Supplemental Table 1. Vegetarian Diet Intervention Menus

	Day 1			Day 2	
Meal	**Food Item**	**Portion**		**Food Item**	**Portion**
Breakfast	Grapes	75g		Peaches	128g
	Oatmeal, plain	28g		Granola	72g
	Soy milk	1 cup		Strawberry yogurt	170g
	Soy margarine	2 tsp		Soy milk	1 cup
Snack	Hazelnuts, dry roasted	56g		Almonds, dry roasted	56g
Lunch	Green leaf lettuce	36g		Broccoli, steamed	88g
	Tomatoes	50g		Wheat hamburger bun	1 bun
	Italian dressing	32g		Falafel burger	110.5g
	Dairy-free cheese	28g		Soy margarine	2 tsp
	Corn chowder soup	291.4g		Peaches	128g
	Grapes	75g			
Snack	Cantaloupe	88.5g		Pretzels	56.6g
Dinner	Brown rice	250g		Green leaf lettuce	36g
	Pinto beans, cooked	32g		Tomatoes, diced	50g
	Onion, diced	20g		Italian dressing	32g
	Corn tortilla chips	28g		Vegetarian "shepherd's pie"	292.5g
	Salsa	56g		Soy milk	1 cup
	Soy milk	1 cup			
	Grapes	75g			
	Cantaloupe	88.5g			
	Day 3			**Day 4**	
Meal	**Food Item**	**Portion**		**Food Item**	**Portion**
Breakfast	Grapes	75g		Wheat bread	2 slices
	Honey Nut Cheerios	51g		Peanut butter	28g
	Soy milk	1 cup		Soy milk	1 cup
				Soy margarine	1 tsp
Snack	Peanuts, dry roasted	56g		Almonds,dry roasted	56g
Lunch	Green leaf lettuce	36g		Potato salad	171.g
	Tomatoes	50g		Black bean burger	120.8g
	Italian dressing	32g		Cantaloupe	88.5g
	Hamburger bun, wheat	1 bun			
	Soy margarine	1 tsp			
	Lentil burger	94.9g			
	Grapes	75g			
Snack	Pretzels	56.6g		Mandarin oranges	70g
Dinner	Vegetarian Stir-Fry	251.1g		Pasta with garlic and olive oil	250g
	Mandarin oranges	70g		Marinara sauce	128g
	Soy milk	1 cup		Green peas, cooked	75g
	Soy margarine	1 tsp		Soy margarine	2 tsp
				Soy milk	1 cup

Supplemental Table 2. Significant Changes in Plasma and Urine Metabolites in Women in Response to New Onset Vegetarian Diet.

Supplemental Table 2. Significant Changes in Plasma and Urine Metabolites in Women in Response to New Onset Vegetarian Diet

Table 2a. Metabolites Increased in Plasma

Super Pathway	Sub Pathway	Biochemical Name	Change in Concentration	p value	q value
Amino Acids	Glycine, Serine and Threonine Metabolism	betaine	1.08	1.4E-03	3.5E-03
		N-acetylglycine	1.25	0.0180	0.0248
		dimethylglycine	1.09	0.0121	0.0182
	Leucine, Isoleucine and Valine Metabolism	2,3-dihydroxy-2-methylbutyrate	1.43	2.2E-06	1.6E-05
	Lysine Metabolism	pipecolate	1.49	1.0E-04	5.0E-04
	Methionine, Cysteine, SAM and Taurine Metabolism	N-methyltaurine	1.88	5.8E-05	3.00E-04
		S-methylcysteine	1.35	4.1E-05	2.0E-04
		S-methylcysteine sulfoxide	1.16	0.0063	0.0112
	Polyamine Metabolism	acisoga	1.55	3.9E-05	2.0E-04
		N-acetyl-isoputreanine	1.21	0.0002	0.0007
	Tryptophan Metabolism	tryptophan betaine	1.14	2.0E-04	6.0E-04
		indolepropionate	1.54	1.6E-06	1.3E-05
	Arginine and Proline Metabolism (Urea Cycle)	2-oxoarginine*	1.48	6.0E-04	1.8E-03
		N-delta-acetylornithine	1.70	6.2E-10	1.7E-08
		homoarginine	1.09	0.0289	0.0341
		homocitrulline	1.32	0.0076	0.0127
		N2,N5-diacetylornithine	1.60	0.0023	0.0050
		pro-hydroxy-pro	1.15	0.0085	0.0138
Cofactors and Vitamins	Nicotinate and Nicotinamide Metabolism	trigonelline (N'-methylnicotinate)	1.36	6.0E-05	3.0E-04
	Vitamin A Metabolism	beta-cryptoxanthin	1.23	1.7E-05	9.4E-05
Lipids	Diacylglycerol	oleoyl-linoleoyl-glycerol (18:1/18:2) [1]	1.45	1.0E-02	1.6E-02
		palmitoleoyl-linoleoyl-glycerol (16:1/18:2) [1]*	1.31	6.9E-03	1.2E-02
		oleoyl-linoleoyl-glycerol (18:1/18:2) [2]	1.45	1.8E-03	4.1E-03
	Acyl Carnitine, Medium Chain	hexanoylcarnitine (C6)	1.20	0.0076	0.0127
		octanoylcarnitine (C8)	1.15	0.0102	0.0160
		decanoylcarnitine (C10)	1.17	0.0241	0.0310
	Acyl Carnitine, Monounsaturated	cis-4-decenoylcarnitine (C10:1)	1.12	0.0080	0.0131

