



University of Dundee

The sustained influence of metformin therapy on circulating GLP-1 levels in individuals with and without type 2 diabetes

Preiss, David; Dawed, Adem; Welsh, Paul; Heggie, Alison; Jones, Angus G.; Dekker, Jacqueline

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Supplementary Table 1. Baseline characteristics of CAMERA participants

Characteristic	Metformin (n=86)	Placebo (n=87)
Males	70 (81%)	63 (72%)
Age (years)	63 (8)	64 (8)
Weight (kg)	87.9 (14.1)	86.8 (15.0)
BMI (kg/m ²)	30.2 (4.0)	30.5 (4.4)
Fasting plasma glucose (mmol/L)	5.4 (0.6)	5.3 (0.5)
HOMA2-IR*†	1.36 (1.23-1.51)	1.40 (1.25-1.56)
HbA1c (mmol/mol)	38.7 (3.6)	38.2 (3.3)
HbA1c (%)	5.6 (0.3)	5.6 (0.3)
Fasting leptin (ng/mL)*	16.1 (13.6-19.1)	18.7 (15.8-22.1)
Fasting total GLP-1 (pg/mL)*	11.6 (10.1-13.3)	12.4 (10.9-14.2)

Data presented as mean (SD) or n (%) except where indicated (*Geometric mean and 95% CI)

† calculated using the HOMA2-IR calculator (<https://www.dtu.ox.ac.uk/homacalculator/>)

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Supplementary Table 2. Review of previous studies investigating the effect of metformin on circulating GLP-1

REFERENCE	Study summary	N, duration	Methods	Metformin effect on GLP-1
Kappe et al. (2014)	To determine if high fat diet (HFD) and metformin lowers number of entero-endocrine L cells and/or GLP-1 plasma levels	-, -	C57/B16 mice received control/HFD for 12 weeks and oral metformin/ saline for last 14 days. ELISA used to measure GLP-1 before and after metformin. Immunohistochemistry used to quantify GLP-1 positive cells in intestinal cells.	<ul style="list-style-type: none"> - ↓ GLP positive cells in HFD mice - improved incretin response - intestinal expression of GLP-1R mRNA upregulation - improved metformin response in mice on HFD
Wu et al. (2014)	Study of Caucasian T2DM men treated with placebo or metformin to investigate effects on DPP-4 and total intact GLP-1	N=12, 2 X 7 days	Crossover study with Intra-duodenal glucose infusion on day 5 and 8 then C-terminally directed assay and sandwich ELISA	<ul style="list-style-type: none"> - ↓ plasma fasting DPP-4 activity - ↑ plasma intact GLP-1 - no significant difference in total GLP-1
