

Supplementary Table 2 Mass Spectrometry characteristics of compounds monitored by targeted analysis through Liquid Chromatography - Tandem Mass Spectrometry (LC/MS/MS) in blood and urine samples collected over the study period.

Compound	Precursor ion [M+H]⁺ <i>m/z</i>	Product ions [M+H]⁺ <i>m/z</i>
TMAO	76	58
TMAO-d9	85	66
Betaine	118	59
Carnitine	162	103; 85; 60
Choline	104	60
Creatinine	114	44

TMAO: trimethylamine n-oxide; TMAO-d9: deuterium-labeled methyl d9-TMAO. *m/z*, mass-to-charge.