		myristoleoylcarnitine (C14:1)*	1.27	0.0156	0.0222
		palmitoleoylcarnitine (C16:1)*	1.21	0.0232	0.0302
		oleoylcarnitine (C18:1)	1.20	0.0011	0.0028
	Acyl Carnitine, Polyunsaturated	linoleoylcarnitine (C18:2)*	1.10	0.0374	0.0409
		arachidonoylcarnitine (C20:4)	1.15	0.0289	0.0341
	Fatty Acid, Amino	2-aminoheptanoate	1.43	6.9E-06	4.5E-05
	Fatty Acid, Dicarboxylate	3-hydroxydodecanedioate*	1.15	0.0343	0.0382
		dodecadienoate (12:2)*	1.22	0.0057	0.0106
		tetradecadienedioate (C14:2-DC)*	1.14	0.0485	0.0506
	Long Chain Saturated Fatty Acid	myristate (14:0)	1.26	0.0300	0.0350
		pentadecanoate (15:0)	1.15	0.0233	0.0302
		palmitate (16:0)	1.17	0.0248	0.0312
	Long Chain Monounsaturated Fatty Acid	myristoleate (14:1n5)	1.25	0.0383	0.0414
		palmitoleate (16:1n7)	1.40	1.4E-03	3.5E-03
		10-heptadecenoate (17:1n7)	1.31	0.0086	0.0138
		oleate/vaccenate (18:1)	1.25	0.0065	0.0114
		eicosenoate (20:1)	1.24	0.0072	0.0123
	Long Chain Polyunsaturated Fatty Acids	hexadecadienoate (16:2n6)	1.29	0.0077	0.0128
		linoleate (18:2n6)	1.21	0.0150	0.0217
		dihomo-linoleate (20:2n6)	1.18	0.0355	0.0393
	Medium Chain Fatty Acid	cis-4-decenoate (10:1n6)*	1.28	1.9E-03	4.3E-03
	Phosphatidylcholine (PC)	1-oleoyl-2-docosahexaenoyl-GPC (18:1/22:6)*	1.16	6.0E-04	1.7E-03
	Phosphatidylethanolamine (PE)	1-oleoyl-2-docosahexaenoyl-GPE (18:1/22:6)*	1.31	0.0145	0.0210
	Sphingomyelins	sphingomyelin (d18:2/24:2)*	1.08	2.6E-03	5.6E-03
		sphingomyelin (d18:2/18:1)*	1.08	0.0384	0.0414
		sphingomyelin (d18:2/23:1)*	1.09	0.0139	0.0203
		sphingomyelin (d18:1/20:2, d18:2/20:1, d16:1/22:2)*	1.17	0.0016	0.0038
		sphingomyelin (d18:2/21:0, d16:2/23:0)*	1.07	0.0098	0.0154
		sphingomyelin (d18:1/22:1, d18:2/22:0, d16:1/24:1)*	1.03	0.0399	0.0423

		sphingomyelin (d18:1/22:2, d18:2/22:1, d16:1/24:2)*	1.09	0.0069	0.0118
		sphingomyelin (d18:2/24:1, d18:1/24:2)*	1.05	0.0279	0.0337
	Ketone Bodies	3-hydroxybutyrate (BHBA)	1.01	0.0221	0.0289
	Secondary Bile Acid Metabolism	glycocholenate sulfate*	1.07	0.0263	0.0325
		taurocholenate sulfate*	1.31	0.0001	0.0005
	Pregnenolone Steroids	pregnenediol sulfate (C21H34O5S)*	1.14	0.0005	0.0015
		pregnenediol disulfate (C21H34O8S2)*	1.16	0.0115	0.0174
		pregnenetriol sulfate*	1.10	0.0209	0.0277
Peptides	Gamma-glutamyl Amino Acid	gamma-glutamylglutamate	1.15	0.0343	0.0382
Xenobiotics	Benzoate Metabolism	4-vinylphenol sulfate	1.54	1.0E-04	5.0E-04
		4-acetylphenol sulfate	2.75	1.0E-04	4.0E-04
		4-ethylphenylsulfate	6.46	2.7E-06	1.9E-05
		4-ethylcatechol sulfate	1.72	0.0202	0.0273
	Food Component/Plant	N-acetyl-S-allyl-L-cysteine	6.37	7.2E-10	1.8E-08
		alliin	6.46	1.3E-13	1.8E-11
		N-acetylalliin	5.34	1.5E-12	1.4E-10
		S-allylcysteine	6.60	4.7E-12	2.7E-10
		genistein sulfate*	10.99	6.3E-06	4.2E-05
		equol sulfate	3.08	0.0318	0.0364
		stachydrine	1.29	0.0006	0.0018
		3-hydroxystachydrine*	1.05	0.0004	0.0012
		thymol sulfate	1.53	5.69E-05	0.0003
		2-aminophenol sulfate	1.92	7.9E-05	3.0E-04

Table 2b. Metabolites Decreased in Plasma

Super Pathway	**Sub Pathway**	**Biochemical Name**	**Change in Concentration**	**p value**	**q value**
Amino Acids	Alanine and Aspartate Metabolism	alanine	0.88	3.0E-04	9.0E-04
	Glycine, Serine and Threonine Metabolism	threonine	0.84	2.0E-04	7.0E-04
	Histidine Metabolism	3-methylhistidine	0.07	1.0E-15	3.9E-13
		1-methyl-5-imidazoleacetate	0.13	4.9E-11	1.6E-09
		N-acetyl-1-methylhistidine*	0.67	5.5E-03	1.0E-02

		1-methylhistidine	0.79	2.0E-04	6.0E-04
		1-methyl-4-imidazoleacetate	0.90	0.0362	0.0398
	Leucine, Isoleucine and Valine Metabolism	isobutyrylglycine	0.72	3.3E-03	6.6E-03
		1-carboxyethylvaline	0.70	5.0E-04	1.5E-03
		isobutyrylcarnitine (C4)	0.71	2.0E-04	6.0E-04
		tiglylcarnitine (C5:1-DC)	0.72	1.1E-05	6.6E-05
		valine	0.86	2.5E-05	1.0E-04
		isoleucine	0.92	5.0E-04	1.4E-03
		leucine	0.92	0.0455	0.0477
		N-acetylleucine	0.86	0.0067	0.0117
		isovalerylglycine	0.64	0.0023	0.0050
		isovalerylcarnitine (C5)	0.83	0.0139	0.0203
		beta-hydroxyisovalerate	0.82	0.0050	0.0097
		3-methylglutarylcarnitine (2)	0.87	0.0092	0.0146
		alpha-hydroxyisovalerate	0.85	0.0010	0.0027
	Lysine Metabolism	lysine	0.84	6.0E-08	6.1E-07
		N,N,N-trimethyl-5-aminovalerate	0.92	9.0E-04	2.4E-03
		N6,N6,N6-trimethyllysine	0.80	0.0004	0.0012
		hydroxy-N6,N6,N6-trimethyllysine*	0.88	0.0008	0.0023
		2-aminoadipate	0.74	0.0082	0.0134
		6-oxopiperidine-2-carboxylate	0.82	0.0179	0.0248
	Methionine, Cysteine, SAM and Taurine Metabolism	N-acetylmethionine	0.97	0.0305	0.0353
		methionine sulfoxide	0.88	0.0035	0.0071
		hypotaurine	0.90	0.0392	0.0419
		taurine	0.93	0.0060	0.0109
	Phenylalanine Metabolism	N-acetylphenylalanine	0.84	2.0E-04	7.0E-04
		1-carboxyethylphenylalanine	0.79	0.0107	0.0165
		4-hydroxyphenylacetate	0.73	0.0398	0.0423
	Polyamine Metabolism	N-acetylputrescine	0.95	0.0347	0.0385
	Tryptophan Metabolism	xanthurenate	0.45	1.7E-05	9.2E-05
		indole-3-carboxylate	0.57	1.8E-09	3.8E-08

