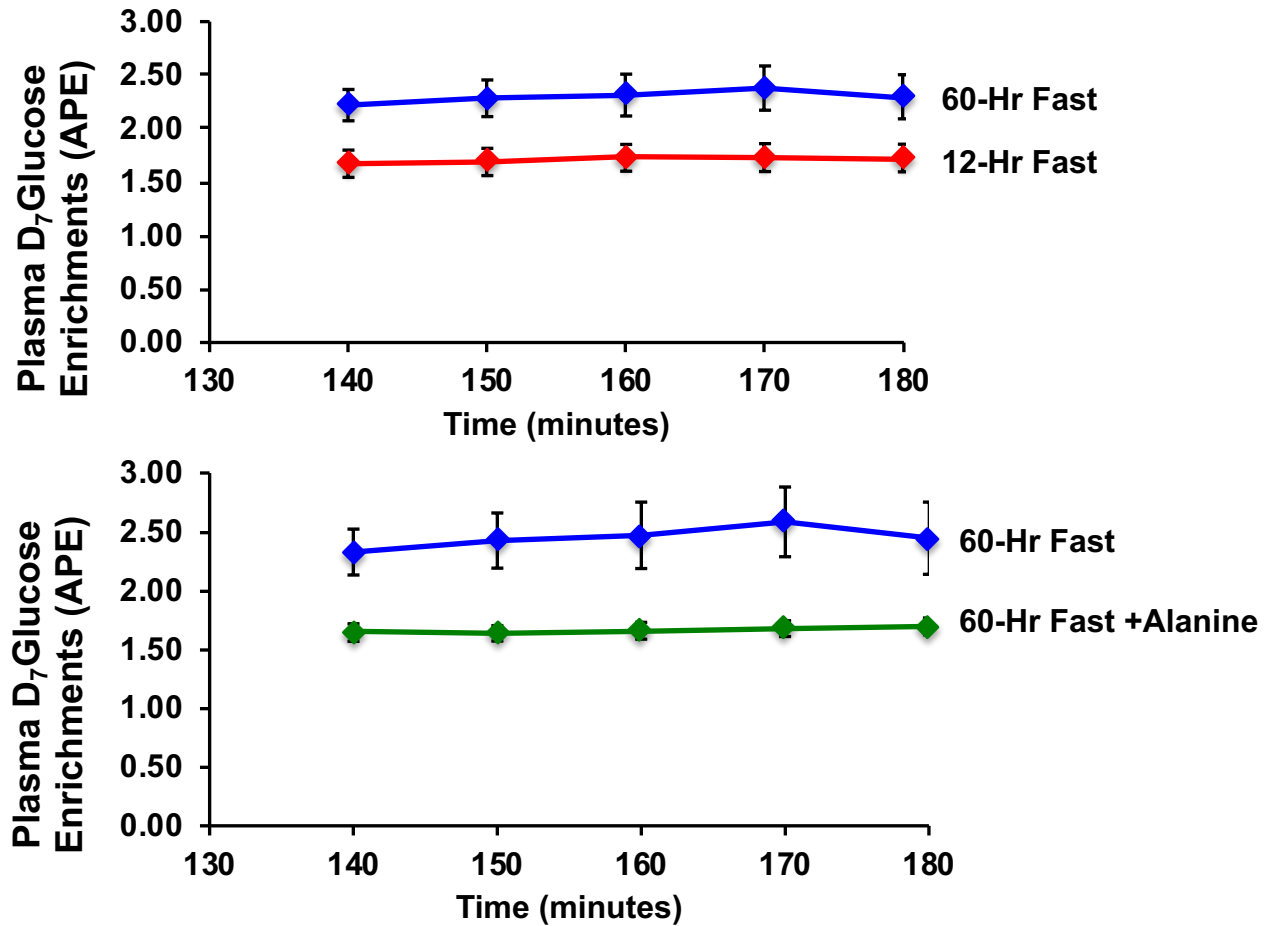


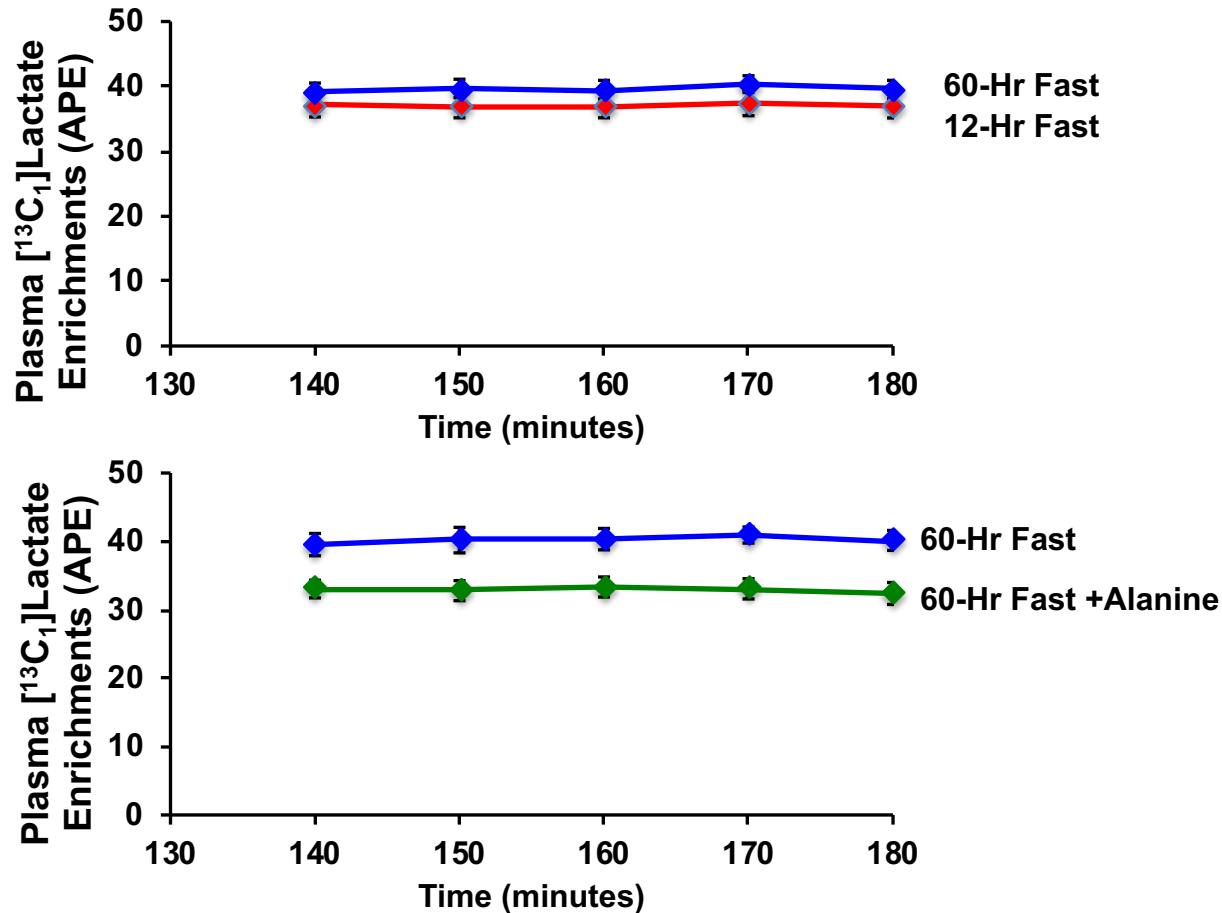
Supplemental Figure 1



Steady-state plasma D₇ glucose enrichments during PINTA

- A) Plasma enrichments of D₇-glucose in healthy volunteers (n=15) after a 12-h and a 60-h fast.
- B) Plasma enrichments of D₇-glucose in a subgroup of healthy volunteers (n=9) after a 60-h fast and a 60-h fast with alanine supplementation.

