

Table S1. Electronic cigarette and e-liquid characteristics

| | | E-cig users ^a | | Podusers ^b | |
|--|--|--------------------------|-------------|-----------------------|------------|
| | | Sole users | Duals users | Sole users | Dual users |
| Type of e-cigarette device used | 1 st gen e-cigarette | 0 | 9 | NA | NA |
| | 2 nd /3 rd gen e-cigarette | 29 | 35 | NA | NA |
| | JUUL | NA | NA | 12 | 8 |
| | Other pod-based e-cigarette* | NA | NA | 11 | 11 |
| Type of flavored e-liquid used | Unflavored | 0 | 5 | 0 | 0 |
| | Tobacco | 0 | 2 | 3 | 2 |
| | Fruit | 15 | 13 | 7 | 5 |
| | Candy or other dessert | 5 | 5 | 1 | 2 |
| | Vanilla | 2 | 3 | 1 | 1 |
| | Mint or menthol | 4 | 15 | 11 | 9 |
| | Other | 3 | 1 | 0 | 0 |

* Other brands reported include BLU, Aspire, SMOK, VUSE, Ooze, Relx and Suorin

^aAll e-cig users were recruited years 2014-2017

^b All pod users were recruited in 2019-2020

E-cigarette = electronic cigarette

NA = not applicable

Table S2. Associations of pod-based electronic cigarette use with metabolic measures

| | Never users | Pod users | | <i>p</i> -value |
|----------------------------------|-------------|------------|------------|-----------------|
| | | Sole users | Dual users | |
| Fasting Glucose (mg/dL) | 87 ± 8 | 88 ± 11 | 88 ± 7 | 0.8753 |
| Total Cholesterol (mg/dL) | 148 ± 26 | 146 ± 26 | 145 ± 25 | 0.8880 |
| Triglyceride (mg/dL) | 70 ± 26 | 91 ± 80 | 66 ± 43 | 0.0704 |
| HDL Cholesterol (mg/dL) | 51 ± 11 | 51 ± 13 | 55 ± 15 | 0.4922 |
| LDL Cholesterol (mg/dL) | 82 ± 22 | 80 ± 20 | 77 ± 20 | 0.5612 |
| VLDL Cholesterol (mg/dL) | 14 ± 5 | 15 ± 7 | 13 ± 9 | 0.5875 |

Results expressed as mean ±SD

Data based on overall ANOVA