Solis-Herrera et al. (2013)	Study assessing glucose lowering mechanisms of sitagliptin and/or metformin in patients with T2DM	N=16, 4 X 6 weeks	Cross-over study with meal tolerance testing, radioimmunoassay, glucose oxidase method and ELISA	<ul style="list-style-type: none"> - ↑ GLP-1 secretion and β cell function in metformin and sitagliptin combined (2 to 3 fold ↑ in basal plasma GLP-1 concentration - no significant ↑ with metformin alone
Vardarli et al. (2013)	Effect of metformin, sitagliptin or both on GLP-1 responses of overweight/obese patients with T2DM	N=20, 4 X 6 days	Cross-over study with oral glucose challenge on day 5 and IV glucose infusion on day 6 then sandwich ELISA or C-terminally detected assay	<ul style="list-style-type: none"> - metformin ↑ fasting total GLP-1 by ↑ insulin secretory responses. - Whereas, DPP-4 inhibitor ↑ plasma intact GLP-1 and ↓ total GLP-1
Kappe et al. (2012)	Effect of metformin on regulation of GLP-1 secreting cells	-, -	Used murine GLUTag cell line, DNA-fragment assay, ELISA, RT-PCR etc.	<ul style="list-style-type: none"> - Regulates GLP-1 receptor expression in pancreas - Protects GLP-1 cells against lipoapoptosis - ↑ secretion of pre-proglucagon
Thondam et al. (2012)	Effect of 3 months of metformin monotherapy on GLP-1, ghrelin and DPP-4 in obese T2DM patients	N=8, 3 months	Prospective, observational study using ELISA	<ul style="list-style-type: none"> - ↑ postprandial active GLP-1 levels - after 3 months, mean fasting GLP-1 didn't significantly change
Mulherin et al. (2011)	Assess direct effects of metformin on GLP-1 secretion from intestinal L cells and assess indirect actions that increase plasma GLP-1.	-, -	In vivo and in vitro studies using murine human NCI-H716 and rat FRIC cells	<ul style="list-style-type: none"> - ↑ GLP-1 in vivo only (M3 muscarinic dependent effects) - activity of DPP-4 not affected - ↑ total GLP-1 over 24 hours
Cuthbertson et al. (2011)	Acute effect of metformin and GLP-1 alone or in combination on DPP-4 activity in overweight/obese patients with T2DM	N=10, 1 day	Overnight fast then blood tested for DPP-4 activity, insulin, GLP-1, glucose and C-peptide concentrations using biochemical assays	<ul style="list-style-type: none"> - DPP-4 only inhibited by 7% - insulin sensitizing effects important in glucose lowering by GLP-1

