

Figure S1 Representative CPMG spectrum of plasma samples

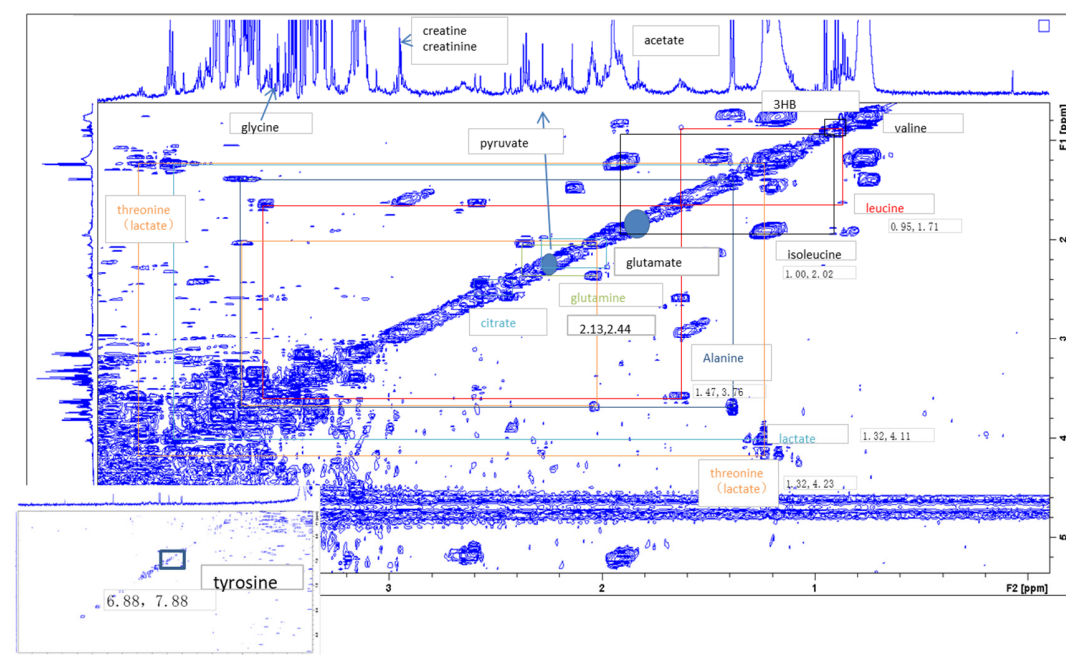


Figure S2 2D COSY spectrum

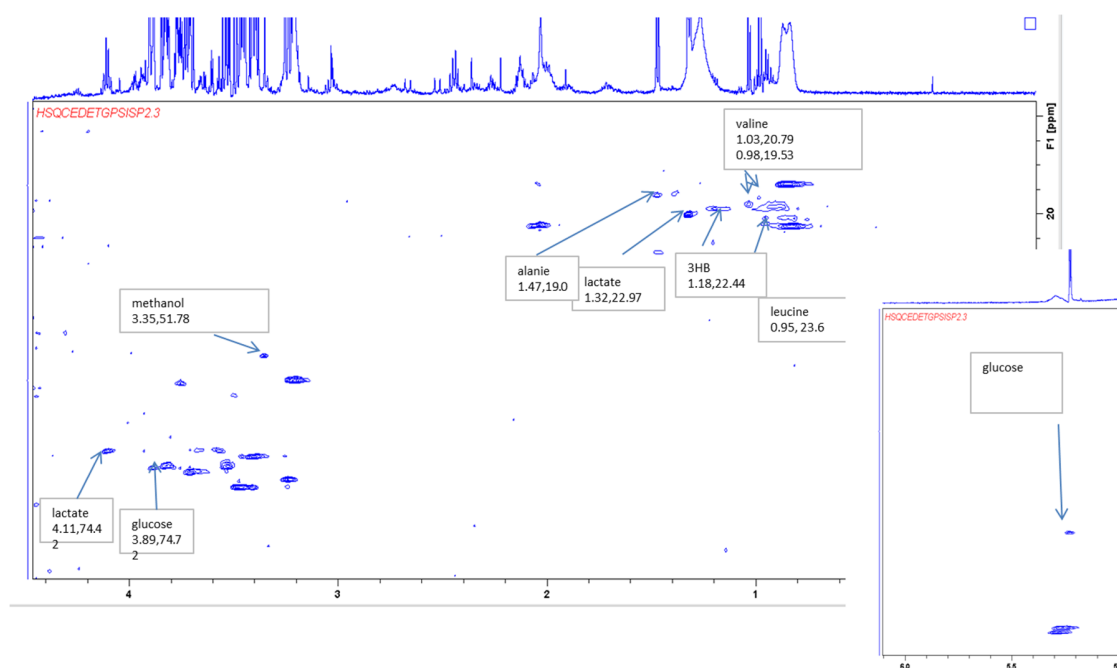


Figure S3 2D HSQC spectrum

Table S1 Chemical shifts and peak multiplicity of metabolites.

No.	Metabolites	$\delta^1\text{H}$ (multiplicity)	$\delta^{13}\text{C}$	J value (Hz)	Methods
1	Lipids	0.80-0.90(m)	—	—	CPMG,COSY,HSQC
2	Isoleucine	0.94(t),1.00(d),1.24(m),3.66(d)	—	—	CPMG,COSY,HSQC
3	Valine	0.98(d),1.03(d),2.26(m),3.60(d)	19.53,20.79	7.01,7.05	CPMG,HSQC
4	Leucine	0.95(t),1.71(m),3.72(dd)	23.6	—	CPMG,COSY,HSQC
5	3-hydroxybutyrate (3-HB)	1.18(d),4.15(m)	22.44	7	CPMG,HSQC
6	Lactate	1.32(d), 4.11(q)	22.97, 74.42	7	CPMG,COSY,HSQC
7	Alanine	1.47(d),3.76(q)	19	7.14	CPMG,COSY,HSQC
8	Acetate	1.91(s)	—	—	CPMG,
9	Glutamine	2.13(m),2.44(m)	—	—	CPMG,COSY,
10	Glutamate	2.05(m),2.34(m)	—	—	CPMG,COSY
11	Serine	3.96(m), 3.83(dd)	—	3.80	—
12	Pyruvate	2.36(s)	—	—	CPMG,JRES
13	Citrate	2.52(d),2.66(d)	—	15.5,15.5	CPMG,COSY
14	Creatine	3.02(s)	—	—	CPMG
15	Creatinine	3.03(s)	—	—	CPMG
16	Methanol	3.35(s)	51.78	—	CPMG,HSQC
17	Glycine	3.55(s)	—	—	CPMG
18	Threonine	1.32(s),4.23(s)	—	—	CPMG,COSY
19	Unsaturated lipid	5.3 (b)	—	—	—
20	Glucose	3.89(dd),5.226(d)	74.7,95.2	3.88	CPMG,HSQC
21	Tyrosine	6.88(d),7.88(d)	—	8.8	CPMG,COSY
22	Histidine	7.06(s),7.80(s)	—	—	CPMG

s = singlet; d = doublet; dd = double doublet; t = triplet; q = quartet; m = multiplet; br = broad peak