

Table 1 Mean values and standard deviation of paraoxonase enzymes (PON-1) and Leptin pre- and post-intervention with yerba mate, green tea and apple tea and its gross and adjusted variations between groups for 8 weeks

Variables	N	Intra-group		P*	Inter-group		P
		Pre Mean ± SD	Post Mean ± SD		Crude post-pre Δ (95% CI)	Crude post-pre Δ** (95% CI)	
<b>Paraoxonase</b>							
Yerba mate group	47	2625±1017	2880±912	<b>0.005</b>	255 (42 a 468)	250 (57 a 444)	<b>0.036</b>
Green tea group	49	2899±786	2745±923	0.154	-153 (-361 a 54)	-55 (-248 a 137)	
Control group	46	2369±675	2403±684	0.629	33 (-181 a 249)	-66 (-264 a 132)	
<b>Leptin</b>							
Yerba mate group	47	25,010±16,344	24,849±16,226	0.908	-160 (-2551 a 2230)	-0.440 (-2275 a 2274)	0.450
Green tea group	49	25,049±15,775	25,288±14,551	0.783	238 (-2104 a 2580)	405 (1823 a 2633)	
Control group	46	22,028±15,296	20,813±15,160	0.347	-1214 (-3632 a 1202)	-1556 (-3860 a 748)	

Note: \* Method of generalized estimating equations with multiple comparisons adjusted by Bonferroni method (intra group); \*\* ANCOVA with adjustment for baseline levels among the 3 groups (Adopted from Balsan et al., 2019)