		3-indoxyl sulfate	0.72	5.0E-04	1.5E-03
		N-acetyltryptophan	0.82	0.0004	0.0012
		kynurenine	0.93	0.0179	0.0248
		kynurenate	0.83	0.0136	0.0202
		N-formylanthranilic acid	0.84	0.0169	0.0236
		picolinate	0.79	0.0209	0.0277
		serotonin	0.27	0.0105	0.0162
		indolelactate	0.86	0.0297	0.0348
		indoleacetate	0.76	1.28E-06	1.07E-05
		indoleacetoylcarnitine*	0.72	0.0057	0.0106
	Tyrosine Metabolism	N-acetyltyrosine	0.74	8.4E-05	4.0E-04
		tyrosine	0.91	0.0272	0.0333
		dopamine 3-O-sulfate	0.64	0.0027	0.0057
		tyramine O-sulfate	0.71	0.0003	0.0009
	Arginine and Proline Metabolism (Urea Cycle)	trans-4-hydroxyproline	0.63	3.6E-08	4.4E-07
		proline	0.90	1.0E-03	2.6E-03
		urea	0.85	0.0045	0.0088
		N-acetylarginine	0.89	0.0125	0.0187
		N-acetylcitrulline	0.66	0.0024	0.0052
		N-acetylhomocitrulline	0.70	0.0249	0.0312
Cofactors and Vitamins	Nicotinate and Nicotinamide Metabolism	N1-Methyl-4-pyridone-3-carboxamide	0.82	0.0056	0.0104
	Vitamin A Metabolism	carotene diol (3)	0.89	0.0244	0.0311
Lipids	Androgenic Steroids	androstenediol (3beta,17beta) monosulfate (2)	0.86	9.3E-05	4.0E-04
		5alpha-androstan-3beta,17beta-diol monosulfate (2)	0.86	2.3E-03	5.0E-03
		androsterone glucuronide	0.91	4.0E-04	1.2E-03
		androstenediol (3beta,17beta) disulfate (1)	0.92	0.0049	0.0095
		epiandrosterone sulfate	0.97	0.0155	0.0221
	Carnitine Metabolism	deoxycarnitine	0.89	9.6E-06	6.1E-05
		Carnitine	0.93	0.0036	0.0072

	Dihydrosphingomyelins	myristoyl dihydrosphingomyelin (d18:0/14:0)*	0.78	1.6E-08	2.5E-07
		palmitoyl dihydrosphingomyelin (d18:0/16:0)*	0.94	0.0139	0.0203
		sphingomyelin (d18:0/20:0, d16:0/22:0)*	0.87	0.0212	0.0280
	Acyl Carnitine, Long Chain Saturated	stearoylcarnitine (C18)	0.82	3.0E-04	9.0E-04
	Fatty Acid, Amino	N-acetyl-2-aminooctanoate*	0.81	0.0019	0.0045
	Fatty Acid, Dicarboxylate	docosadioate (C22-DC)	0.52	1.3E-05	7.6E-05
		3-carboxy-4-methyl-5-pentyl-2-furanpropionate (3-CMPFP)**	0.62	2.1E-09	4.2E-08
		eicosanedioate (C20-DC)	0.66	1.7E-06	1.4E-05
		hexadecenedioate (C16:1-DC)*	0.77	2.0E-04	6.0E-04
		3-carboxy-4-methyl-5-propyl-2-furanpropanoate (CMPF)	0.87	7.8E-05	3.0E-04
		octadecadienedioate (C18:2-DC)*	0.49	0.0026	0.0056
		eicosenedioate (C20:1-DC)*	0.81	0.0052	0.0100
	Fatty Acid, Dihydroxy	2R,3R-dihydroxybutyrate	0.74	1.7E-08	2.6E-07
	Lysophospholipid	1-linolenoyl-GPC (18:3)*	0.65	1.4E-05	8.1E-05
		1-oleoyl-GPI (18:1)	0.79	1.6E-03	3.8E-03
		1-oleoyl-GPE (18:1)	0.87	0.0330	0.0374
		1-linoleoyl-GPE (18:2)*	0.84	0.0073	0.0123
		1-arachidonoyl-GPE (20:4n6)*	0.94	0.0378	0.0412
		1-palmitoyl-GPG (16:0)*	0.80	0.0089	0.0141
	Lysoplasmalogen	1-(1-enyl-palmitoyl)-GPE (P-16:0)*	0.76	7.8E-05	3.0E-04
		1-(1-enyl-stearoyl)-GPE (P-18:0)*	0.77	1.0E-04	5.0E-04
		1-(1-enyl-oleoyl)-GPE (P-18:1)*	0.85	0.0109	0.0168
	Phosphatidylcholine (PC)	1-myristoyl-2-palmitoyl-GPC (14:0/16:0)	0.55	4.4E-08	4.9E-07
		1-myristoyl-2-arachidonoyl-GPC (14:0/20:4)*	0.68	2.2E-06	1.6E-05
		1-palmitoyl-2-palmitoleoyl-GPC (16:0/16:1)*	0.80	1.6E-03	3.9E-03
		1-palmitoyl-2-stearoyl-GPC (16:0/18:0)	0.81	4.9E-08	5.1E-07
		1-stearoyl-2-oleoyl-GPC (18:0/18:1)	0.79	7.9E-07	6.8E-06

