

Table (1): Fasting blood glucose level (mg/dl) in the 1st and 8th week in each group

Parameter Groups	Glucose (mg/dl) in the 1 st week	Glucose (mg/dl) in the 8 th week	P-value
Group I(CS) Mean± S.D.	82.8 ± 15.9	85.43±14.43	0.094
Group II(CE) Mean± S.D.	83.5 ± 16.8	83.9 ± 18.01	0.909
Group III(DS) Mean± S.D.	233.9 ± 20.4	248.57 ± 18.92	0.001*
Group IV(DE) Mean± S.D.	226 ± 17.2	158.7 ± 17.1	0.001*

Table (2): Comparison of serum insulin level (μU/mL)among the study groups at the end of the study

Groups Parameter	Group (I) (N=30)	Group (II) (N=30)	Group (III) (N=30)	Group (IV) (N=30)	P1	P2	P3
Insulin (ng/dl)	28.9 ± 1.7	30.3 ± 1.4	5.1 ± 0.6	10.9 ± 2.3	0.002*	<0.001*	<0.001*

Table (3): Comparison of serum irisin level (pg/ml) among the study groups at the end of the study.

Groups Parameter	Group (I) (N=30)	Group (II) (N=30)	Group (III) (N=30)	Group (IV) (N=30)	P1	P2	P3
Irisin (pg/ml)	27.3 ± 6.3	74.8 ± 9.7	12.8 ± 3.9	52.1 ± 7.2	<0.001*	<0.001*	<0.001*