Maida et al. (2011)	To assess if metformin exerts glucoregulatory actions via modulation of the incretin axis using knock-out GLP-1R versus obese hyperglycaemic wild-type mice with/without exendin	-, -	Assessed incretin receptor expression, glucose tolerance, gastric emptying and food intake	<ul style="list-style-type: none"> - ↑ GLP-1 levels and improved glucose tolerance in knock-out mice. - ↑ GLP-1R in INS-1β CELLS via PPAR-α dependent and AMPK independent pathways
Migoya et al. (2010)	Effect of metformin in healthy men and women	N=16, 4 X 2 days	Four period (two day) cross-over study including placebo and metformin interventions; Day 2 active and total GLP-1 and GIP and glucose plasma concentrations measured pre-meal and post-meal	<ul style="list-style-type: none"> - ↑ postprandial total GLP-1 concentrations in plasma - ↑ postprandial active GLP-1 concentrations - no effect on total or active GIP concentrations - no effect on postprandial DPP-4 activity
Svendsen et al. (2009)	Effect of metformin in women with polycystic ovarian syndrome	N=40 (22 completed treatment), 8 months	Uncontrolled interventional study with 180min oral glucose loading tests and comparison to baseline	<ul style="list-style-type: none"> - ↑ area under GLP-1 curve
Green et al. (2006)	Effect of metformin on DPP-4 activity in normal and obese diabetic mice	-, -	Radioimmunoassay using blood samples taken 30 minutes post-intraperitoneal injection of glucose and GLP-1 or GLP-1+ metformin	<ul style="list-style-type: none"> - in vivo metformin ↓ DPP-4 activity in ob/ob mice with improved glucose lowering and insulin release from GLP-1 - ↑ circulating GLP-1 (7-36) amide levels
Mannucci et al. (2004)	Effect of metformin on 22 obese T2DM versus 12 placebo controls	N=34, 4 weeks	GLP-1 measured before and after 100g glucose load after 4 weeks of 850mg metformin	<ul style="list-style-type: none"> - Single dose didn't modify GLP-1 - fasting GLP-1 ↑ after 4 weeks of metformin
Hinke et al. (2002)	Investigates whether metformin acts as a DPP-4 inhibitor to increase GLP-1 in obese non-diabetic patients	-, -	In vitro analysis of 20% human serum, porcine kidney and recombinant human DPP-4 using mass spectrometry and surface plasmon resonance	<ul style="list-style-type: none"> - Metformin does not act directly on DPP-4 - Instead, it may ↑ GLP-1 and glucagon secretion from pancreatic α cells and intestinal L cells
Mannucci et al. (2001)	Effect of metformin versus placebo on GLP-1 and leptin in obese non-diabetic men before and after 14 days of treatment	N=10, 14 days	GLP-1 measured using ELISA in fasting state and after oral glycaemic load during euglycaemic hyperinsulinaemic clamp	<ul style="list-style-type: none"> - significant GLP-1 ↑ at 30 and 60 minutes after oral glucose load -no GLP-1 variation in controls