		1-linoleoyl-2-arachidonoyl-GPC (18:2/20:4n6)*	0.85	1.3E-05	7.5E-05
		1,2-dipalmitoyl-GPC (16:0/16:0)	0.93	1.6E-03	3.8E-03
		1-stearoyl-2-linoleoyl-GPC (18:0/18:2)*	0.91	1.2E-05	7.5E-05
		1,2-dilinoleoyl-GPC (18:2/18:2)	0.87	0.0049	0.0096
		1-linoleoyl-2-linolenoyl-GPC (18:2/18:3)*	0.73	0.0026	0.0056
		1-palmitoyl-2-linoleoyl-GPC (16:0/18:2)	0.96	0.0008	0.0021
	Phosphatidylethanolamine (PE)	1-stearoyl-2-oleoyl-GPE (18:0/18:1)	0.70	0.0022	0.0049
	Phosphatidylglycerol (PG)	1-stearoyl-2-oleoyl-GPG (18:0/18:1)	0.79	2.5E-05	1.0E-04
	Phosphatidylinositol (PI)	1-palmitoyl-2-oleoyl-GPI (16:0/18:1)*	0.83	0.0060	0.0109
		1-palmitoyl-2-linoleoyl-GPI (16:0/18:2)	0.89	0.0110	0.0168
		1-palmitoyl-2-arachidonoyl-GPI (16:0/20:4)*	0.76	3.2E-03	6.6E-03
	Phospholipid Metabolism	trimethylamine N-oxide	0.67	5.0E-05	2.0E-04
		glycerophosphoethanolamine	0.82	2.0E-04	7.0E-04
		choline phosphate	0.85	0.0033	0.0066
		phosphoethanolamine	0.87	0.0282	0.0337
	Plasmalogen	1-(1-enyl-palmitoyl)-2-linoleoyl-GPE (P-16:0/18:2)*	0.49	1.4E-11	6.9E-10
		1-(1-enyl-palmitoyl)-2-arachidonoyl-GPE (P-16:0/20:4)*	0.51	2.3E-11	9.6E-10
		1-(1-enyl-stearoyl)-2-arachidonoyl-GPE (P-18:0/20:4)*	0.57	4.5E-11	1.6E-09
		1-(1-enyl-stearoyl)-2-linoleoyl-GPE (P-18:0/18:2)*	0.62	1.9E-12	1.4E-10
		1-(1-enyl-stearoyl)-2-oleoyl-GPE (P-18:0/18:1)	0.63	8.8E-10	2.0E-08
		1-(1-enyl-palmitoyl)-2-oleoyl-GPE (P-16:0/18:1)*	0.72	4.2E-08	4.9E-07
		1-(1-enyl-palmitoyl)-2-linoleoyl-GPC (P-16:0/18:2)*	0.83	1.9E-08	2.8E-07
		1-(1-enyl-palmitoyl)-2-arachidonoyl-GPC (P-16:0/20:4)*	0.85	3.7E-05	2.0E-04
		1-(1-enyl-palmitoyl)-2-palmitoyl-GPC (P-16:0/16:0)*	0.93	0.0014	0.0035
	Sphingomyelins	sphingomyelin (d18:2/14:0, d18:1/14:1)*	0.88	4.6E-05	2.0E-04

		sphingomyelin (d18:1/14:0, d16:1/16:0)*	0.90	1.9E-06	1.4E-05
		sphingomyelin (d17:1/14:0, d16:1/15:0)*	0.87	0.0127	0.0188
		sphingomyelin (d17:1/16:0, d18:1/15:0, d16:1/17:0)*	0.96	0.0399	0.0423
	Primary Bile Acid Metabolism	chenodeoxycholate	0.56	0.0267	0.0328
	Secondary Bile Acid Metabolism	deoxycholate	0.64	0.0058	0.0107
		glycodeoxycholate	0.86	0.0267	0.0328
		ursodeoxycholate	0.68	0.0248	0.0312
Peptides	Gamma-glutamyl Amino Acid	gamma-glutamylvaline	0.63	2.0E-04	6.0E-04
		gamma-glutamyl-alpha-lysine	0.82	1.6E-05	9.2E-05
		gamma-glutamylalanine	0.70	0.0390	0.0418
		gamma-glutamylisoleucine*	0.89	0.0302	0.0352
		gamma-glutamylleucine	0.90	0.0251	0.0312
		gamma-glutamyl-alpha-lysine	0.82	1.65E-05	9.24E-05
		gamma-glutamyl-epsilon-lysine	0.80	0.0061	0.0109
		gamma-glutamyltyrosine	0.88	0.0216	0.0284
		gamma-glutamyl-2-aminobutyrate	0.67	0.0064	0.0112
Xenobiotics	Benzoate Metabolism	4-methylcatechol sulfate	0.34	4.1E-06	2.8E-05
		3-hydroxyhippurate	0.69	0.0274	0.0333
		3-methyl catechol sulfate (1)	0.27	0.0003	0.0009
		propyl 4-hydroxybenzoate sulfate	0.28	0.0453	0.0476
		3-(3-hydroxyphenyl)propionate sulfate	0.56	0.0053	0.0100
	Food Component/Plant	2,3-dihydroxyisovalerate	0.20	2.0E-04	8.0E-04
		quinate	0.21	6.8E-08	6.1E-07
		4-allylphenol sulfate	0.40	1.0E-04	6.0E-04
		pyrraline	0.66	2.1E-03	4.7E-03
		2-piperidinone	0.65	0.0117	0.0177
		erythritol	0.29	0.0404	0.0426
		homostachydrine*	0.76	5.82E-05	0.0003
		N-(2-furoyl)glycine	0.20	0.0236	0.0305
	Xanthine Metabolism	theobromine	0.13	3.1E-10	8.9E-09
		caffeine	0.23	3.5E-06	2.4E-05

		5-acetylamino-6-amino-3-methyluracil	0.21	8.2E-09	1.4E-07
		7-methylxanthine	0.14	6.6E-08	6.1E-07
		3-methylxanthine	0.15	6.2E-09	1.1E-07
		1,7-dimethylurate	0.24	2.1E-08	2.8E-07
		theophylline	0.27	4.5E-08	4.9E-07
		1-methylxanthine	0.34	2.5E-08	3.2E-07
		5-acetylamino-6-formylamino-3-methyluracil	0.16	6.3E-08	6.1E-07
		paraxanthine	0.43	2.0E-08	2.8E-07
		1-methylurate	0.37	6.9E-08	6.1E-07

Table 2c. Metabolites Increased in Urine

Super Pathway	**Sub Pathway**	**Biochemical Name**	**Change in Concentration**	**p value**	**q value**
Amino Acids	Alanine and Aspartate Metabolism	asparagine	1.19	0.0030	0.0032
		hydroxyasparagine**	1.24	0.0023	0.0026
	Glutamate Metabolism	glutamate	1.31	0.0017	0.0021
		alpha-ketoglutaramate*	1.56	4.814E-05	0.0001
		gamma-carboxyglutamate	1.43	2.628E-05	7.476E-05
		N-methyl-GABA	2.00	0.0001	0.0002
	Glutathione Metabolism	2-hydroxybutyrate/2-hydroxyisobutyrate	1.36	0.0002	0.0004
	Glycine, Serine and Threonine Metabolism	serine	1.22	0.0008	0.0011
	Guanidino and Acetamido Metabolism	4-guanidinobutanoate	1.49	0.0004	0.0006
	Histidine Metabolism	imidazole lactate	1.37	5.473E-05	0.0001
		homocarnosine	1.25	0.0017	0.0021
		N-acetylcarnosine	1.28	0.0007	0.0010
		1-ribosyl-imidazoleacetate*	1.57	3.77E-06	1.39E-05
		hydantoin-5-propionate	1.23	0.0066	0.0058
		trans-urocanate	1.20	0.0094	0.0076
		1-methyl-4-imidazoleacetate	1.27	0.0233	0.0147
		4-imidazoleacetate	1.26	5.74E-05	0.0001
		3-methyl-2-oxovalerate	1.40	0.0022	0.0025

