Table S1. Serum amino acid concentrations of participants.

	ITT population **n = 61** **mean ± SD** **n (%)**	**HS-group[(1)]** **n = 31** **mean ± SD** **n (%)**	**VHS-group[(2)]** **n = 30** **mean ± SD** **n (%)**	**HS vs. VHS** ***p* – Value**
L-ornithine (µmol/L)	102.8 ± 27.5	106.1 ± 29.7	99.4 ± 25.0	0.210
L-phenylalanine (µmol/L)	97.5 ± 16.7	99.8 ± 15.2	95.2 ± 18.1	0.530
Taurine (µmol/L)	155.1 ± 31.1	152.1 ± 25.6	158.3 ± 36.1	0.784
L-tryptophan (µmol/L)	54.1 ± 12.1	54.8 ± 10.7	53.3 ± 13.6	0.414
L-tyrosine (µmol/L)	68.6 ± 15.1	69.1 ± 18.1	68.2 ± 11.6	0.498

Abbreviations: Intention-to-treat (ITT) population; SD, standard deviation; [(1)] High stress group: participants with a total PSQ_{30}-score of 0.500-0.656; [(2)] Very high stress group: participants with a total PSQ_{30}-score > 0.656; p-Value: Mann–Whitney U test.