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Supplementary Table 3. DIRECT collaborators

First Name	Surname	Initials	Institution Address
Christopher	Jennison	C.	Department of Mathematical Sciences, University of Bath, Bath, UK
Patrick	Baum	P.	Boehringer Ingelheim Pharma GmbH & Co. KG, Translational Medicine & Clinical Pharmacology, Birkendorferstr.65, 88397 Biberach an der Riss, Germany
Corinna	Schoelsch	C.	Boehringer Ingelheim Pharma GmbH & Co. KG, Translational Medicine & Clinical Pharmacology, Birkendorferstr.65, 88397 Biberach an der Riss, Germany
Jan	Freijer	J.I.	Boehringer Ingelheim Pharma GmbH & Co. KG, Translational Medicine & Clinical Pharmacology, Birkendorferstr.65, 88397 Biberach an der Riss, Germany
Rolf	Grempler	R.	Boehringer Ingelheim Pharma GmbH & Co. KG, Translational Medicine & Clinical Pharmacology, Birkendorferstr.65, 88397 Biberach an der Riss, Germany
Ulrike	Graefe-Mody	U.	Boehringer Ingelheim Pharma GmbH & Co. KG, Medicine Therapeutic Area Metabolism 1, Binger Strasse 173, 55216 Ingelheim am Rhein, Germany
Anita	Hennige	A.M.	Boehringer Ingelheim Pharma GmbH & Co. KG, Medicine Therapeutic Area Metabolism 1, Birkendorferstr.65, 88397 Biberach an der Riss, Germany
Christiane	Dings	C.	Clinical Pharmacy, Saarland University, Campus C2.2, 66123 Saarbrücken, Germany
Thorsten	Lehr	T.	Clinical Pharmacy, Saarland University, Campus C2.2, 66123 Saarbrücken, Germany
Nina	Scherer	N.	Clinical Pharmacy, Saarland University, Campus C2.2, 66123 Saarbrücken, Germany
Francois	Pattou	F.	Centre Hospitalier Régional Universitaire de Lille 2, Av Oscar Lambret 59037 Lille Cedex
Violeta	Raverdi	V.	Centre Hospitalier Régional Universitaire de Lille 2, Av Oscar Lambret 59037 Lille Cedex
Robert	Caiazzo	R.	Centre Hospitalier Régional Universitaire de Lille 2, Av Oscar Lambret 59037 Lille Cedex
Fanelly	Torres	F.	Centre Hospitalier Régional Universitaire de Lille 2, Av Oscar Lambret 59037 Lille Cedex
Helene	Verkindt	H.	Centre Hospitalier Régional Universitaire de Lille 2, Av Oscar Lambret 59037 Lille Cedex
Andrea	Mari	A.	Institute of Neuroscience, National Research Council, Corso Stati Uniti 4, 35127 Padova, Italy
Andrea	Tura	A.	Institute of Neuroscience, National Research Council, Corso Stati Uniti 4, 35127 Padova, Italy
Toni	Giorgino	T.	Institute of Neuroscience, National Research Council, Corso Stati Uniti 4, 35127 Padova, Italy
Loic	Yengo	L.	Centre National de la Recherche Scientifique CNRS, Délégation Nord Pas-de-Calais et Picardie du CNRS Espace Recherche et Innovation, 2, rue des Canoniers, 59046 LILLE CEDEX, France
Philippe	Froguel	P.	Centre National de la Recherche Scientifique CNRS, Délégation Nord Pas-de-Calais et Picardie du CNRS Espace Recherche et Innovation, 2, rue des Canoniers, 59046 LILLE CEDEX, France IMPERIAL COLLEGE LONDON, Department of Genomics of Common Disease, School Of Public Health, Hammersmith Hospital Campus, Imperial College Faculty of Medicine, Burlington-Danes building, Du Cane Road, London, W12 0NN , United Kingdom
Amelie	Bonneford	A.	Centre National de la Recherche Scientifique CNRS, Délégation Nord Pas-de-Calais et Picardie du CNRS Espace Recherche et Innovation, 2, rue des Canoniers, 59046 LILLE CEDEX, France
Mickael	Canouil	M.	Centre National de la Recherche Scientifique CNRS, Délégation Nord Pas-de-Calais et Picardie du CNRS Espace Recherche et Innovation, 2, rue des Canoniers, 59046 LILLE CEDEX, France
Veronique	Dhennin	V.	Centre National de la Recherche Scientifique CNRS, Délégation Nord Pas-de-Calais et Picardie du CNRS Espace Recherche et Innovation, 2, rue des Canoniers, 59046 LILLE CEDEX, France
Caroline	Brorsson	C.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Soren	Brunak	S.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Peter	Davidsen	P.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Federico	De Masi	F.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Valborg	Gudmundsdóttir	V.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Ramneek	Gupta	R.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Helle	Krogh Pedersen	H.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Kristoffer	Rapacki	K.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Emil	Rydza	E.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Hans-Henrik	Staerfeldt	H.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Karina	Banasik	K.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark

