

**Supplemental Table 1:**

Individual and mean ( $\pm$  SEM) rates of transsulfuration (TS), carboxyl-labeled methionine flux ( $Q_C$ ), methyl-labeled methionine flux ( $Q_M$ ), remethylation (RM), methionine synthesis (S), and transmethylation (TM) before and after dietary vitamin B-6 restriction in 9 healthy young men and women<sup>1</sup>

		Baseline							Restricted						
Subject	Gender	TS	$Q_C$	$Q_M$	RM	S	TM	RM/TS	TS	$Q_C$	$Q_M$	RM	S	TM	RM/TS
1	male	5.2	24.0	30.1	6.1	18.8	11.3	1.2	5.4	28.4	44.5	16.1	22.9	21.6	3.0
2	male	5.6	29.5	46.8	17.2	24.0	22.8	3.1	5.7	29.7	41.4	11.7	24.1	17.3	2.1
3	male	5.1	26.8	34.5	7.6	21.7	12.8	1.5	3.1	18.5	30.7	12.2	15.3	15.4	3.9
4	male	4.3	25.2	39.6	14.4	20.9	18.7	3.3	5.3	29.7	48.2	18.5	24.4	23.8	3.5
Mean $\pm$ SEM	male	5.1 $\pm$ 0.3	26.4 $\pm$ 1.2	37.7 $\pm$ 3.6	11.4 $\pm$ 2.7	21.3 $\pm$ 1.1	16.4 $\pm$ 2.7	2.3 $\pm$ 0.5	4.9 $\pm$ 0.6	26.6 $\pm$ 2.7	41.2 $\pm$ 3.8	14.6 $\pm$ 1.6	21.7 $\pm$ 2.1	19.5 $\pm$ 1.9	3.1 $\pm$ 0.4
6	female	4.9	25.8	35.3	9.5	20.9	14.4	1.9	5.2	23.9	32.6	8.7	18.7	13.9	1.7
7	female	6.9	26.8	39.3	12.6	19.9	19.5	1.8	5.0	24.5	39.8	15.3	19.5	20.4	3.0
8	female	5.5	23.6	35.5	11.9	18.2	17.4	2.2	4.3	22.0	33.1	11.2	17.6	15.5	2.6
9	female	3.8	16.5	24.3	7.9	12.6	11.7	2.1	5.2	26.0	35.5	9.5	20.7	14.8	1.8
10	female	5.4	22.8	36.9	14.2	17.3	19.6	2.6	5.2	26.6	42.7	16.2	21.3	21.4	3.1
Mean $\pm$ SEM	female	5.3 $\pm$ 0.5	23.1 $\pm$ 1.8	34.3 $\pm$ 2.6	11.2 $\pm$ 1.1	17.8 $\pm$ 1.4	16.5 $\pm$ 1.5	2.1 $\pm$ 0.1	5.0 $\pm$ 0.2	24.6 $\pm$ 0.8	36.8 $\pm$ 2.0	12.2 $\pm$ 1.5	19.6 $\pm$ 0.7	17.2 $\pm$ 1.5	2.4 $\pm$ 0.3
<b>Mean <math>\pm</math> SEM</b>	<b>ALL</b>	<b>5.2 <math>\pm</math> 0.3</b>	<b>24.5 <math>\pm</math> 1.2</b>	<b>35.8 <math>\pm</math> 2.1</b>	<b>11.3 <math>\pm</math> 1.2</b>	<b>19.4 <math>\pm</math> 1.1</b>	<b>16.5 <math>\pm</math> 1.3</b>	<b>2.2 <math>\pm</math> 0.2</b>	<b>5.0 <math>\pm</math> 0.3</b>	<b>25.5 <math>\pm</math> 1.2</b>	<b>38.7 <math>\pm</math> 2.0</b>	<b>13.3 <math>\pm</math> 1.1</b>	<b>20.5 <math>\pm</math> 1.0</b>	<b>18.2 <math>\pm</math> 1.2</b>	<b>2.7 <math>\pm</math> 0.3</b>

<sup>1</sup> Values are in  $\mu\text{mol}\cdot\text{kg}^{-1}\cdot\text{h}^{-1}$ .