

Supplemental Digital Content 2. CV%, range and sensitivity of measurement for all assessed blood clinical chemistry biomarkers.

Biomarker	CV%	Range*	Sensitivity**
Insulin (pmol·L⁻¹)	<4.9	18.2 – 987.5	1.39
Insulin-Like Growth Factor-1 (nmol·L⁻¹)	<7.2	2.9 – 61.4	0.58
Testosterone (nmol·L⁻¹)	<4.4	1.4 – 38.3	0.09
Cortisol (nmol·L⁻¹)	<3.8	140.1 – 1592.0	1.5
Luteinizing Hormone (U·L⁻¹)	<2.2	1.0 – 95.6	0.10
Follicle Stimulating Hormone (U·L⁻¹)	<3.7	0.5 – 128.7	0.10
Sex Hormone Binding Globulin (nmol·L⁻¹)	<4.0	14.9 – 119.4	0.35
Procollagen type 1 N-terminal Propeptide (ug·L⁻¹)	<4.1	12.8 – 1140.4	5.0
β-Carboxy-Terminal Cross-linked Telopeptide (ug·L⁻¹)	<5.7	0.06 – 1.74	0.01
Plasma Osmolality (mOsmols·kgH₂O⁻¹)	<1.9	275.8 – 322.5	2.0
Sodium (mmol·L⁻¹)	<1.5	132.8 – 148.2	20.0
Urea (mmol·L⁻¹)	<1.3	1.8 – 12.4	0.5
Creatinine (μmol·L⁻¹)	<1.1	61.9 – 177.3	15.0
Albumin (g·L⁻¹)	<1.5	32.9 – 59.1	2.0
Globulin (g·L⁻¹)	<2.1	17.5 – 35.2	2.0
Total Protein (g·L⁻¹)	<2.5	60.7 – 89.3	2.0
Total Cholesterol (mmol·L⁻¹)	<1.6	2.3 – 7.9	0.1
HDL (mmol·L⁻¹)	<1.5	0.8 – 2.7	0.1
LDL (mmol·L⁻¹)	<2.1	1.5 – 5.1	0.1
Triglyceride (mmol·L⁻¹)	<1.9	0.3 – 5.8	0.1

CV% = Intra/inter coefficient of variation percentages; *Values are indicative of internal laboratory references inclusive of male and female cohorts of various age ranges; **Values are indicative of lowest detection limit as stated by assay manufacturer.