Cecilia	Engel Thomas	C.E.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Peter	Sackett	P.W.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Piotr	Chmura	P.J.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Sanna	Herrgard	S.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Mia	Dybkjær Rønsholdt	M.	Center for Biological Sequence Analysis, Dept. of Systems Biology, Technical University of Denmark, Kongens Lyngby, Denmark
Andreas	Fritsche	A.	Medizinische Universitätsklinik Tübingen, Eberhard Karls Universität Tübingen, Otfried Müller Straße 10, 72076 Tübingen, Germany
Annette	Peters	A.	Institute of Epidemiology II, Research Unit of Diabetes Epidemiology, Helmholtz Zentrum München Research Center for Environmental Health, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany German Center for Diabetes Research (DZD), Neuherberg, Germany; Helmholtz Zentrum München, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany
Barbara	Thorand	B.	Institute of Epidemiology II, Research Unit of Diabetes Epidemiology, Helmholtz Zentrum München Research Center for Environmental Health, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany German Center for Diabetes Research (DZD), Neuherberg, Germany; Helmholtz Zentrum München, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany
Jurek	Adamski	J.	Institute of Experimental Genetics, Genome Analysis Center, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany German Center for Diabetes Research (DZD), 85764 München-Neuherberg, Germany
Harald	Grallert	H.	Institute of Epidemiology II, Research Unit of Molecular Epidemiology, Helmholtz Zentrum München Research Center for Environmental Health, Neuherberg, Germany German Center for Diabetes Research (DZD), Neuherberg, Germany; Clinical Cooperation Group Type 2 Diabetes, Helmholtz Zentrum München, Neuherberg, Germany; Clinical Cooperation Group Nutrigenomics and Type 2 Diabetes, Helmholtz Zentrum München, German Research Center for Environmental Health, 85764 Neuherberg, Germany Technische Universität München, 85350 Freising-Weihenstephan, Germany
Mark	Haid	M.	Institute of Experimental Genetics, Genome Analysis Center, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany; German Center for Diabetes Research (DZD), 85764 München-Neuherberg, Germany
Tonia	Herasgala	T.	Institute of Epidemiology II, Research Unit of Diabetes Epidemiology, Helmholtz Zentrum München Research Center for Environmental Health, Ingolstaedter Landstr. 1, 85764 Neuherberg, Germany;
Jorge	Ferrer	J.	Institut d'Investigacions Biomediques August Pi i Sunye, Centre Esther Koplowitz, c/Rosselló 153, Barcelona 08036, Spain Imperial Centre for Translational and Experimental Medicine, Du Cane Road, London W12 0NN, United Kingdom
Elin	Birgersson	E.	Affinity Proteomics, Science for Life Laboratory, School of Biotechnology, KTH - Royal Institute of Technology, Box 1031, SE-171 21 Solna, Sweden
Mun-gwan	Hong	M.G.	Affinity Proteomics, Science for Life Laboratory, School of Biotechnology, KTH - Royal Institute of Technology, Box 1031, SE-171 21 Solna, Sweden
Peter	Nilsson	P.	Affinity Proteomics, Science for Life Laboratory, School of Biotechnology, KTH - Royal Institute of Technology, Box 1031, SE-171 21 Solna, Sweden
Sanna	Byström	S.	Affinity Proteomics, Science for Life Laboratory, School of Biotechnology, KTH - Royal Institute of Technology, Box 1031, SE-171 21 Solna, Sweden
Jochen	Schwenk	J.M.	Affinity Proteomics, Science for Life Laboratory, School of Biotechnology, KTH - Royal Institute of Technology, Box 1031, SE-171 21 Solna, Sweden
Mathias	Uhlen	M.	Affinity Proteomics, Science for Life Laboratory, School of Biotechnology, KTH - Royal Institute of Technology, Box 1031, SE-171 21 Solna, Sweden
Melissa	Thomas	M.K.	Lilly Research Laboratories, Eli Lilly and Company, Indianapolis, Indiana, 46285, USA
Han	Wu	H.	Lilly Research Laboratories, Eli Lilly and Company, Indianapolis, Indiana, 46285, USA
Leen	't Hart	L.M.	Leiden University Medical Center, Dept. of Molecular Cell Biology, Albinusdreef 2, 2333ZA Leiden, The Netherlands Leiden University Medical Center, Dept. of Molecular Epidemiology, Albinusdreef 2, 2333ZA Leiden, The Netherlands VU University Medical Center, Dept. of Epidemiology & Biostatistics, De Boelelaan 1089a, 1081 HV Amsterdam, The Netherlands
Nienke	van Leeuwen	N.	Leiden University Medical Center, Dept. of Molecular Cell biology, Albinusdreef 2, 2333ZA Leiden, The Netherlands
Karla	Allebrandt	K.	Diabetes Division, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Francesca	Frau	F.	Diabetes Division, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Johann	Gassenhuber	J.	Diabetes Division, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Mathias	Gebauer	M.	DSAR, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Bernd	Jablonka	B.	Strategy & Innovation, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Katharina	Michalik	K.	DSAR, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Petra	Musholt	P.	Diabetes Division, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Elizabeth	Ramos Lopez	E.	Diabetes Division, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Hartmut	Ruetten	H.	Diabetes Division, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main

