

1 **Human knockouts and phenotypic analysis**
2 **in a cohort with a high rate of consanguinity**

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67 **Summary Paragraph**

68 A major goal of biomedicine is to understand the function of every gene in the human
69 genome.¹ Loss-of-function (LoF) mutations can disrupt both copies of a given gene in
70 humans and phenotypic analysis of such ‘human knockouts’ can provide insight into gene
71 function. To date, comprehensive analysis of genes knocked out in humans has been
72 limited by the fact that LoF mutations are infrequent in the general population and so,
73 observing an individual homozygous LoF for a given gene is exceedingly rare.^{2,3}
74 However, consanguineous unions are more likely to result in offspring who carry LoF
75 mutations in a homozygous state. In Pakistan, consanguinity rates are notably high.⁴
76 Here, in order to understand consequences of complete gene disruption in humans, we
77 sequenced the protein-coding regions of 10,503 adult participants living in Pakistan,
78 identified individuals carrying predicted LoF (pLoF) mutations in the homozygous state,
79 and performed phenotypic analysis involving >200 traits. We enumerated 49,138 rare (<1
80 % minor allele frequency) pLoF mutations. These pLoF mutations are predicted to knock
81 out 1,317 genes in at least one participant. Homozygosity for pLoF mutations at *PLAG27*
82 was associated with absent enzymatic activity of soluble lipoprotein-associated
83 phospholipase A2; at *CYP2F1*, with higher plasma interleukin-8 concentrations; at
84 *TREH*, with lower concentrations of apoB-containing lipoprotein subfractions; at either
85 *A3GALT2* or *NRG4*, with markedly reduced plasma insulin C-peptide concentrations; and
86 at *SLC9A3R1*, with mediators of calcium and phosphate signaling. Finally, *APOC3* is a
87 gene which regulates metabolism of plasma triglyceride-rich lipoproteins and where
88 heterozygous deficiency confers resistance to coronary heart disease.^{5,6} In Pakistan, we
89 now observe *APOC3* homozygous pLoF carriers; we recalled these knockout humans and

90 challenged with an oral fat load. Compared with wild-type family members, *APOC3*
91 knockouts displayed marked blunting of the usual post-prandial rise in plasma
92 triglycerides. Overall, these observations provide a roadmap for a ‘human knockout
93 project’, a systematic effort to understand the phenotypic consequences of complete
94 disruption of genes in humans.

95 **Main Text**

96 We studied adult participants in the Pakistan Risk of Myocardial Infarction Study
97 (PROMIS) designed to understand the determinants of cardiometabolic diseases in South
98 Asians.⁷ Consanguineous marriages have been common in this region of South Asia for
99 many generations.⁸ In PROMIS, 39.0% of participants reported that their parents were
100 cousins and 39.8% reported themselves being married to a cousin. An expectation from
101 consanguinity is long regions of autozygosity, defined as homozygous loci identical by
102 descent.⁹ Using genome-wide genotyping data available in 18,541 PROMIS participants,
103 we quantified the length of runs of homozygosity, defined as homozygous segments at
104 least 1.5 megabases long. We compared the lengths of runs of homozygosity among
105 PROMIS participants with those seen in other populations from the International
106 HapMap3 Project. Median length of genome-wide homozygosity among PROMIS
107 participants was 6-7 times higher than participants of European (CEU, TSI) ($P = 3.6 \times 10^{-37}$),
108 East Asian (CHB, JPT, CHD) ($P = 5.4 \times 10^{-48}$) and African ancestries (YRI, MKK)
109 ($P = 1.3 \times 10^{-40}$), respectively (**Supplementary Figure 1**).

110 In order to identify individuals who are homozygous for predicted loss-of-
111 function (pLoF) mutations (i.e., nonsense, frameshift, or canonical splice-site mutations
112 predicted to inactivate a gene), we performed whole exome sequencing in 10,503
113 PROMIS participants (**Table 1**) with genetic ancestry similar to the overall cohort.
114 Across all participants, 1,639,223 exonic and splice-site sequence variants in 19,026
115 autosomal genes passed quality control metrics. Of these, 57,137 mutations across 14,345
116 autosomal genes were annotated as pLoF.

117 To increase the probability that mutations annotated as pLoF by automated
118 algorithms are *bona fide*, we removed nonsense and frameshift mutations occurring
119 within the last 5% of the transcript and within exons flanked by non-canonical splice
120 sites, splice site mutations at small (<15 bp) introns, at non-canonical splice sites, and
121 where the purported pLoF allele is observed across primates. Common pLoF alleles are
122 less likely to exert strong functional effects as they are less constrained by purifying
123 selection; thus, we define pLoF mutations in the rest of the manuscript as variants with a
124 minor allele frequency (MAF) of < 1% and passing the aforementioned bioinformatic
125 filters. Applying these criteria, we generated a set of 49,138 pLoF mutations across
126 13,074 autosomal genes.¹⁰ The site-frequency spectrum for these pLoF mutations
127 revealed that the majority was seen only in one or a few individuals (**Supplementary**
128 **Figure 2**).

