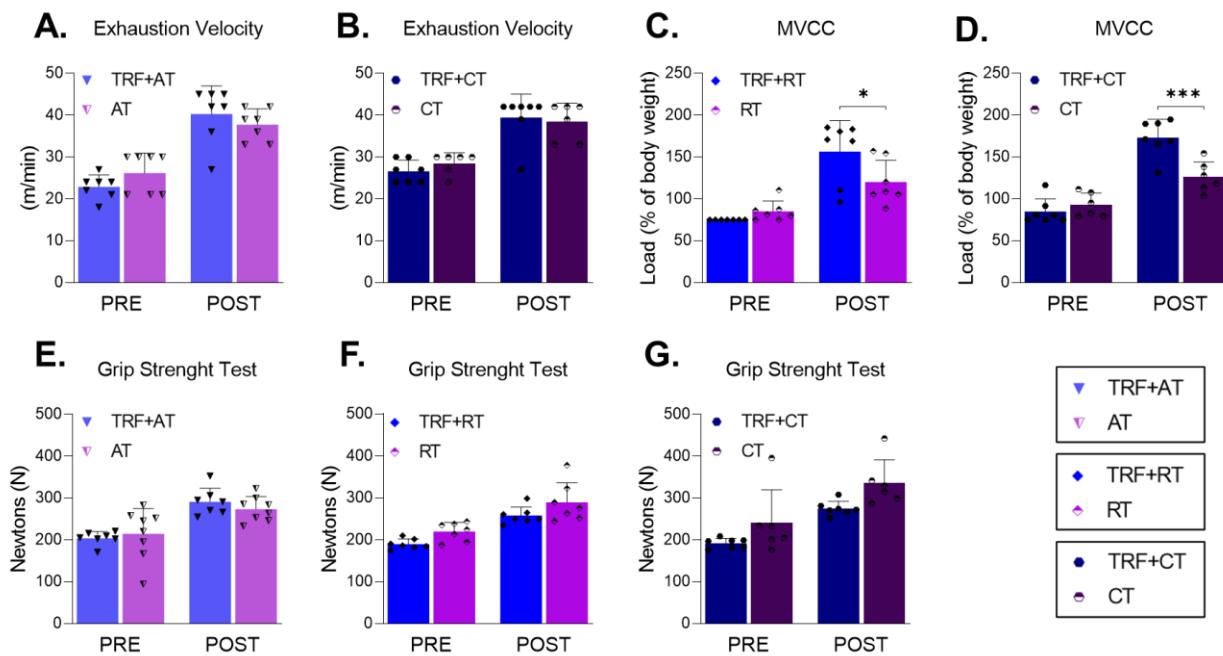


Figure S1. Comparative effects of combined time-restricted feeding and exercise versus isolated exercise on physical performance and handgrip strength. Aerobic training (AT), resistance training (RT), and combined training (CT) A-B, Exhaustion velocity (n=6-7). C-D, Maximum voluntary carrying capacity (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.

