

Supplementary material 1

1. AMINO ACID METABOLOMICS DETECTION

Reagents and standards

Reagents: Acetonitrile, methanol, n-butanol, and acetyl chloride (chromatographic grade, purchased from CNW Technologies, Germany). Amino Acid Standards: Glycine, alanine, serine, proline, valine, threonine, leucine, isoleucine, asparagine, aspartic acid, glutamine, methionine, phenylalanine, arginine, tyrosine, glutamic acid, lysine, histidine, tryptophan, and cysteine. All standards were sourced from Sigma-Aldrich and Dr. Ehrenstorfer, with purity $\geq 95\%$. Deuterated Isotope Standards: Glycine-D5, alanine-D4, serine-D3, proline-D3, valine-D8, threonine-D2, leucine-13C, isoleucine-D10, asparagine-D3, aspartic acid-D3, glutamine-13C5, methionine-D3, phenylalanine-D8, arginine-N4, tyrosine-13C6, glutamic acid-15N, cysteine-D6, lysine-D4, histidine-C6, and tryptophan-D5. All were obtained from Sigma-Aldrich and Dr. Ehrenstorfer, with purity $\geq 95\%$.

Liquid chromatography and mass spectrometry conditions: Column: CAPCELL PAK ADME column, 150 mm \times 2.1 mm, 5 μ m. Mobile Phase: A: 2.5 mM ammonium acetate with 0.1% formic acid in water; B: 2.5 mM ammonium acetate with 0.1% formic acid in acetonitrile. Gradient Elution: Conditions detailed in Supplementary Table 1. Column Temperature: 40°C. Injection Volume: 5 μ L.

Sample pretreatment: Weigh 0.1 g of sample (accurate to 0.01 g) into a 1.5 mL capped plastic centrifuge tube. Add 1 mL of 90% acetonitrile, vortex to mix, and perform low-temperature ultrasonic extraction for 15 min. Centrifuge at 12,000 rpm for 10 min at 4°C. Transfer the supernatant to a clean nitrogen evaporation tube and dry under a nitrogen stream. Add 100 μ L of derivatization reagent to the tube, vortex for 2 min, and derivatize at 50°C for 15 min. Dry again under nitrogen, and then reconstitute with 300 μ L of water:acetonitrile (8:2). Filter through a 0.22 μ m membrane and prepare for analysis.

Fatty Acid Metabolomics Detection

Reagents and standards: Standards: Palmitoleic acid (C16:1, 99% purity), oleic acid (C18:1, 99% purity), linoleic acid (C18:2, 97% purity), eicosapentaenoic acid (C20:5, 99% purity), eicosenoic acid (C20:1, 99% purity), arachidonic acid (C20:4, 99% purity), docosahexaenoic acid (C22:6, 99% purity), ω 3-docosapentaenoic acid (ω 3-C22:5, 99% purity), ω 6-docosapentaenoic acid (ω 6-C22:5, 98% purity), γ -linolenic acid (γ -C18:3, 99% purity), and α -linolenic acid (α -C18:3, 99% purity). All were purchased from Shanghai Anpel Laboratory Technologies Inc. (Shanghai, China). Reagents: Ethyl acetate (chromatographic grade) and formic acid (chromatographic grade) from Dikma (Beijing, China); acetonitrile (chromatographic grade) and n-hexane (chromatographic grade) from Anpel Laboratory Technologies Inc. (Shanghai, China). Ultrapure water was prepared using a Milli-Q system.

Liquid chromatography and mass spectrometry conditions: Column: Waters ACQUITY UPLC® HSS T3 column, 1.8 μm , 2.1 \times 50 mm. Column Temperature: 55°C. Mobile Phase: A: 0.05% formic acid in water; B: 0.05% formic acid in acetonitrile. Flow Rate: 0.4 mL/min. Gradient Elution Program: 0.0–1.7 min, 10% B; 1.7–2.0 min, 30% B; 1.8–6.0 min, 50% B; 6.0–6.5 min, 100% B; 6.50–6.51 min, 50% B; 6.51–8.50 min, 10% B. Autosampler Temperature: 10°C. Injection Volume: 1 μL . Ion Source: Electrospray ionization (ESI). Scan Mode: Positive ion scan (ESI+). Data Acquisition: Multiple reaction monitoring (MRM).

