Supplementary Table 1. Correlation matrix between the 10 most abundant miRNAs in purified HDLs compared to plasma and cardiometabolic markers.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | BMI | Total-C | TG | HDL-C | LDL-C | Total-C/HDL-C ratio | CRP | Fasting glucose | Fasting insulin | HOMA-IR |
| miR-144-5p | rs | -0.157 | 0.004 | -0.072 | -0.022 | 4.58e-4 | 0.018 | 0.259 | -0.249 | -0.376 | -0.361 |
| *p* | 0.376 | 0.982 | 0.687 | 0.902 | 0.998 | 0.921 | 0.140 | 0.156 | **0.028** | **0.036** |
| miR-204-5p | rs | -0.375 | -0.023 | 0.199 | -0.211 | 4.58e-4 | 0.138 | -0.029 | -0.189 | -0.199 | -0.200 |
| *p* | **0.029** | 0.897 | 0.259 | 0.231 | 0.998 | 0.436 | 0.870 | 0.285 | 0.260 | 0.258 |
| miR-150-5p | rs | 0.231 | -0.085 | 0.142 | -0.302 | -0.038 | 0.245 | 0.124 | -0.127 | -0.131 | -0.162 |
| *p* | 0.188 | 0.632 | 0.422 | 0.083 | 0.832 | 0.163 | 0.485 | 0.474 | 0.460 | 0.360 |
| miR-30a-5p | rs | -0.237 | 0.253 | -0.088 | 0.355 | 0.104 | -0.147 | -0.121 | -0.403 | -0.455 | -0.492 |
| *p* | 0.177 | 0.150 | 0.622 | **0.040** | 0.557 | 0.406 | 0.496 | **0.018** | **0.007** | **0.003** |
| miR-10b-5p | rs | -0.082 | 0.113 | -0.009 | 0.181 | 0.063 | -0.104 | -0.013 | -0.045 | -0.087 | -0.096 |
| *p* | 0.646 | 0.526 | 0.958 | 0.305 | 0.724 | 0.559 | 0.943 | 0.802 | 0.624 | 0.589 |
| miR-106b-3p | rs | -0.238 | -0.057 | -0.201 | 0.065 | -0.025 | -0.166 | -0.024 | 0.062 | 0.040 | 0.031 |
| *p* | 0.176 | 0.750 | 0.255 | 0.715 | 0.890 | 0.349 | 0.893 | 0.728 | 0.821 | 0.862 |
| miR-126-3p | rs | -0.087 | 0.349 | 0.146 | 0.193 | 0.235 | 0.084 | 0.148 | -0.039 | -0.078 | -0.079 |
| *p* | 0.625 | **0.043** | 0.411 | 0.273 | 0.180 | 0.636 | 0.403 | 0.825 | 0.662 | 0.656 |
| miR-10a-5p | rs | -0.131 | 0.150 | 0.158 | 0.192 | -0.014 | -0.114 | -0.026 | -0.126 | -0.106 | -0.118 |
| *p* | 0.461 | 0.396 | 0.371 | 0.277 | 0.936 | 0.519 | 0.883 | 0.476 | 0.552 | 0.506 |
| miR-30a-3p | rs | -0.294 | 0.128 | 0.096 | 0.139 | 0.055 | -0.052 | -0.013 | -0.241 | -0.108 | -0.172 |
| *p* | 0.092 | 0.471 | 0.588 | 0.431 | 0.757 | 0.772 | 0.943 | 0.169 | 0.543 | 0.332 |
| miR-30c-5p | rs | 0.158 | 0.142 | -0.097 | 0.161 | 0.089 | -0.035 | -0.092 | 0.054 | -0.079 | -0.068 |
| *p* | 0.372 | 0.424 | 0.584 | 0.362 | 0.618 | 0.846 | 0.606 | 0.762 | 0.656 | 0.704 |

Abbreviations: BMI: Body mass index; HDL-C: High-density lipoprotein cholesterol; HOMA-IR: Homeostasis model assessment of insulin resistance; LDL-C: Low-density lipoprotein cholesterol, Total-C: Total Cholesterol levels; TG: triglycerides levels. P-value < 0.05 are indicated by bold font.