	Leucine, Isoleucine and Valine Metabolism	alpha-hydroxyisovalerate	1.41	0.0002	0.0005
		N-carbamoylvaline	1.22	0.0032	0.0034
		isoleucine	1.15	0.0374	0.0208
		alpha-hydroxyisocaproate	1.73	0.0049	0.0046
		3-hydroxy-2-ethylpropionate	1.28	0.0196	0.0128
		ethylmalonate	1.17	0.0054	0.0050
		methylsuccinate	1.20	0.0064	0.0056
		2,3-dimethylsuccinate	1.39	0.0011	0.0014
		3-methyl-2-oxobutyrate	1.29	0.0073	0.0063
	Lysine Metabolism	N6,N6-dimethyllysine	1.20	0.0057	0.0051
		5-(galactosylhydroxy)-L-lysine	1.13	0.0442	0.0238
		glutarylcarnitine (C5-DC)	1.16	0.0403	0.0221
	Methionine, Cysteine, SAM and Taurine Metabolism	5-methylthioribose**	1.20	0.0007	0.0010
		S-methylcysteine	1.57	0.0007	0.0010
		N-methyltaurine	2.11	1.572E-06	6.721E-06
		methionine sulfone	1.23	0.0004	0.0007
		methionine sulfoxide	1.65	0.0001	0.0002
		2,3-dihydroxy-5-methylthio-4-pentenoate (DMTPA)*	1.37	1.15E-05	3.70E-05
		S-methylcysteine sulfoxide	1.25	0.0027	0.0029
		cystine	1.25	0.0031	0.0033
		taurine	1.27	0.0452	0.0242
		N-acetyltaurine	1.22	0.0003	0.0006
	Phenylalanine Metabolism	phenylalanine	1.15	0.0007	0.0010
		2-hydroxyphenylacetate	1.30	7.054E-05	0.0002
		phenyllactate (PLA)	1.54	0.0063	0.0055
	Polyamine Metabolism	N-acetyl-isoputreanine*	1.56	1.482E-06	6.585E-06
		acisoga	1.51	2.124E-07	1.373E-06
		spermidine	1.55	0.0017	0.0021
		diacetylspermidine*	1.19	0.0128	0.0095
		5-methylthioadenosine (MTA)	1.91	0.0020	0.0023
		4-acetamidobutanoate	1.17	0.0144	0.0103

	Tryptophan Metabolism	indoleacetate	1.73	0.0002	0.0004
		indolepropionylglycine	1.95	9.333E-08	7.11E-07
		tryptophan	1.12	0.0321	0.0186
		serotonin	1.31	0.0028	0.0030
		5-hydroxyindoleacetate	1.11	0.0347	0.0197
		N-formylanthranilic acid	1.14	0.0300	0.0177
		3-hydroxykynurenine	1.10	0.0358	0.0202
		picolinate	1.17	0.0193	0.0127
	Tyrosine Metabolism	vanillylmandelate (VMA)	1.25	1.579E-05	4.953E-05
		3-methoxytyrosine	1.21	0.0097	0.0078
		gentisate	1.45	0.0004	0.0007
		tyramine	1.27	0.0356	0.0201
	Arginine and Proline Metabolism (Urea Cycle)	2-oxoarginine*	1.63	3.934E-05	0.0001
		symmetric dimethylarginine (SDMA)	1.25	0.0024	0.0027
		dimethylarginine (SDMA + ADMA)	1.20	0.0008	0.0012
		N-delta-acetylornithine	1.72	2.849E-11	8.682E-10
		N2,N5-diacetylornithine	1.78	4.273E-09	5.844E-08
		pro-hydroxy-pro	1.27	0.0006	0.0009
		argininosuccinate	1.38	0.0159	0.0110
		3-amino-2-piperidone	1.23	0.0037	0.0037
		homocitrulline	1.30	0.0020	0.0023
		3-hydroxyproline	1.36	0.0037	0.0037
		N,N,N-trimethyl-alanylproline betaine (TMAP)	1.19	0.0021	0.0024
		argininate*	1.33	0.0002	0.0004
		N-acetylhomocitrulline	1.33	0.0008	0.0012
Carbohydrates	Aminosugar Metabolism	N-acetylneuraminate	1.29	0.0002	0.0004
		N-acetylglucosaminylasparagine	1.20	0.0020	0.0023
		N-acetylglucosamine/N-acetylgalactosamine	1.23	0.0011	0.0014
		fucose	1.50	0.0110	0.0084
		erythronate*	1.15	0.0215	0.0139

	Disaccharides and Oligosaccharides	raffinose	2.17	0.0006	0.0010
	Pentose Metabolism	ribulose/xylulose	1.23	0.0002	0.0004
		arabinose	1.21	0.0308	0.0181
		arabitol/xylitol	1.13	0.0378	0.0209
		ribulonate/xylulonate/lyxonate*	1.16	0.0128	0.0095
Cofactors and Vitamins	Ascorbate and Aldarate Metabolism	threonate	1.34	5.253E-05	0.0001
		oxalate (ethanedioate)	1.85	6.891E-06	2.333E-05
	Nicotinate and Nicotinamide Metabolism	nicotinamide	1.42	0.0014	0.0018
		trigonelline (N'-methylnicotinate)	1.54	5.672E-06	1.951E-05
		nicotinate ribonucleoside	1.30	0.0227	0.0144
		nicotinamide riboside	1.67	0.0001	0.0003
		1-methylnicotinamide	1.49	0.0011	0.0014
	Pantothenate and CoA Metabolism	pantothenate	1.52	8.22E-07	3.985E-06
	Riboflavin Metabolism	riboflavin (Vitamin B2)	1.81	7.912E-05	0.0002
Energy	TCA Cycle	citrate	1.70	1.142E-08	1.218E-07
		succinylcarnitine (C4-DC)	1.26	0.0037	0.0037
		succinate	1.37	0.0004	0.0007
		fumarate	1.62	5.583E-05	0.0001
		cis-aconitate	1.48	0.0144	0.0103
		isocitrate	1.53	0.0016	0.0020
		alpha-ketoglutarate	1.38	0.0089	0.0073
		malate	1.33	0.0127	0.0094
		trans-aconitate	1.21	0.0154	0.0109
		2-methylcitrate	1.16	0.0226	0.0143
Lipids	Fatty Acid Metabolism (Acyl Glutamine)	isocaproylglutamine	1.62	0.0004	0.0007
		hexanoylglutamine	1.48	0.0046	0.0044
		3-heptenoylglutamine	1.34	0.029	0.0174
		N-octanoylglutamine	1.40	0.0173	0.0118
		2-octenoylglutamine	1.52	0.0178	0.012
	Fatty Acid Metabolism (also BCAA Metabolism)	2-methylmalonylcarnitine (C4-DC)	1.15	0.0108	0.0083

