

Analysis of Human Milk Leptin and Ghrelin in Relation to Maternal Factors and Infant Weight Gain Within Six Months

by

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Supplementary Materials

Table S1. Human milk composition over the first six months of lactation.

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Component ¹	Time period	Mean ± standard deviation	Median (quartile ranges)	<i>p</i> -Value ²
Energy (kcal/100 mL)	First month	70±21	72 (64–82)	0.452
	Second month	69±23	74 (60–81)	
	Third month	66±19	70 (59–78)	
	Fourth month	67±19	65 (58–73)	
	Fifth month	75±22	72 (62–81)	
	Sixth month	73±18	71 (60–80)	
Total protein (g/100 mL)	First month	1.39±0.20	1.30 (1.28–1.50)	0.085
	Second month	1.23±0.20	1.20 (1.10–1.31)	
	Third month	1.16±0.19	1.15 (1.10–1.26)	
	Fourth month	1.19±0.19	1.20 (1.14–1.30)	
	Fifth month	1.16±0.12	1.18 (1.10–1.20)	
	Sixth month	1.10±0.14	1.10 (1.00–1.20)	
True protein (g/100 mL)	First month	1.11±0.19	1.10 (0.99–1.20)	0.159
	Second month	0.99±0.16	0.98 (0.90–1.03)	
	Third month	0.93±0.16	0.90 (0.89–1.00)	
	Fourth month	0.95±0.15	1.00 (0.88–1.00)	
	Fifth month	0.93±0.10	0.90 (0.90–1.00)	
	Sixth month	0.88±0.12	0.90 (0.80–1.00)	
Fat (g/100 mL)	First month	3.8±1.5	3.6 (2.9–4.6)	0.566
	Second month	3.8±1.8	4.0 (2.6–4.7)	
	Third month	3.7±1.4	4.0 (2.5–4.9)	
	Fourth month	3.3±1.9	3.0 (2.2–3.8)	
	Fifth month	4.1±2.4	3.7 (2.5–5.0)	
	Sixth month	3.9±1.9	3.6 (2.6–4.5)	
Lactose (g/100 mL)	First month	7.90±0.38	7.90 (7.64–8.20)	0.070
	Second month	7.88±0.51	8.03 (7.73–8.13)	
	Third month	7.78±0.45	7.93 (7.64–8.10)	
	Fourth month	7.80±0.94	8.10 (7.93–8.20)	
	Fifth month	8.10±0.25	8.10 (8.00–8.23)	
	Sixth month	8.10±0.22	8.10 (7.99–8.23)	
Dry mass (g/100 mL)	First month	13.0±1.2	12.8 (12.0–14.0)	1.000
	Second month	13.2±1.9	13.4 (11.9–14.1)	
	Third month	12.8±1.4	12.9 (11.9–13.7)	
	Fourth month	12.5±2.4	12.5 (11.7–13.2)	
	Fifth month	13.5±2.7	13.1 (12.1–14.2)	
	Sixth month	13.3±2.0	13.0 (11.6–14.1)	
Leptin (ng/mL) ³	First month (<i>n</i> =18)	0.40±0.31	0.45 (0.16–0.56)	0.603
	Second month (<i>n</i> =17)	0.36±0.27	0.34 (0.17–0.55)	
	Third month (<i>n</i> =15)	0.35±0.31	0.36 (0.04–0.52)	
	Fourth month (<i>n</i> =17)	0.41±0.30	0.33 (0.20–0.66)	
	Fifth month (<i>n</i> =15)	0.30±0.28	0.23 (0.08–0.53)	
	Sixth month (<i>n</i> =17)	0.33±0.29	0.29 (0.07–0.56)	

Ghrelin (pg/mL)	First month	25±12	22 (18–29)	1.000
	Second month	27±18	24 (16–33)	
	Third month	29±24	22 (13–36)	
	Fourth month	23±13	21 (13–29)	
	Fifth month	27±20	22 (15–30)	
	Sixth month	30±21	23 (17–33)	

¹All data are presented in six time periods (from 1st to 6th month postpartum). ²The results of Mann-Kendall's test.

³Some measurements were below the detection limit, particularly for leptin. The reported values reflect the available data at each time point.