Optimized Mass Spectrometry Parameters: ESI source temperature (TEM): 500°C; spray voltage (IS): 5500 V; nebulizer gas (Gas 1): 50 psi; curtain gas (CUR): 40 psi; auxiliary gas (Gas 2): 50 psi.

Sample pretreatment: Transfer serum or calibration working solution into a 1.5 mL centrifuge tube. Add 20 μL of a mixed fatty acid isotope internal standard solution and vortex for 5 min. Add 700 μL of ethyl acetate-acetonitrile solution, vortex at room temperature for 5 min, and centrifuge at 15,000 rpm for 5 min. Transfer 550 μL of the supernatant to a tube and evaporate to dryness under high-purity nitrogen at 35°C. For derivatization, add 200 μL of N,N'-carbonyldiimidazole solution to the residue, vortex for 30 s, and incubate at 25°C for 25 min. Subsequently, add 200 μL of 4-(dimethylamino)-benzylamine solution, vortex for 30 s, and incubate at 70°C for 30 min. Add 400 μL of pre-chilled (-20°C) acetonitrile and analyze the sample.

Bile acid metabolomics detection

Reagents and standards: Bile Acid Standards: Cholic acid (CA), deoxycholic acid (DCA), chenodeoxycholic acid (CDCA), and lithocholic acid (LCA), all purchased from Shanghai Yuanye Bio-Technology Co., Ltd. (Shanghai, China), with purity $\geq 95\%$. Deuterated Isotope Standards: Cholic acid-d5 (CA-d5), deoxycholic acid-d5 (DCA-d5), chenodeoxycholic acid-d4 (CDCA-d4), and lithocholic acid-d4 (LCA-d4), all sourced from Shanghai Yuanye Bio-Technology Co., Ltd., with purity $\geq 95\%$.

Liquid chromatography and mass spectrometry conditions: Column: Waters ACQUITY UPLC® HSS T3 column, 50 mm \times 2.1 mm, 1.8 μm . Mobile Phase: A: 0.1% formic acid in water; B: methanol. Gradient Elution: Conditions detailed in Supplementary Table S2. Column Temperature: 40°C. Injection Volume: 10 μL .

Sample pretreatment: Transfer 100 μL of sample into a 1.5 mL capped plastic centrifuge tube. Add 400 μL of acetonitrile solution (containing internal standard), vortex for 5 min, and centrifuge at 12,000 rpm for 10 min. Transfer 350 μL of the supernatant to a clean 96-well plate and dry under a nitrogen stream. Reconstitute with 100 μL of water:methanol (1:1), vortex for 2 min, and prepare for analysis.

TMAO metabolomics detection

Reagents and standards: Reagents: Acetonitrile (chromatographic grade,

Sunrise Chemical, USA); methanol (chromatographic grade, Sunrise Chemical, USA); formic acid (chromatographic grade, Dikma, USA); ammonium formate (chromatographic grade, CNW Technologies, Shanghai, China); PBS buffer pH 7.4 (Thermo Fisher Scientific). Ultrapure water was prepared using an ultrapure water system with a resistivity of 18.2 M Ω cm. Standards: Trimethylamine N-oxide (TMAO, 98.2%), choline (49.0%), creatinine (99.9%), L-carnitine (99.7%), betaine (98.0%), D9-trimethylamine N-oxide (D9-TMAO, 99.1%), D4-choline chloride (99.1%), D3-creatinine (99.8%), and D3-L-carnitine (99.9%), all purchased from Tianjin Alta Scientific Co., Ltd.

Standard solution preparation: Single Standard Stock Solutions: Transfer standard solutions of L-carnitine, betaine, D4-choline, D3-creatinine, and D3-L-carnitine (100 μ g/mL) into clean brown vials as individual stock solutions. Accurately weigh 0.010 g of creatinine standard and dissolve in 1% formic acid solution to prepare a 10 mg/mL creatinine stock solution. Dissolve 10 mg of TMAO, 10 mg of choline, and 5 mg of D9-TMAO in 1% formic acid solution to prepare stock solutions of 10 mg/mL, 10 mg/mL, and 5 mg/mL, respectively. Store at -20°C.

Mixed Standard Working Solution: Combine appropriate amounts of TMAO, choline, creatinine, L-carnitine, and betaine single stock solutions to prepare a mixed standard stock solution with final concentrations of 1, 10, 10, 20, 20, and 20 μ g/mL, respectively. Dilute this stock solution with 1% formic acid aqueous solution into eight concentration gradient standard series (S1–S8), as detailed in Supplementary Table 3. Mixed Internal Standard Working Solution: Dilute appropriate amounts of single internal standard stock solutions with 1% formic acid aqueous solution to a concentration of 50 ng/mL each.