	Fatty Acid Metabolism (Acyl Carnitine, Monounsaturated)	myristoleoylcarnitine (C14:1)*	1.70	0.0025	0.0028
		5-dodecenoylcarnitine (C12:1)	1.28	0.0103	0.0081
	Fatty Acid Metabolism(Acyl Glycine)	hexanoylglycine	1.36	0.0049	0.0046
		trans-2-hexenoylglycine	1.59	0.0010	0.0014
		isocaproylglycine	1.27	0.0170	0.0116
		N-octanoylglycine	1.43	0.0296	0.0176
		suberylglycine	1.44	0.0055	0.0051
		2-butenoylglycine	1.25	0.0390	0.0215
		3-hydroxybutyroylglycine**	1.20	0.0316	0.0185
	Fatty Acid Synthesis	malonate	1.59	0.0011	0.0014
		malonylcarnitine	1.53	0.0048	0.0046
	Fatty Acid, Dicarboxylate	3-carboxy-4-methyl-5-propyl-2-furanpropanoate (CMPF)	1.35	7.814E-06	2.605E-05
		3-methylglutarate/2-methylglutarate	1.30	0.0141	0.0103
		2-hydroxyglutarate	1.17	0.0052	0.0048
		maleate	1.20	0.0254	0.0155
		sebacate (C10-DC)	1.87	0.0458	0.0244
		3-hydroxydodecanedioate*	1.33	0.0050	0.0047
	Fatty Acid, Monohydroxy	3-hydroxyhexanoate	1.91	9.242E-05	0.0002
		3-hydroxysebacate	1.31	0.0062	0.0055
	Galactosyl PG	galactosylglycerol	1.56	0.0008	0.0012
	Inositol Metabolism	scyllo-inositol	1.29	0.0004	0.0007
		myo-inositol	1.20	0.0210	0.0137
	Pregnenolone Steroids	21-hydroxypregnenolone disulfate	1.38	6.742E-05	0.0002
		pregnenediol disulfate (C21H34O8S2)*	1.63	5.162E-08	4.788E-07
		pregnenetriol sulfate*	2.12	9.32E-08	7.11E-07
		pregnenetriol disulfate*	1.49	0.0002	0.0004
		17alpha-hydroxypregnanolone glucuronide	1.39	0.0101	0.0080
	Progestin Steroids	pregnanediol-3-glucuronide	1.90	0.0006	0.0009
		5alpha-pregnan-3beta,20alpha-diol disulfate	1.53	0.0157	0.0110
		5alpha-pregnan-diol disulfate	2.24	0.0148	0.0105

	Primary Bile Acid Metabolism	glycochenodeoxycholate 3-sulfate	1.21	0.0295	0.0176
	Secondary Bile Acid Metabolism	lithocholate sulfate (1)	1.45	0.0024	0.0027
		glycolithocholate sulfate*	1.58	0.0002	0.0003
		taurolithocholate 3-sulfate	1.61	0.0006	0.0009
		glycocholenate sulfate*	1.47	4.101E-06	1.483E-05
		taurocholenate sulfate*	1.67	3.821E-07	2.264E-06
		taurochenodeoxycholic acid 3-sulfate	1.19	0.0348	0.0198
Nucleotides	Purine Metabolism, (Hypo)Xanthine/Inosine containing	inosine	1.26	4.557E-05	0.0001
		allantoin	1.64	1.113E-06	5.052E-06
		hypoxanthine	1.34	0.0044	0.0043
		xanthosine	1.23	0.0040	0.0040
		N1-methylinosine	1.15	0.0105	0.0082
		urate	1.19	0.0043	0.0043
		uric acid ribonucleoside*	1.15	0.0471	0.0250
		1-methylhypoxanthine	1.44	0.0015	0.0019
	Purine Metabolism, Adenine containing	N1-methyladenosine	1.19	0.0019	0.0023
		N6-carbamoylthreonyladenosine	1.38	3.852E-05	0.0001
		adenosine 3',5'-cyclic monophosphate (cAMP)	1.19	0.0045	0.0044
		adenine	1.77	0.0275	0.0166
		1-methyladenine	1.37	0.0075	0.0064
		N6-methyladenosine	2.08	0.0083	0.0070
		N6-succinyladenosine	1.21	0.0028	0.0030
	Purine Metabolism, Guanine containing	N2,N2-dimethylguanosine	1.27	0.0013	0.0016
		guanosine	1.22	0.0165	0.0113
		N2-methylguanosine	1.19	0.0132	0.0097
	Pyrimidine Metabolism, Orotate containing	orotate	1.38	0.0002	0.0003
	Pyrimidine Metabolism, Uracil containing	pseudouridine	1.51	1.375E-07	9.779E-07
		5,6-dihydrouridine	1.32	2.265E-05	6.528E-05
		3-ureidopropionate	1.31	3.655E-06	1.368E-05
		uridine	1.18	0.0097	0.0078

		uracil	1.15	0.0129	0.0095
		pseudouridine	1.51	1.38E-07	9.78E-07
		N3-methyluridine	2.19	0.0320	0.0186
		5,6-dihydrouracil	1.20	0.0111	0.0085
		4-ureidobutyrate	1.16	0.0026	0.0029
		3-(3-amino-3-carboxypropyl)uridine*	1.16	0.0095	0.0076
Partially Characterized Molecules	Partially Characterized Molecules	glucuronide of C8H14O2 (5)*	2.28	0.0003	0.0006
		glucuronide of C10H14O2 (2)*	2.25	6.197E-07	3.155E-06
		glucuronide of C12H20O3 (3)*	1.49	0.0041	0.0041
		glutamine conjugate of C8H12O4 (2)*	2.00	0.0036	0.0037
		glycine conjugate of C10H12O2*	1.19	0.0455	0.0243
Peptides	Dipeptide Derivative	isoleucylhydroxyproline*	1.30	2.001E-05	5.846E-05
		leucylhydroxyproline*	1.33	8.8E-07	4.15E-06
Xenobiotics	Benzoate Metabolism	4-hydroxybenzoate	1.39	0.0001	0.0003
		4-acetylphenol sulfate	3.14	8.95E-07	4.15E-06
		4-ethylphenylsulfate	7.50	2.399E-07	1.505E-06
		4-ethylphenol glucuronide	6.92	4.475E-07	2.58E-06
		4-vinylphenol sulfate	1.93	1.688E-06	7.061E-06
		4-hydroxyhippurate	1.41	0.0013	0.0016
		mandelate	1.73	0.0136	0.0100
		benzoate	1.27	0.0434	0.0234
		catechol sulfate	1.14	0.0361	0.0203
		guaiacol sulfate	1.09	0.0411	0.0223
		4-ethylcatechol sulfate	1.95	0.0002	0.0003
		3,5-dihydroxybenzoic acid	2.16	1.575E-06	6.721E-06
	Food Component/Plant	genistein glucuronide*	47.79	2.091E-06	8.578E-06
		vanillate	1.68	3.039E-05	8.53E-05
		3-formylindole	1.56	4.997E-05	0.0001
		alliin	5.50	4.944E-12	2.637E-10
		N-acetylalliin	5.62	6.729E-12	2.871E-10
		daidzein 7-O-glucuronide	20.11	7.969E-06	2.615E-05

