

**Table S4.** DE miRNAs from IR vs. sham comparisons common between plasma and urine samples. Decrease in miR abundance with IR indicated in **green** and increase in miR abundance with IR within indicated in **red**. As in Table S1, these miRs share 100% seed sequence homology between rat (rno), mouse (mmu) and human (hsa).

Overlapping miRs	Plasma (log2FC)	Urine (log2FC)
rno-miR-378a-3p	1.4357	0.8812
rno-miR-423-3p	0.9458	1.3515
rno-miR-3556b	1.7866	1.6383
rno-miR-3557-5p	1.3752	0.9581
rno-miR-3590-5p	2.1782	1.8741
rno-miR-215	-1.1731	3.0324