**Table 2.** Differences between Met-Healthy and Met-Synd groups in average postprandial lipid response in the trials with and without prior exercise. Data are expressed as P values. P values > 0.05 (in bold) denote that Met Synd values were not statistically different from Met Healthy (i.e., normalization).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Met Healthy (n = 8)** | **REST** | | **EXER** | |
| **Met Synd (n = 8)** | **Rest+Plac** | **Rest+Sta** | **Exer+Plac** | **Exer+Sta** |
| Triglycerides (mg·dL-1) | <0.01 | <0.01 | <0.01 | 0.010 |
| Total cholesterol (mg·dL-1) | <0.01 | **0.178** | <0.01 | **0.182** |
| HDL-c (mg·dL-1) | 0.022 | 0.019 | <0.01 | 0.020 |
| LDL-c (mg·dL-1) | <0.01 | **0.197** | 0.029 | **0.372** |
| VLDL-c (mg·dL-1) | <0.01 | 0.014 | <0.01 | <0.01 |
| Apo B48 (mg·dL-1) | **0.147** | **0.096** | **0.115** | **0.093** |
| Apo B100 (mg·dL-1) | **0.083** | **0.108** | 0.032 | **0.101** |