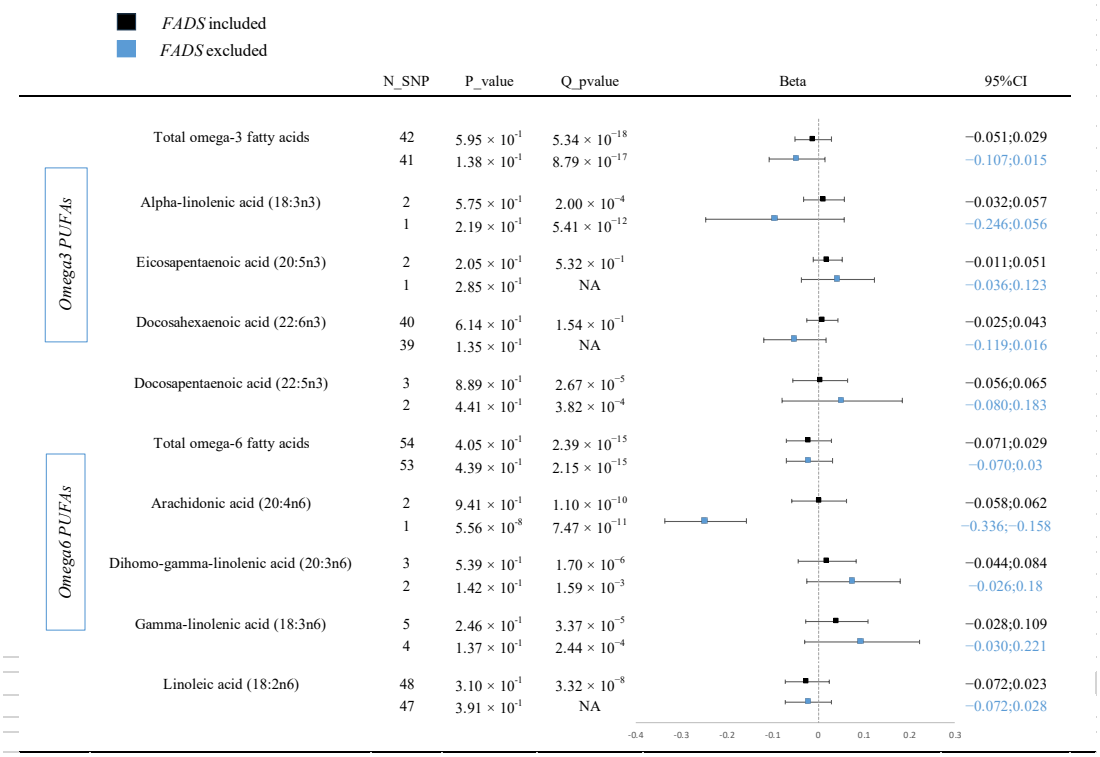
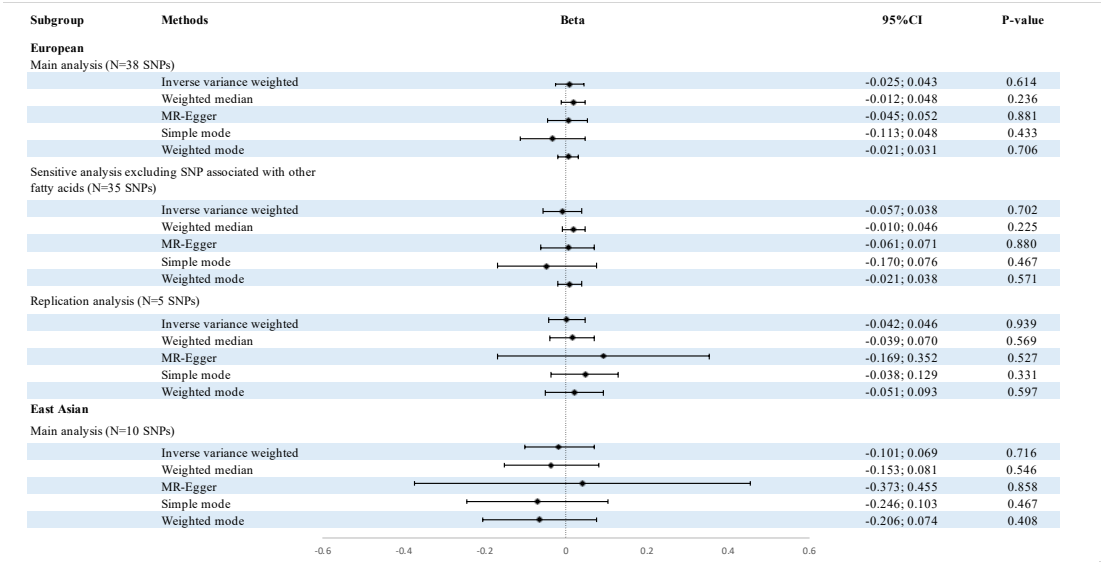
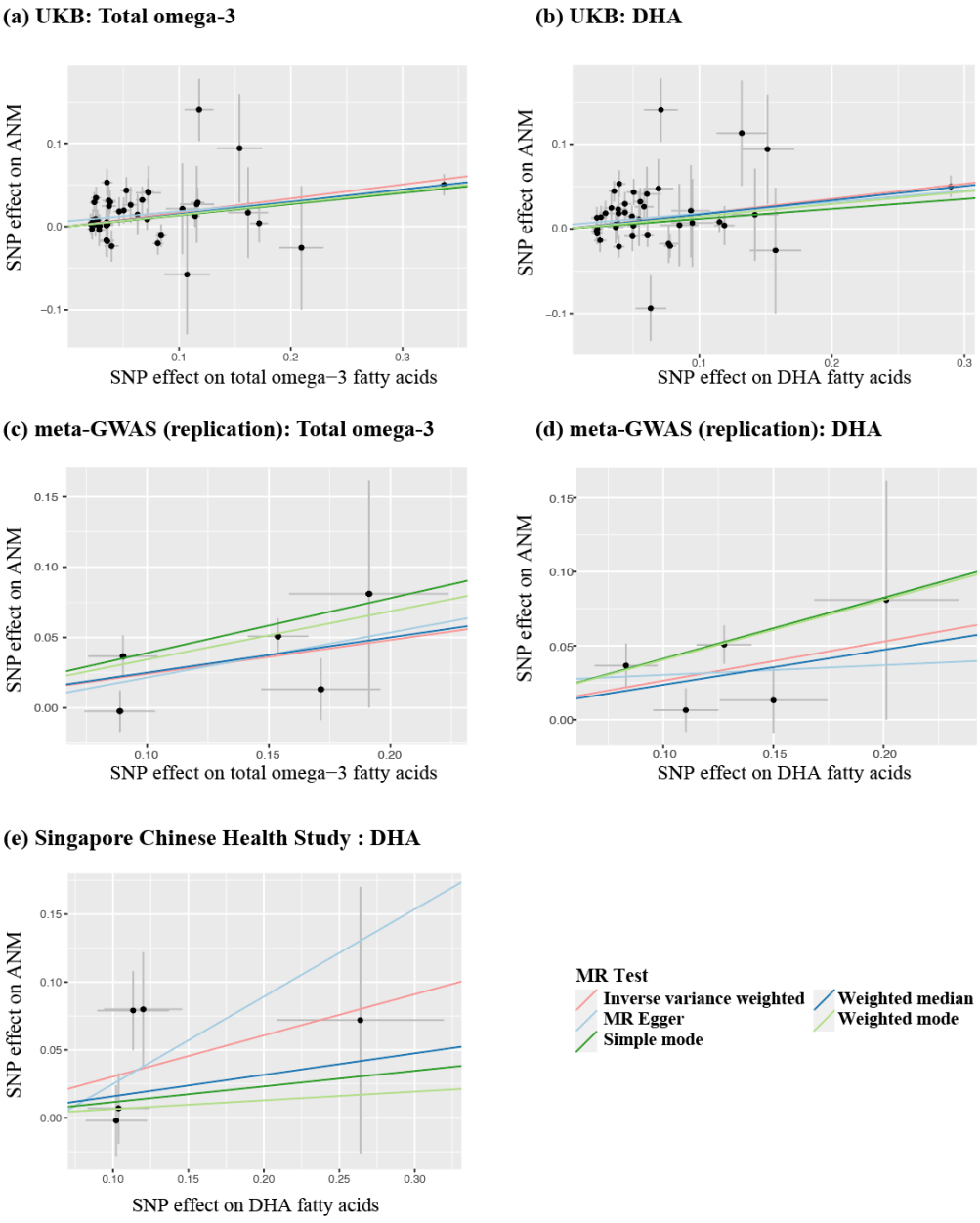
Supplementary Figures



Supplementary Figure S1. Forest plot of MR causal estimates for plasma PUFAs on age at menarche. Abbreviations: PUFA, polyunsaturated fatty acids; N, number of single nucleotide polymorphisms; SNP, single nucleotide polymorphism; CI, confidence interval.



Supplementary Figure S2. Forest plot of MR causal estimates for plasma DHA on age at menarche. Abbreviations: DHA, docosahexaenoic acid; N, number of single nucleotide polymorphisms; CI, confidence interval.



Supplementary Figure S3. Scatterplots for the significant MR association between ANM and circulating omega-3 in European and East Asian populations. Abbreviations: UKB, UK Biobank; SCHS, Singapore Chinese Health Study; ANM, age at natural menopause; SNP, single nucleotide polymorphism; DHA, docosahexaenoic acid; GWAS, genome-wide association study.