Mass spectrometry conditions: Mobile Phase Preparation: Phase A: Dissolve 0.252 g of ammonium formate in ultrapure water, filter, dilute with ultrapure water, add 400 μ L of formic acid, and adjust to 400 mL to obtain a 10 mmol/L ammonium formate solution with 0.1% formic acid. Prepare fresh daily. Phase B: Add 1 mL of formic acid to acetonitrile and adjust to 1000 mL to obtain a 0.1% formic acid acetonitrile solution.

Ion Source: Electrospray ionization (ESI), positive ion mode. Scan Mode: Multiple reaction monitoring (MRM). Ion Source Temperature: 500°C. Capillary Voltage: 2.5 kV. Cone Voltage: 2.5 V. Desolvation Gas Flow: 150 L/hr. Ion Selection: After identifying parent ions, select the two most intense daughter ions for each target compound, with the strongest used for quantification and the other for qualification. Mass spectrometry parameters (parent ions, daughter ions, collision energies) for the five TMAO-related compounds and their internal standards are listed in Supplementary Table 4. Supplementary Table 4 Mass Spectrometry Parameters for TMAO Metabolomics

Sample pretreatment: Take 50 μ L of blood sample (or mixed standard working solution at eight concentration gradients, S1–S8, as per Supplementary Table 3).

Add 10 µL of mixed internal standard working solution (prepared by diluting single internal standard stock solutions with 1% formic acid aqueous solution to 50 ng/mL each) and mix thoroughly. Add 230 µL of acetonitrile (ACN) to precipitate proteins, vortex for 5 min, and centrifuge at 13,000 × g for 5 min. Transfer 200 µL of the supernatant to a sample vial, add 600 µL of 90% ACN solution for dilution, mix well, and analyze.

Supplementary Table 1 Liquid chromatography elution conditions for amino acid metabolomics detection

Time (minute)	Flow rate (mL/minute)	A%	B%
0.00	0.40	95	5
1.00	0.40	95	5
6.00	0.40	2	98
7.00	0.40	2	98
7.01	0.40	95	5
9.00	0.40	95	5

Ion Source: Electrospray ionization (ESI). Scan Mode: Positive ion scan (ESI+). Capillary Voltage: 0.5 kV. Desolvation Temperature: 1000°C. Desolvation Gas Flow: 500 L/hr. Collision Gas: Argon, flow rate 1.7 mL/min. Mass Spectrometry Scan Mode: Segmented multiple reaction monitoring (MRM).

Supplementary Table 2 Liquid chromatography elution conditions for bile acid metabolomics detection

Time (minute)	Flow rate (mL/minute)	A%	B%
0.00	0.30	50	50
6.00	0.30	10	90
8.50	0.30	10	90
8.51	0.30	50	50
11	0.30	50	50

Ion Source: Electrospray ionization (ESI). Scan Mode: Negative ion MRM. Mass Spectrometry Parameters: Curtain Gas (CUR): 20; Collision Gas (CAD): 8; Ion Spray Voltage (IS): -4500 V; Temperature (TEM): 600°C; Ion Source Gas 1 (GS1): 40; Ion Source Gas 2 (GS2): 40.

Supplementary Table 3 Standard Series Working Solutions for TMAO Metabolomics

Analyte (ng/mL)	S1	S2	S3	S4	S5	S6	S7	S8
TMAO	39.07	78.13	156.25	312.5	625	1250	2500	5000
Free Choline	39.07	78.13	156.25	312.5	625	1250	2500	5000
Creatinine	78.13	156.25	312.5	625	1250	2500	5000	10000
L-Carnitine	78.13	156.25	312.5	625	1250	2500	5000	10000
Betaine	78.13	156.25	312.5	625	1250	2500	5000	10000

Supplementary Table 4 Mass Spectrometry Parameters for TMAO Metabolomics

Compound	CAS Number	Ionization mode	Parent ion (m/z)	daughter ion (m/z)	Collision energy /eV
TMAO	1184-78-7	[M+H] ⁺	76.1	59.2*/58.1	10/10
Choline	123-41-1	[M+H] ⁺	104.2	60.1*/45.2	15/15

