

**Supplemental Table 1.** Data from adolescent girls with polycystic ovary syndrome (PCOS) who were randomized to receive ethinylestradiol-levonorgestrel (N=31) or low-dose spironolactone-pioglitazone-metformin (N=31) for 12 months.

	All PCOS (N=62)	Ethinylestradiol-Levonorgestrel (N=31)			SPIOMET (N=31)		
		Start <sup>a</sup>	12 mo	Δ 0-12 mo	Start <sup>a</sup>	12 mo	Δ 0-12 mo
Age (yr)	15.8 ± 0.2	15.9 ± 0.2	--	--	15.7 ± 0.2	--	--
BMI (kg/m <sup>2</sup> )	24.2 ± 0.5	24.2 ± 0.7	24.9 ± 0.8 <sup>c</sup>	0.7 ± 0.3	24.2 ± 0.7	23.9 ± 0.7	-0.2 ± 0.3 <sup>e</sup>
BMI Z-score	0.8 ± 0.1	0.9 ± 0.2	1.1 ± 0.2 <sup>b</sup>	0.2 ± 0.1	0.8 ± 0.2	0.7 ± 0.2	-0.1 ± 0.1 <sup>e</sup>
Hirsutism score	0.2 ± 0.1	17 ± 1	14 ± 1 <sup>d</sup>	-3 ± 1	16 ± 1	11 ± 1 <sup>d</sup>	-5 ± 1 <sup>g</sup>
SHBG (nmol/L)	30 ± 2	31 ± 2	61 ± 5 <sup>d</sup>	30 ± 4	30 ± 2	32 ± 2	2 ± 2 <sup>g</sup>
Testosterone (ng/dL)	41 ± 4	38 ± 4	21 ± 2 <sup>d</sup>	-17 ± 4	43 ± 7	23 ± 2 <sup>c</sup>	-20 ± 7
Androstenedione (ng/dL)	151 ± 8	137 ± 9	73 ± 6 <sup>d</sup>	-64 ± 10	164 ± 11	100 ± 9 <sup>d</sup>	-64 ± 11
Fasting Insulin (μU/mL)	11 ± 1	12 ± 1	15 ± 1 <sup>b</sup>	3 ± 1	10 ± 1	6 ± 1 <sup>d</sup>	-4 ± 1 <sup>g</sup>
HOMA-IR	2.3 ± 0.2	2.6 ± 0.3	3.0 ± 0.3	0.4 ± 0.2	2.1 ± 0.2	1.2 ± 0.1 <sup>d</sup>	-0.9 ± 0.3 <sup>f</sup>
Triacylglycerol (mg/dL)	60 ± 3	58 ± 3	66 ± 4 <sup>b</sup>	8 ± 3	62 ± 4	59 ± 4	-3 ± 4 <sup>e</sup>
LDL-cholesterol (mg/dL)	89 ± 3	90 ± 3	105 ± 5 <sup>d</sup>	15 ± 4	87 ± 4	87 ± 4	0 ± 2 <sup>f</sup>
HDL-cholesterol (mg/dL)	51 ± 1	51 ± 2	51 ± 2	0 ± 1	50 ± 2	55 ± 2 <sup>c</sup>	5 ± 2 <sup>e</sup>
HMW-adiponectin (mg/L)	6.8 ± 0.6	6.5 ± 0.6	8.9 ± 1.3 <sup>b</sup>	2.6 ± 1.1	7.1 ± 0.9	17.1 ± 2.6 <sup>d</sup>	10.0 ± 2.1 <sup>f</sup>
C-Reactive Protein (mg/L)	1.5 ± 0.2	1.2 ± 0.2	2.6 ± 0.4 <sup>c</sup>	1.4 ± 0.4	1.8 ± 0.4	0.7 ± 0.1 <sup>c</sup>	-1.1 ± 0.4 <sup>g</sup>
<b>Abd MRI</b>							
Subc Fat (cm <sup>2</sup> )	174 ± 14	169 ± 18	184 ± 19	15 ± 9	179 ± 21	171 ± 19	-8 ± 11
Visceral Fat (cm <sup>2</sup> )	43 ± 2	41 ± 3	45 ± 4	4 ± 3	44 ± 3	35 ± 2 <sup>b</sup>	-9 ± 4 <sup>f</sup>
Liver Fat (%)	17 ± 1	17 ± 1	19 ± 1	2 ± 1	18 ± 1	10 ± 1 <sup>d</sup>	-8 ± 1 <sup>g</sup>

Values are mean ± SEM. BMI, body mass index; SHBG, sex hormone-binding globulin; HOMA-IR, homeostasis model assessment-insulin resistance; HMW adiponectin, high-molecular-weight adiponectin; Abd MRI, abdominal magnetic resonance imaging

<sup>a</sup> no significant differences between randomized subgroups at start

<sup>b</sup> p < 0.05, <sup>c</sup> p < 0.01 and <sup>d</sup> p < 0.001 within subgroups for 0-12 mo change (Δ)

<sup>e</sup> p < 0.05, <sup>f</sup> p < 0.01, <sup>g</sup> p < 0.001 between subgroups for 0-12 mo change (Δ)

The contents of this Table are derived from Ref. 6