Joachim	Tillner	J.	Clinical Operations, Sanofi-Aventis Deutschland GmbH, Frankfurt, Germany, 65926 Frankfurt am Main
Tania	Baltauss	T.	Translational & Clinical Research, Metabolism Innovation Pole- Institut de Recherches Internationales Servier- 92284 Suresnes Cedex- FRANCE
Oana	Bernard Poenaru	O.	Translational & Clinical Research, Metabolism Innovation Pole- Institut de Recherches Internationales Servier- 92284 Suresnes Cedex- FRANCE
Nathalie	de Preville	N.	Translational & Clinical Research, Metabolism Innovation Pole- Institut de Recherches Internationales Servier- 92284 Suresnes Cedex- FRANCE
Marianne	Rodriquez	M.	Biotech&Biomarkers Research Department-Institut de Recherches Internationales Servier, 78290 Croissy sur Seine - FRANCE
Manimozhiyan	Arumugam	M.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Kristine	Allin	K.H.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Line	Engelbrechtsen	L.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Neils	Grarup	N.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Torben	Hansen	T.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Tue	Hansen	T.H.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Anna	Jonsson	A.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Nikolaj	Krarup	N.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Oluf	Pedersen	O.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Mathilde	Svendstrup	M.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Trine	Nielsen	T.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Henrik	Vestergaard	H.	The Novo Nordisk Center for Basic Metabolic Research, Section of Metabolic Genetics, Faculty of Health and Medical Science, University of Copenhagen, Copenhagen, Denmark, DK-2100
Markku	Laakso	M.	Institute of Clinical Medicine, Internal Medicine, University of Eastern Finland, 70210 Kuopio, Finland
Johanna	Kuusisto	J.	Institute of Clinical Medicine, Internal Medicine, University of Eastern Finland, 70210 Kuopio, Finland
Paul	Franks	P.W.	Genetic and Molecular Epidemiology, Department of Clinical Science, Lund University, Skåne University Hospital Malmö, CRC, 91-10, 205 02, Malmö, Sweden
Leif	Groop	L.	Department of Clinical Sciences, Diabetes & Endocrinology Unit, Lund University, Skåne University Hospital Malmö, CRC, 91-12, 205 02, Malmö, Sweden
Robert	Koivula	R.W.	Genetic and Molecular Epidemiology, Department of Clinical Science, Lund University, Skåne University Hospital Malmö, CRC, 91-10, 205 02, Malmö, Sweden
Azra	Kurbasic	A.	Genetic and Molecular Epidemiology, Department of Clinical Science, Lund University, Skåne University Hospital Malmö, CRC, 91-10, 205 02, Malmö, Sweden
Martin	Ridderstrale	M.	Department of Clinical Sciences, Diabetes & Endocrinology Unit, Lund University, Skåne University Hospital Malmö, CRC, 91-12, 205 02, Malmö, Sweden
Naeimeh	Atabaki Pasdar	N.	Genetic and Molecular Epidemiology, Department of Clinical Science, Lund University, Skåne University Hospital Malmö, CRC, 91-10, 205 02, Malmö, Sweden
Harshal	Deshmukh	H.A.	Institute of Cellular Medicine, Faculty of Medical Sciences, Newcastle University, UK
Alison	Heggie	A.J.	Institute of Cellular Medicine, Faculty of Medical Sciences, Newcastle University, UK
Dianne	Wake	D.	Diabetes Research Network, Royal Victoria Infirmary, Newcastle upon Tyne, UK
Mark	Walker	M.	Institute of Cellular Medicine, Faculty of Medical Sciences, Newcastle University, UK
Andrew	Hattersley	A.T.	NIHR Exeter Clinical Research Facility, University of Exeter Medical School, Exeter EX25DW
Anita	Hill	A.V.	NIHR Exeter Clinical Research Facility, University of Exeter Medical School, Exeter EX25DW
Angus	Jones	A.G.	NIHR Exeter Clinical Research Facility, University of Exeter Medical School, Exeter EX25DW
Timothy	McDonald	T.J.	Blood Sciences, Royal Devon and Exeter NHS Foundation Trust, Barrck Rd, Wonford, Exeter, EX2 5DW, UK
Mandy	Perry	M.H.	Blood Sciences, Royal Devon and Exeter NHS Foundation Trust, Barrck Rd, Wonford, Exeter, EX2 5DW, UK

