### Supplementary Material

#### Table 15  List of medicines that affect insulin sensitivity within the past 3 months.

<table>
<thead>
<tr>
<th>Medicines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Statins</td>
</tr>
<tr>
<td>Flutamide</td>
</tr>
<tr>
<td>Spironolactone</td>
</tr>
<tr>
<td>Isotretinoin</td>
</tr>
<tr>
<td>Thiazolidinedione</td>
</tr>
<tr>
<td>Rosiglitazone</td>
</tr>
<tr>
<td>Sulfonylureas</td>
</tr>
<tr>
<td>Antidepressant drugs</td>
</tr>
<tr>
<td>Orlistat</td>
</tr>
<tr>
<td>Weight-loss drugs</td>
</tr>
</tbody>
</table>

#### Table 25  Bivariate correlations between clinical biomarkers and insulin in subjects with PCOS before and after metformin intervention.

<table>
<thead>
<tr>
<th>Variable</th>
<th>PCOS (Mean ± SD)</th>
<th>Metformin interventional (Mean ± SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>R</td>
<td>P- value</td>
</tr>
<tr>
<td>FBS (mg/dl)</td>
<td>0.2</td>
<td>0.24</td>
</tr>
<tr>
<td>TC (mg/dl)</td>
<td>0.17</td>
<td>0.31</td>
</tr>
<tr>
<td>TG (mg/dl)</td>
<td>0.52</td>
<td>0.001 *</td>
</tr>
<tr>
<td>LDL-C (mg/dl)</td>
<td>0.11</td>
<td>0.52</td>
</tr>
<tr>
<td>HDL-C (mg/dl)</td>
<td>−0.2</td>
<td>0.28</td>
</tr>
<tr>
<td>17-OH Prog (ng/ml)</td>
<td>−0.23</td>
<td>0.2</td>
</tr>
<tr>
<td>TEST (ng/ml)</td>
<td>−0.06</td>
<td>0.73</td>
</tr>
<tr>
<td>DHEA-S (μg/dl)</td>
<td>−0.05</td>
<td>0.75</td>
</tr>
<tr>
<td>Irisin</td>
<td>−0.31</td>
<td>0.03 *</td>
</tr>
<tr>
<td>HOMA-IR</td>
<td>0.8</td>
<td>0.00</td>
</tr>
</tbody>
</table>

Note: PCOS, polycystic ovary syndrome; BMI, body mass index; FBS, fast blood sugar; TG, triglyceride; TC, total cholesterol; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; HOMA-IR, HOMA-insulin resistance index; DHEA, dehydroepiandrosterone sulfate; TEST, testosterone; Prog, Progesterone. * P < 0.05.