

Supplements 2a and 2b

Supplement 2a Circulating biomarkers

Date	23/02/2018	15/06/2018	27/06/2018	16/07/2018	13/08/2018	24/08/2018	17/09/2018	15/10/2018	12/11/2018	10/12/2018	14/01/2019	5/02/2019	11/03/2019	10/04/2019	6/05/2019	3/06/2019
Hemoglobin g/L (130-180)	123	127	136	139	142	137	135	140	137	138	135	140	134	126	126	132
Mean Corpuscular Volume fL (80-100)	93	93	93	93	93	93	91	93	92	92	93	92	93	91	91	91
Platelets 10 ⁹ /L (150-400)	185	184	212	205	196	182	184	199	186	186	174	195	210	202	200	215
White Blood Cells 10 ⁹ /L (4.0-11.0)	5.0	6.4	6.3	7.6	5.1	6.7	6.4	5.1	5.7	5.3	5.4	6.6	5.5	6.1	5.1	6.8
Neutrophils 10 ⁹ /L (2.0-8.0)	2.6	3.7	3.6	4.8	3.0	3.8	3.6	2.6	3.4	2.5	2.7	3.6	2.6	3.4	2.2	3.9
Lymphocytes 10 ⁹ /L (1.0-4.0)	2.0	2.1	2.1	2.0	1.7	2.2	2.1	1.9	1.8	2.3	2.1	2.2	2.1	2.0	2.2	2.1
Monocytes 10 ⁹ /L (0.2-1.0)	0.3	0.5	0.5	0.6	0.3	0.5	0.5	0.4	0.3	0.4	0.3	0.5	0.3	0.3	0.3	0.5
Eosinophils 10 ⁹ /L (<0.5)	0.1	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.1	0.1	0.3	0.3	0.6	0.4	0.4	0.3
Sodium mmol/L (135-145)	140	140	140	143	143	141	143	145	143	145	142	142	143	142	141	143
Potassium mmol/L (3.5-5.2)	4.4	3.7	4.7	4.6	5.1	4.3	4.6	4.4	4.3	4.3	4.5	4.1	5.0	4.2	3.7	4.2
Chloride mmol/L (95-110)	104	100	101	104	103	102	104	104	104	105	105	101	104	103	104	103
Bicarbonate mmol/L (22-32)	28	32	31	29	31	30	32	30	31	34	29	32	32	31	28	33
Urea mmol/L (3.5-8.0)	3.5	4.4	3.3	3.6	4.2	4.1	4.6	3.6	4.2	5.0	3.9	5.7	4.1	4.0	4.0	3.7
Creatinine µmol/L (60-110)	51	50	52	58	59	59	54	58	57	61	58	70	61	60	51	58
Anion gap mmol/L (7-17)	12	12	13	15	14	13	12	15	12	10	12	13	12	12	13	11
Calcium mmol/L (2.10-2.60)	2.34	2.33	2.51	2.46	2.63	2.45	2.50	2.50	2.49	2.47	2.45	2.53	2.58	2.46	2.41	2.48
Calcium corrected mmol/L (2.10-2.60)	2.34	2.37	2.47	2.41	2.54	2.43	2.48	2.43	2.44	2.38	2.40	2.42	2.54	2.42	2.41	2.46
Magnesium mmol/L (0.70-1.10)	0.76	0.77	0.74	0.80	0.83	0.76	0.75	0.84	0.78	0.84	0.82	0.86	0.81	0.76	0.79	0.83
Phosphate mmol/L (0.75-1.50)	1.08	1.27	1.32	1.15	1.30	1.19	1.20	1.25	1.20	1.19	1.11	1.36	1.23	1.22	1.07	1.20
Total Protein g/L (60-80)	71	72	74	73	78	72	72	74	73	74	72	76	72	69	68	69
Albumin g/L (31-47)	40	38	42	43	45	41	41	44	43	45	43	46	42	42	40	41
Bilirubin µmol/L (<20)	10	6	16	12	13	12	13	12	12	10	9	11	9	11	8	9
Gamma GT U/L (5-50)	14	22	20	19	21	18	26	20	18	18	17	18	18	19	17	22
Alkaline phosphatase U/L (45-150)	109	110	111	108	106	98	92	98	89	88	76	83	87	78	78	86
ALT U/L (<50)	15	19	19	20	21	19	18	14	16	21	16	16	14	13	14	20
AST U/L (<45)	30	29	44	34	35	35	26	27	31	36	29	30	27	26	30	30
Urate mmol/L (0.20-0.42)	0.18	0.23	0.20	0.22	0.25	0.24	0.21	0.25	0.23	0.26	0.21	0.22	0.20	0.21	0.17	0.24
Fasting glucose mmol/L (3.5-5.4)	4.1	3.8	4.1	4.2	4.3	4.5	4.4	4.6	4.6	4.2	4.8	4.3	4.5	4.7	4.6	4.7
Fasting cholesterol mmol/L (<5.5 mmol/L)	2.9	2.9	2.9	3.0	3.1	3.1	3.1	3.2	3.2	3.0	3.2	3.2	3.0	3.2	3.2	3.3
Triglycerides mmol/L (<2.0 mmol/L)	0.44	0.54	0.39	0.48	0.37	0.41	0.40	0.37	0.38	0.41	0.55	0.49	0.41	0.40	0.46	0.41
D dimer (<0.50 mg/L) 1.3 on Jul 2 2013													1.8		1.5	2.1
Fibrinogen (2.0-4.0 g/L) 3.2 on Jul 2 2013													3.7		3.1	3.1

Supplement 2b Trends in serum alkaline phosphatase and fasting plasma glucose and cholesterol levels