		genistein sulfate*	20.59	1.769E-05	5.39E-05
		dihydroferulate	1.44	0.0003	0.0006
		naringenin 7-glucuronide	4.21	2.735E-09	4.488E-08
		sulfate of piperine metabolite C18H21NO3 (1)*	1.44	0.0001	0.0003
		N-acetyl-S-allyl-L-cysteine	6.96	7.64E-13	5.431E-11
		daidzein sulfate (1)	17.09	1.996E-05	5.846E-05
		sucralose	2.61	0.0336	0.0193
		genistein	8.31	0.0008	0.0011
		genistein glucuronide*	47.79	2.09E-06	8.58E-06
		dihydrocaffeate sulfate (2)	1.24	0.0117	0.0089
		cryptochlorogenic acid	2.20	0.0006	0.0009
		dihydroferulic acid sulfate	1.24	0.0089	0.0073
		daidzein	10.67	0.0003	0.0005
		naringenin	1.92	0.0012	0.0016
		sulfate of piperine metabolite C16H19NO4 (1)*	2.08	0.0016	0.0019
		syringic acid	2.47	0.0181	0.0122
		thymol sulfate	1.76	3.19E-06	1.24E-05
		2-aminophenol sulfate	2.07	9.54E-05	0.0002
		cinnamoylglycine	1.16	0.0236	0.0148
		ferulylglycine (1)	1.31	0.0224	0.0143
		ferulylglycine (2)	1.11	0.0159	0.0110
		fucitol	1.14	0.0195	0.0128
		homocitrate	1.46	0.0001	0.0003
		mannonate*	1.18	0.0122	0.0092
		methyl indole-3-acetate	1.78	0.0105	0.0082
		glucuronide of piperine metabolite C17H21NO3 (1)*	1.28	0.0221	0.0142
		glucuronide of piperine metabolite C17H21NO3 (5)*	1.38	0.0220	0.0142
		glucuronide of piperine metabolite C17H21NO3 (6)*	1.49	0.0061	0.0054

		sulfate of piperine metabolite C15H17NO3 (1)*	1.61	0.0015	0.0019
		sulfate of piperine metabolite C15H17NO3 (2)*	1.72	0.0004	0.0007
		sulfate of piperine metabolite C16H19NO3 (1)*	1.25	0.0155	0.0109
		sulfate of piperine metabolite C16H19NO3 (2)*	1.19	0.0384	0.0212
		sulfate of piperine metabolite C16H19NO3 (3)*	1.26	0.0063	0.0055
		sulfate of piperine metabolite C16H19NO4 (4)*	1.29	0.0072	0.0062
		sulfate of piperine metabolite C18H21NO3 (3)*	1.33	0.0005	0.0008
		stachydrine	1.21	0.0005	0.0007
		3-hydroxystachydrine*	1.10	3.46E-05	9.45E-05
		daidzein sulfate (2)	28.32	3.31E-05	9.16E-05
		tartronate (hydroxymalonate)	1.33	0.0252	0.0154

Table 2d. Metabolites Decreased in Urine

Super Pathway	**Sub Pathway**	**Biochemical Name**	**Change in Concentration**	**p value**	**q value**
Amino Acid	Histidine Metabolism	3-methylhistidine	0.07	0	1.3E-14
		N-acetylhistidine	0.58	3.27E-07	2.00E-06
		N-acetyl-3-methylhistidine*	0.07	1E-15	6.4E-14
		anserine	0.11	8.546E-08	7.11E-07
		1-methyl-5-imidazoleacetate	0.17	1.111E-11	3.95E-10
		N-acetyl-1-methylhistidine*	0.85	0.0248	0.0152
		1-methylhistidine	0.84	0.0259	0.0157
	Leucine, Isoleucine and Valine Metabolism	isovalerylglycine	0.69	0.0002	0.0003
		isovalerylcarnitine (C5)	0.50	0.0004	0.0007
		isobutyrylcarnitine (C4)	0.73	0.0001	0.0003
		tiglylcarnitine (C5:1-DC)	0.81	0.0076	0.0065
		isobutyrylglycine	0.72	0.0003	0.0006
		1-carboxyethylvaline	0.82	0.0277	0.0166
		1-carboxyethylleucine	0.84	0.0416	0.0226

		beta-hydroxyisovaleroylcarnitine	0.85	0.0121	0.0092
		N-acetylisoleucine	0.87	0.0486	0.0257
		1-carboxyethylisoleucine	0.82	0.0307	0.0181
		2-methylbutyrylcarnitine (C5)	0.65	0.0021	0.0024
	Lysine Metabolism	N,N,N-trimethyl-5-aminovalerate	0.55	0.0094	0.0076
		2-aminoadipate	0.80	0.0328	0.019
	Phenylalanine Metabolism	phenethylamine	0.82	0.0012	0.0015
	Tryptophan Metabolism	tryptamine	0.69	0.0068	0.0060
		xanthurenate	0.78	0.0234	0.0147
		8-methoxykynurenate	0.84	0.0168	0.0115
		indoleacetoylcarnitine*	0.39	0.0001	0.0003
	Tyrosine Metabolism	3-hydroxyphenylacetatoylcarnitine	0.21	0.0010	0.0013
		5-hydroxymethyl-2-furoic acid	0.18	0.0028	0.0030
		N-acetyltyrosine	0.81	0.0339	0.0195
		4-hydroxyphenylacetatoylcarnitine	0.67	0.0036	0.0037
		tyramine O-sulfate	0.77	0.0095	0.0076
	Arginine and Proline Metabolism (Urea Cycle)	methylurea	0.74	0.0198	0.0129
Cofactors and Vitamins	Nicotinate and Nicotinamide Metabolism	nicotinamide N-oxide	0.71	0.0038	0.0038
Lipid	Fatty Acid Metabolism (also BCAA Metabolism)	propionylcarnitine (C3)	0.40	0.0001	0.0002
	Fatty Acid, Dicarboxylate	2-hydroxyadipate	0.82	0.0245	0.0151
Partially Characterized Molecules	Partially Characterized Molecules	glucuronide of C10H14O2 (1)*	0.60	5.019E-07	2.818E-06
		glucuronide of C8H14O2 (1)*	0.59	0.0056	0.0051
		glucuronide of C8H16O2 (2)*	0.42	0.0056	0.0051
		glucuronide of C19H28O4 (2)*	0.14	0.0006	0.0009
		glucuronide of C9H10O4 (1)*	0.71	0.0347	0.0197
		glucuronide of C12H22O3 (1)*	0.31	0.0225	0.0143
		glucuronide of C14H22O4 (2)*	0.66	0.0009	0.0012
		glucuronide of C14H22O4 (3)*	0.68	0.0069	0.0060
		glucuronide of C19H28O4 (1)*	0.67	0.0035	0.0036
		glycine conjugate of C9H16O2*	0.76	0.0016	0.0020

