

Supplementary Table 1. *Language, subsistence and lactase persistence classifications of sampled populations and LP-associated allele frequencies.*

Region/Language Family/ Population	Subsistence	Phenotyped	Lactase Persistent	Lactase Intermediate Persistent	Lactase Non- Persistent	Genotyped	-14010	-13907	-13910	-13915	-22018
							C%	G%	T%	G%	A%
Kenya											
<i>Afro-Asiatic</i>											
Burji	Agro-pastoralist	8	3	2	3	8	6.3	0.0	0.0	0.0	0.0
Borana	Pastoralist	8	5	1	2	8	12.5	12.5	0.0	18.8	0.0
El Molo	Fishing/Pastoralist	9	4	3	2	9	11.1	0.0	0.0	0.0	0.0
Gabra	Pastoralist	9	8	1	0	9	0.0	11.1	0.0	27.8	0.0
Konso	Agro-pastoralist	6	2	2	2	6	8.3	0.0	0.0	8.3	0.0
Rendille	Pastoralist	8	5	1	2	8	12.5	6.3	0.0	12.5	0.0
Somali	Pastoralist	1	1	0	0	1	0.0	0.0	0.0	50.0	0.0
Wata	Hunter-gatherer	1	0	0	1	1	0.0	0.0	0.0	0.0	0.0
Yaaku	Hunter-gatherers/Pastoralist	14	8	5	1	14	53.6	4.2	0.0	0.0	0.0
Total		64	36	15	13	64	18.3	4.8	0.0	9.4	0.0
<i>Nilo-Saharan</i>											
Maasai	Pastoralist	32	23	6	3	32	57.8	3.1	0.0	0.0	0.0
Marakwet	Agro-pastoralist	6	3	1	2	7	35.7	0.0	0.0	7.1	0.0
Nandi	Agro-pastoralist	4	0	2	2	4	25.0	0.0	0.0	0.0	0.0
Ogiek	Agro-pastoralist/Hunter-gatherers	11	6	0	5	11	36.4	0.0	0.0	0.0	0.0
Pokot	Pastoralist	14	6	4	4	14	28.6	0.0	0.0	3.6	0.0
Sabaot	Agro-pastoralist	6	3	2	1	6	16.7	0.0	0.0	0.0	0.0
Samburu	Pastoralist	9	8	0	1	9	27.8	6.3	0.0	5.6	0.0
Sengwer	Agro-pastoralist/Hunter-gatherers	16	2	4	10	16	6.3	0.0	0.0	0.0	0.0
Tugen	Agro-pastoralist	16	8	5	3	16	18.8	0.0	0.0	0.0	0.0

							-14010	-13907	-13910	-13915	-22018
Region/Language Family/ Population	Subsistence	Phenotyped	Lactase Persistent	Lactase Intermediate Persistent	Lactase Non- Persistent	Genotyped	C%	G%	T%	G%	A%
Turkana	Pastoralist	12	4	4	4	13	20.8	0.0	0.0	0.0	0.0
Total		126	63	28	35	128	31.5	1.2	0.0	1.2	0.0
<i>Niger-Kordofanian</i>											
Kikuyu	Agriculturalist	2	1	0	1	2	75.0	0.0	0.0	0.0	0.0
Kenya Total		192	100	43	49	194	27.6	2.4	0.0	3.9	0.0
Sudan											
<i>Afro-Asiatic</i>											
Beja Banuamir	Pastoralist	6	6	0	0	6	0.0	25.0	0.0	16.7	0.0
Beja Hadandawa	Pastoralist	11	9	0	2	11	0.0	18.2	0.0	9.1	0.0
Total		17	15	0	2	17	0.0	20.6	0.0	11.8	0.0
<i>Nilo-Saharan</i>											
Dinka	Pastoralist	9	6	2	1	9	0.0	0.0	0.0	0.0	0.0
Koalib	Agro-pastoralist	1	1	0	0	1	0.0	0.0	0.0	0.0	0.0
Liguri/Logorik	Agro-pastoralist	1	0	0	1	1	0.0	0.0	0.0	0.0	0.0
Masalit	Agro-pastoralist	1	1	0	0	1	0.0	0.0	0.0	0.0	0.0
Nuer	Pastoralist	4	2	2	0	5	0.0	0.0	0.0	0.0	0.0
Ama	Agro-pastoralist	2	1	0	1	2	0.0	0.0	0.0	0.0	0.0
Shilook	Pastoralist	8	3	4	1	8	0.0	0.0	0.0	0.0	0.0
Total		26	14	8	4	27	0.0	0.0	0.0	0.0	0.0
Sudan Total		43	29	8	6	44	0.0	8.0	0.0	4.5	0.0
Tanzania											
<i>Afro-Asiatic</i>											
Burunge	Agro-pastoralist	18	6	2	10	18	38.2	0.0	0.0	0.0	0.0
Iraqw	Agro-pastoralist	21	18	2	1	39	57.7	0.0	0.0	0.0	0.0
Mbugu	Agro-pastoralist	30	10	7	13	30	31.0	0.0	0.0	0.0	0.0
Fiome	Agro-pastoralist	12	1	5	6	12	55.0	0.0	0.0	0.0	0.0
Total		81	35	16	30	99	45.8	0.0	0.0	0.0	0.0

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							C%	G%	T%	G%	A%
<i>Nilo-Saharan</i>											
Akie	Hunter-gatherers/ Pastoralist	14	6	3	5	14	25.0	0.0	0.0	0.0	3.6
Datog	Pastoralist	4	0	3	1	4	62.5	0.0	0.0	0.0	0.0
Dorobo	Hunter-gatherers/ Pastoralist	10	4	4	2	10	40.0	0.0	0.0	0.0	0.0
Maasai	Pastoralist	17	10	2	5	19	44.7	0.0	0.0	0.0	0.0
Total		45	20	12	13	47	39.4	0.0	0.0	0.0	1.1
<i>Niger-Kordofanian</i>											
Mbugwe	Agro-pastoralist	13	4	5	4	13	26.9	0.0	0.0	3.8	0.0
Pare	Agro-pastoralist	10	6	2	2	10	10.0	0.0	0.0	0.0	0.0
Rangi	Agro-pastoralist	35	17	9	9	35	27.1	0.0	0.0	0.0	0.0
Samba'a	Agro-pastoralist	3	0	1	2	3	0.0	0.0	0.0	0.0	0.0
Total		61	27	17	17	61	23.0	0.0	0.0	0.8	0.0
<i>Khoisan</i>											
Hadza	Hunter-gatherer	18	9	3	6	18	0.0	0.0	0.0	0.0	0.0
Sandawe	Hunter-gatherer*	30	8	7	15	31	13.3	0.0	0.0	0.0	0.0
Total		48	17	10	21	49	8.3	0.0	0.0	0.0	0.0
Tanzania Total		235	99	55	81	256	31.9	0.0	0.0	0.2	0.2
East Africa Total		470	228	106	136	494	27.4	1.6	0.0	2.0	0.1
<i>Bersaglieri et al.</i>											
European		-	-	-	-	92	-	-	81.5	-	81.7
African American		-	-	-	-	50	-	-	14.0	-	13.3
Asian		-	-	-	-	35	-	-	0.0	-	0.0

* Adopted agriculture and pastoralism within the past few hundred years