

**Supplemental Digital Content 3.** Ketone body concentrations during keto-adaptation presented as (A) mean  $\pm$  SD weekly urinary aceto-acetate (AcAc) concentration and (B) mean  $\pm$  SD capillary blood D- $\beta$ -hydroxybutyrate (D- $\beta$ HB) concentration. The grey dots denote individual concentrations for each participant.

