

Supplementary Table 1

Outcome of 10 patients who remitted type 2 diabetes

during VLCD 1993 to 1996

	Weight kg (SD)	TTEST vs Baseline	Fructosamine mmol/mol (range)	TTESTvB
Baseline	103.3 (24.4)		336.8 (56.9)	
3 months	89.5 (21.3)	0.0004	258.9 (25.1)	0.00
6 months	92.3 (20.1)	0.11	272.2 (52.1)	0.40
3 years	96.72 (23.1)	0.19	349.2 (68.1)	0.01
5 years	103.7 (30.3)	0.10	331.4 (67.0)	0.48
15years	105.1 (30.5)	0.58	All on hypoglycaemic therapy	