



Figure S1: Individual (a) breath acetone, capillary blood (b) BOHB and (c) glucose levels of 11 volunteers during a 36-h ketogenic diet. Note that volunteer #1 (green circles) aborted the experiment already after 24 h due to strong nausea. Volunteer #4 (pink crosses) suffered also from nausea after the overnight sleep (approx. at $t = 22$ h) and took a small dose of dextrose resulting in the observed blood glucose peak at $t = 24$ h.