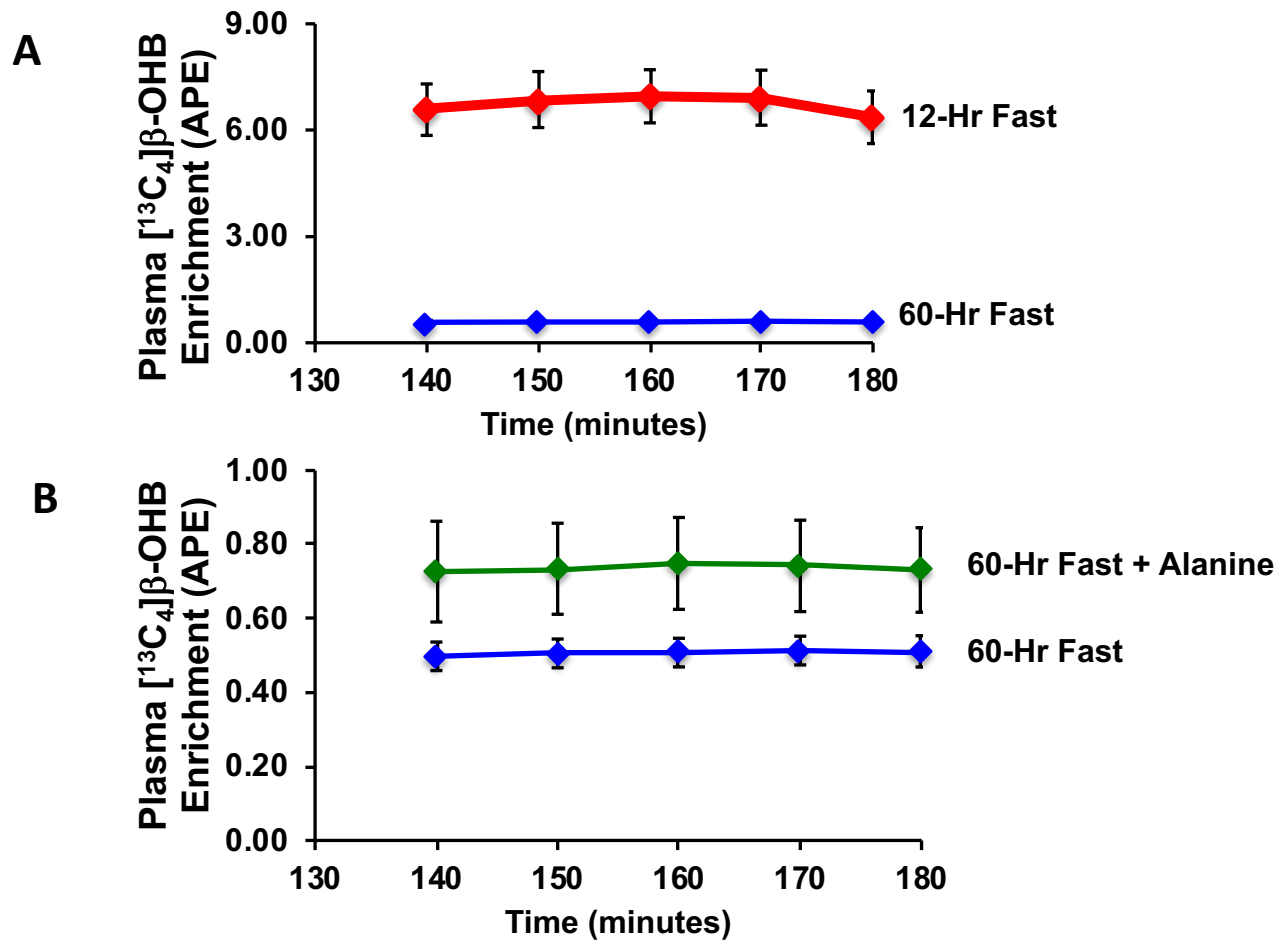
Supplemental Figure 2



Steady-state plasma $[^{13}\text{C}_1]$ lactate enrichments during PINTA

- A) Plasma enrichments of $[^{13}\text{C}_1]$ lactate in healthy volunteers (n=15) after a 12-h and a 60-h fast.
- B) Plasma enrichments of $[^{13}\text{C}_1]$ lactate in a subgroup of healthy volunteers (n=9) after a 60-h and a 60-h fast with alanine supplementation.

Supplemental Figure 3



Steady-state plasma [¹³C₄]β-OHB enrichments during PINTA

- A) Plasma enrichments of [¹³C₄]β-OHB in healthy volunteers (n=15) after a 12-h and a 60-h fast.
- B) Plasma enrichments of [¹³C₄]β-OHB in a subgroup of healthy volunteers (n=9) after a 60-h and a 60-h fast with alanine supplementation.