Adrian	Cudmore	A.P.	Blood Sciences, Royal Devon and Exeter NHS Foundation Trust, Barrck Rd, Wonford, Exeter, EX2 5DW, UK
Andrew	Brown	A.A.	Department of Genetic Medicine and Development, University of Geneva Medical School, 1211 Geneva
Olivier	Delaneau	O.	Department of Genetic Medicine and Development, University of Geneva Medical School, 1211 Geneva
Emmanouil	Dermitzakis	E.T.	Department of Genetic Medicine and Development, University of Geneva Medical School, 1211 Geneva
Cedric	Howald	C.	Department of Genetic Medicine and Development, University of Geneva Medical School, 1211 Geneva
Halit	Ongen	H.	Department of Genetic Medicine and Development, University of Geneva Medical School, 1211 Geneva
Ana	Vifiuela	A.	Department of Genetic Medicine and Development, University of Geneva Medical School, 1211 Geneva
Louise	Cabrelli	L.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Helen	Colhoun	H.M.	formerly Dundee, recently moved to University of Edinburgh
Adem	Dawed	A.Y.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Louise	Donnelly	L.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Ian	Forge	I.M.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Mike	Lonergan	M.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Ewan	Pearson	E.R.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Colin	Palmer	C.N.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Kaixen	Zhou	K.	Molecular and Clinical Medicine, Ninewells Hospital and Medical School, University of Dundee, Dundee, Scotland, United Kingdom, DD1 9SY
Moustafa	Abdalla	M.	Wellcome Trust Centre for Human Genetics, University of Oxford, Oxford, UK, OX3 7BN
Juan	Fernandez	J.	Wellcome Trust Centre for Human Genetics, University of Oxford, Oxford, UK, OX3 7BN
Stephen	Gough	S.	Oxford Centre for Diabetes Endocrinology and Metabolism, University of Oxford, Oxford, UK, OX3 7LJ
Chris	Groves	C.	Oxford Centre for Diabetes Endocrinology and Metabolism, University of Oxford, Oxford, UK, OX3 7LJ
Jane	Kaye	J.	Nuffield Department of Population Health, Centre for Health, Law and Emerging Technologies (HeLEX), University of Oxford, Oxford, United Kingdom, OX2 7DD
Anubha	Mahajan	A.	Wellcome Trust Centre for Human Genetics, University of Oxford, Oxford, UK, OX3 7BN
Mark	McCarthy	M.I.	Oxford Centre for Diabetes Endocrinology and Metabolism, University of Oxford, Oxford, UK, OX3 7LJ
Harriet	Teare	H.	Nuffield Department of Population Health, Centre for Health, Law and Emerging Technologies (HeLEX), University of Oxford, Oxford, United Kingdom, OX2 7DD
Martijn	Vandebunt	M.	Oxford Centre for Diabetes Endocrinology and Metabolism, University of Oxford, Oxford, UK, OX3 7LJ
Victoria	Coathup	V.	Nuffield Department of Population Health, Centre for Health, Law and Emerging Technologies (HeLEX), University of Oxford, Oxford, United Kingdom, OX2 7DD
Reinhard	Holl	R.W.	University of Ulm, Institute for Epidemiology and medical Biometry, ZIBMT, Albert-Einstein-Allee 41, D-89081 Ulm, Germany
Julia	Stingl	J.C.	Federal Institute for Drugs and Medical Devices, Research group Pharmacogenomics, Kurt-Georg-Kiesinger-Allee 3, 53175 Bonn, Germany
Jacqueline	Dekker	J.M.	Department of Epidemiology and Biostatistics, VUMC, de Boelelaan 1089a, 1081 HV, Amsterdam, the Netherlands
Anitra	Koopman	A.D.	Department of Epidemiology and Biostatistics, VUMC, de Boelelaan 1089a, 1081 HV, Amsterdam, the Netherlands
Femke	Rutters	F.	Department of Epidemiology and Biostatistics, VUMC, de Boelelaan 1089a, 1081 HV, Amsterdam, the Netherlands
Simone	Rauh	S.	Department of Epidemiology and Biostatistics, VUMC, de Boelelaan 1089a, 1081 HV, Amsterdam, the Netherlands
Joline	Beulens	J.W.	Department of Epidemiology and Biostatistics, VUMC, de Boelelaan 1089a, 1081 HV, Amsterdam, the Netherlands
Jimmy	Bell	J.D.	Research Centre for Optimal Health, Department of Life Sciences, University of Westminster, London UK
Louise	Thomas	E.L.	Research Centre for Optimal Health, Department of Life Sciences, University of Westminster, London UK