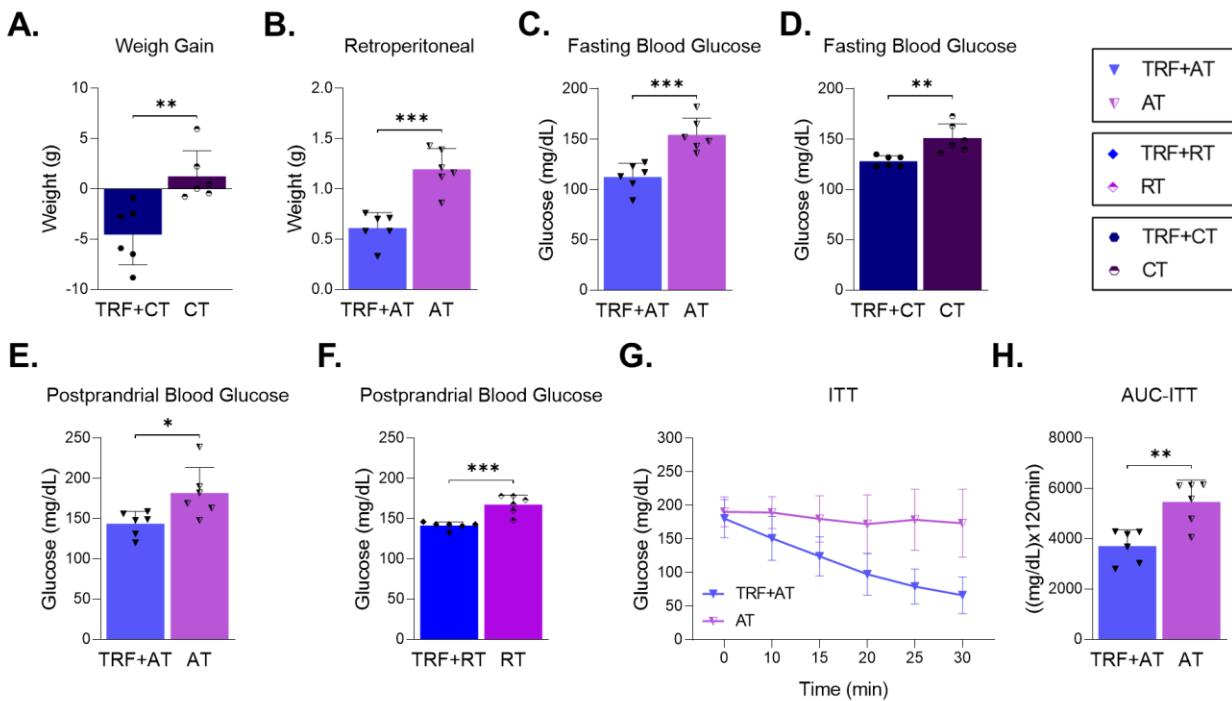


Figure S2. Effects of TRF combined with physical exercise versus isolated exercise on body weight, adiposity, and glycemic homeostasis. A, Weight gain (final weight – initial weight) ($n=6$). B, Visceral adipose tissue (retroperitoneal) ($n=6$). C-D, Fasting blood glucose ($n=6$). E-F, Postprandial blood 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 *** $P < 0.001$.

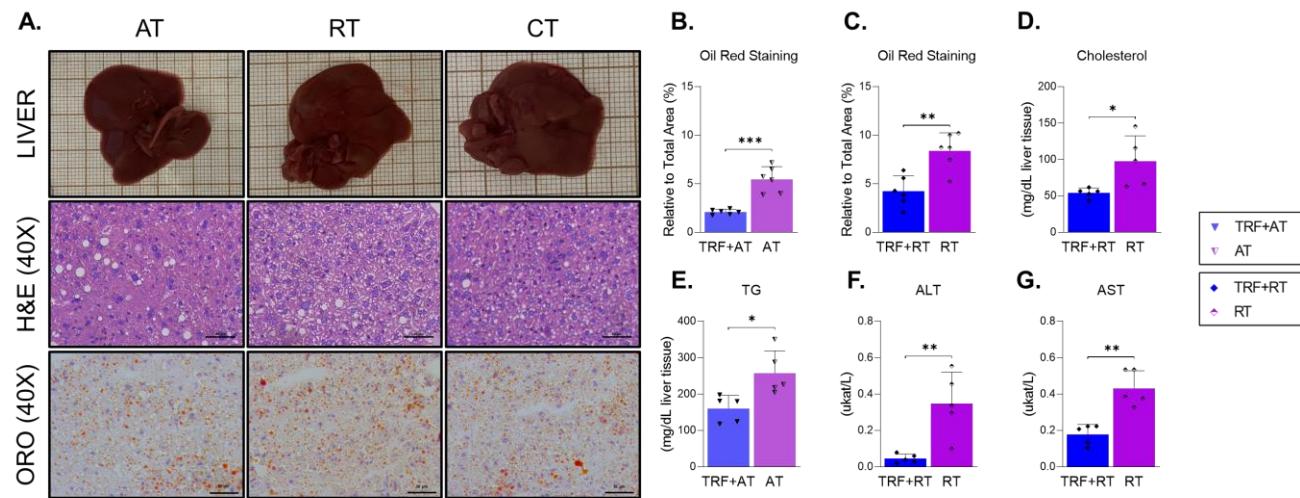


Figure S3. Effects of TRF combined with physical exercise versus isolated exercise on hepatic fat, lipid metabolism, and liver enzymes. A, Histological liver sections stained with hematoxylin-eosin (H&E) and Oil Red O (ORO). B-C, Quantification of Oil Red stained area ($n=6$). D, Hepatic cholesterol ($n=5$). 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 *** $P < 0.001$.