

TABLE 2. Baseline characteristics of the study population

	Group A (control group)	Group B (plain yogurt)	Group C (enriched yogurt)	<i>p</i>
Men/Women	16/14	13/13	15/14	0.75
Smoking (Yes/No)	14/16	12/13	10/19	0.19
Age (years)	49.2 ± 8.9	48.8 ± 9.2	46.7 ± 8.5	0.53
Systolic blood pressure (mmHg)	125.2 ± 17.8	128.7 ± 17.3	120.6 ± 12.3	0.17
Diastolic blood pressure (mmHg)	76.5 ± 9.3	77.4 ± 9.2	73.5 ± 8.7	0.24
BMI (kg/m ²)	27.7 ± 6.4	28.4 ± 3.9	27.2 ± 3.6	0.63
Glucose (mg/dL)	95.3 ± 18.2	98.4 ± 10.8	99.9 ± 30.6	0.69
Triacylglycerols (mg/dL)	112.8 ± 59.0	120.7 ± 49.3	115.1 ± 50.5	0.86
HDL-cholesterol (mg/dL)	53.2 ± 15.7	54.0 ± 12.6	54.5 ± 12.7	0.97
LDL- cholesterol (mg/dL)	134.4 ± 35.6	133.9 ± 25.6	141.8 ± 32.2	0.78
Insulin (μU/mL)	12.1 ± 8.4	10.9 ± 5.9	11.5 ± 8.2	0.83

Values are given as means+SDs apart from categorical variables which are given as absolute numbers.

TABLE 3. Baseline values of blood count parameters of the study population.

	Group A (control group)	Group B (plain yogurt)	Group C (enriched yogurt)	<i>p</i>
WBC (10 ³ /μL)	6.74 ± 1.78	5.97 ± 1.45	6.17 ± 1.74	0.18
RBC (10 ⁶ /μL)	4.86 ± 0.50	4.68 ± 0.41	4.69 ± 0.51	0.22
Hct (%)	40.50 ± 4.83	40.48 ± 4.73	41.53 ± 5.37	0.28
HGB (g/dL)	13.75 ± 1.75	14.05 ± 1.74	14.31 ± 1.92	0.45
Platelets (10 ³ /L)	252 ± 59	260 ± 72	245 ± 48	0.97

Values are given as means+SDs. WBC: White blood cells; RBC: Red blood cells; HGB: Hemoglobin; Hct: Hematocrit.

TABLE 4. Baseline EC₅₀ values of PAF-, ADP- and TRAP-induced platelet aggregation

(μM)	Group A (control group)	Group B (plain yogurt)	Group C (enriched yogurt)	<i>p</i>
PAF	53.34 (25.13 - 106.54)	38.76 (23.18 - 94.53)	32.70 (26.60 - 67.60)	0.59
ADP	3.22 (2.49 - 5.91)	4.61 (3.49 - 7.48)	4.51 (3.25 - 7.51)	0.14
TRAP	0.86 (0.70 - 0.99)	0.89 (0.67 - 1.14)	0.90 (0.70 - 1.27)	0.76

Values are given as median (25th-75th percent range). PAF: Platelet activating factor; ADP: Adenosine diphosphate; TRAP: Thrombin receptor activating peptide.

TABLE 5. Baseline values of subclinical inflammation markers

	Group A (control group)	Group B (plain yogurt)	Group C (enriched yogurt)	<i>p</i>
IL-6 (pg/mL)	0.70 (0.36 - 1.17)	1.05 (0.76 - 1.30)	1.05 (0.66 - 1.53)	0.02 *
IL-10 (pg/mL)	2.68 (1.94 - 3.85)	2.05 (1.76 - 2.76)	2.39 (2.07 - 3.20)	0.04 *
Adiponectin (μg/mL)	5.74 (3.61 - 8.51)	3.85 (2.62 - 5.43)	4.49 (2.51 - 7.48)	0.21

Values are given as median (25th-75th percent range).