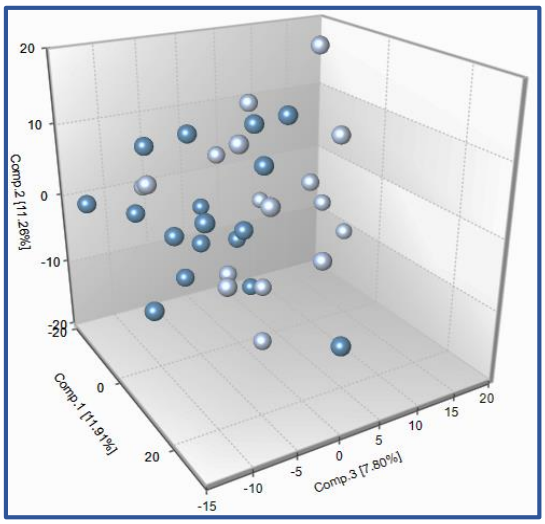
Peptide	Dipeptide	cyclo(gly-pro)	0.48	0.0009	0.0012
		cyclo(pro-sulfo-tyr)*	0.74	0.0052	0.0048
Xenobiotics	Benzoate Metabolism	4-methylguaiacol sulfate	0.33	0.0014	0.0017
		4-methylcatechol sulfate	0.56	0.0022	0.0026
		2-ethylphenylsulfate	0.46	0.0002	0.0004
		3-methyl catechol sulfate (1)	0.44	0.0221	0.0142
		3-methyl catechol sulfate (2)	0.32	0.0102	0.0080
		o-cresol sulfate	0.72	0.0445	0.0239
		3-(3-hydroxyphenyl)propionate sulfate	0.66	0.0346	0.0197
	Food Component/Plant	2,3-dihydroxyisovalerate	0.23	0.0011	0.0015
		2,8-quinolinediol sulfate	0.28	7.608E-09	9.016E-08
		5-hydroxymethyl-2-furoylcarnitine*	0.32	0.0003	0.0005
		quinate	0.32	3.274E-06	1.247E-05
		(2,4 or 2,5)-dimethylphenol sulfate	0.51	0.0004	0.0007
		enterolactone	0.31	0.0030	0.0032
		3-ethylcatechol sulfate (1)	0.35	0.0405	0.0221
		4-allylphenol sulfate	0.53	0.0145	0.0104
		tartarate	0.26	0.0495	0.0261
		1,6-anhydroglucose	0.31	0.0184	0.0123
		3-hydroxyindolin-2-one	0.78	0.0240	0.0149
		beta-guanidinopropanoate	0.21	0.0005	0.0009
		homostachydrine*	0.71	0.0137	0.0100
		2-furoylcarnitine	0.49	0.0083	0.0070
		4-vinylguaiacol sulfate	0.14	0.0265	0.0160
	Xanthine Metabolism	caffeine	0.18	6.74E-05	0.0002
		paraxanthine	0.33	5.702E-07	3.041E-06
		theobromine	0.11	1.764E-09	3.762E-08
		theophylline	0.26	7.442E-07	3.692E-06
		1-methylurate	0.47	1.606E-05	4.966E-05
		7-methylurate	0.17	1.793E-07	1.209E-06
		1,3-dimethylurate	0.25	6.211E-07	3.155E-06

		1,7-dimethylurate	0.26	2.846E-08	2.76E-07
		3,7-dimethylurate	0.15	1.458E-09	3.455E-08
		1,3,7-trimethylurate	0.28	1.812E-08	1.841E-07
		1-methylxanthine	0.35	1.814E-07	1.209E-06
		3-methylxanthine	0.15	2.135E-09	4.14E-08
		7-methylxanthine	0.15	4.157E-09	5.844E-08
		5-acetylamino-6-amino-3-methyluracil	0.27	8.899E-08	7.11E-07
		5-acetylamino-6-formylamino-3-methyluracil	0.13	4.707E-09	5.906E-08
		3-methylurate*	0.15	2.473E-09	4.397E-08

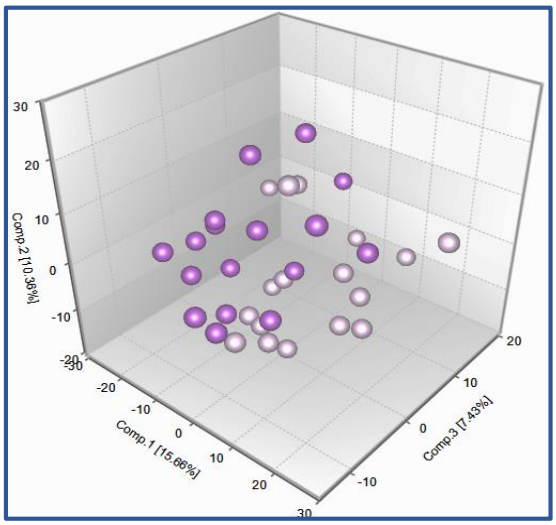
Supplemental Figure: Results of Principle Component Analysis Show Plasma (1a) and Urine (1b) Samples Segregate by Type of Diet Exposure.

Supplemental Figure. Results of Principle Component Analysis Show Plasma (1a) and Urine (1b) Samples Segregate by Type of Diet Exposure.

1a. Plasma



1b. Urine



*Dark blue and dark purple circles represent samples after 4 days of vegetarian diet (study day 6), light blue and light purple circles represent samples from habitual (omnivorous) diet (study day 1).