

Table S1. Representative Examples of Functional Effects of mtDNA Haplogroups

CONTINENT	POPULATION	ENDURANCE	SPRINT/POWER	REFERENCE
Africa	Kenyans	↑L0		(Scott et al., 2009)
	African-Americans		↑non-L	(Deason et al., 2012)
Europe	Finnish	↑I	↑Uk, ↑J	(Niemi and Majamaa, 2005)
	Polish	↑H, ↑16080C, ↓16362C		(Maruszak et al., 2014)
	Spanish	↑V		(Nogales-Gadea et al., 2011)
Asia	Japanese	↑G1	↑F	(Mikami et al., 2011)
	Korean	↑M*, ↑N9, ↓B		(Kim et al., 2012)

Table S2. Representative Examples of Haplogroup Associations which Predisposition to Clinical Phenotypes

Clinical Phenotype	Haplogroup	Effect	References
LHON	J	↑ risk	(Brown et al., 1997; Brown et al., 1995; Johns et al., 1992; Torroni et al., 1997)
AMD, drusen levels, retinal pigment	J + U	↑ risk	(Udar et al., 2009), (Jones et al., 2007)
AMD	H	↓ risk	(Jones et al., 2007)
Longevity, Europeans	J	Increased	(De Benedictis et al., 1999; Ivanova et al., 1998; Niemi et al., 2003; Rose et al., 2001)
Longevity, Europeans	J2 & U3, CR 150C>T	Increased	(Chen et al., 2012).
Longevity, Asians	D	Increased	(Tanaka et al., 1998)
AD & PD	J + Uk	↓ risk	(Ghezzi et al., 2005; van der Walt et al., 2004; van der Walt et al., 2003)
PD	H	↑ risk	(Khusnutdinova et al., 2008)
AD & PD	H5a, tRNA ^{Gln} 4336A>G	↑ risk	(Shoffner et al., 1993)

Diabetes, Europeans	J	↑ risk	(Crispim et al., 2006)
Diabetes, Asians	N9a	↓ risk	(Fuku et al., 2007)
Myocardial Infarction, Asians	N9a	↑ risk	(Nishigaki et al., 2007)
Sepsis	H	↓ risk	(Baudouin et al., 2005)
Serum IgE levels	U	increased	(Raby et al., 2007)
AIDS Progression	Uk	impedes	(Hendrickson et al., 2008)
Osteoarthritis	J + T	↓ risk	(Soto-Hermida et al., 2014)
Prostate & Renal Cancer	U	↑ risk	(Booker et al., 2006)
Breast Cancer	N, 10398G>A (A>T)	↑ risk	(Darvishi et al., 2007)
Breast Cancer	M, D5	↑ risk	(Fang et al., 2010)
Thyroid Cancer	D4a	↑ risk	(Fang et al., 2010)

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