129 Across all 10,503 PROMIS participants, both copies of 1,317 distinct genes were
130 predicted to be inactivated due to pLoF mutations. A full listing of all 1,317 genes
131 knocked out, the number of knockout participants for each gene, and the specific pLoF
132 mutation(s) are provided in **Supplementary Table 1**. 891 (67.7 %) of the genes were
133 knocked out only in one participant (**Fig. 1a**). Nearly 1 in 5 sequenced participants (1,843
134 individuals, 17.5 %) had at least one gene knocked by a homozygous pLoF mutation.
135 1,504 of these 1,843 individuals (81.6 %) were homozygous pLoF carriers for just one
136 gene, but a minority of participants were knockouts for more than one gene and one
137 participant had six genes with homozygous pLoF genotypes.

138 We compared the coefficient of inbreeding (F coefficient) in PROMIS
139 participants with that of 15,249 individuals from outbred populations of European or

140 African American ancestry. The F coefficient estimates the excess homozygosity
141 compared with an estimated outbred ancestor. PROMIS participants had a 4-fold higher
142 median inbreeding coefficient compared to outbred populations (0.016 v 0.0041; $P < 2 \times$
143 10^{-16}) (**Fig. 1b**). Additionally, those in PROMIS who reported that their parents were
144 closely related had even higher median inbreeding coefficients than those who did not
145 (0.023 v 0.013; $P < 2 \times 10^{-16}$). The F inbreeding coefficient was correlated with the
146 number of homozygous pLoF genes present in each individual. (Spearman $r = 0.31$; $P = 5$
147 $\times 10^{-231}$) (**Fig. 1c**). When restricted to individuals with high levels of inbreeding (F
148 inbreeding coefficient $> 6.25\%$, the expected degree of autozygosity from a first-cousin
149 union), 721 of 1,585 individuals (45%) were homozygous for at least one pLoF mutation.

150 We tested the hypothesis that genes observed in the homozygous pLoF state in
151 PROMIS participants are under less evolutionary constraint. We calculated the
152 probability of being LoF intolerant (at $>90\%$ threshold) for each gene (see Methods)^{11,12}
153 and compared this to 1,317 randomly selected genes. The observed 1,317 homozygous
154 pLoF genes were less likely to be classified as highly constrained (odds ratio 0.14; 95%
155 CI 0.12, 0.16; $P < 1 \times 10^{-10}$). Additionally, the 1,317 homozygous pLoF genes are
156 substantially depleted of genes described to be essential for survival and proliferation in
157 four human cancer cell lines (12 of 870 essential genes observed, 1.4%).¹³

158 A number of genes previously predicted to be required for viability in humans
159 were observed in the homozygous pLoF state in humans (**Supplementary Table 2**). For
160 example, 40 of the 1,317 genes have been associated with embryonic or perinatal
161 lethality as homozygous pLoF in mice.¹⁴ Furthermore, 56 genes predicted to be essential
162 using mouse/human conservation data¹⁵ are tolerated as homozygous pLoF in Pakistani

163 adults. In fact, 9 genes are in both datasets and are also modeled as LoF intolerant.¹² One
164 such gene, *EP400* (also known as *p400*), influences cell cycle regulation via chromatin
165 remodeling¹⁶ and is critical for maintaining the identity of murine embryonic stem cells¹⁷
166 but we observe an adult human homozygous for disruption of a canonical splice site
167 (intron 3 of 52; c.1435+1G>A) in *EP400*. Conversely, we observed 90 genes where the
168 heterozygous pLoF genotype is of appreciable frequency but the homozygous pLoF
169 genotype is depleted (at *P* value threshold < 0.05) (**Supplementary Table 3**).

170 We compared our results to three recent reports where homozygous pLoF genes
171 have been catalogued: in Pakistanis living in Britain, in Icelanders, and in the Exome
172 Aggregation Consortium (ExAC). 3,223 Pakistanis living in Britain with a high degree of
173 parental relatedness (mean 5.62% autozygosity) were sequenced to find 781 homozygous
174 pLoF genes.¹⁸ The sequencing of 2,636 Icelanders and subsequent imputation into
175 104,220 chip-genotyped Icelanders yielded 1,171 genes in the homozygous pLoF state.³
176 Analysis of 52,451 multi-ethnic participants from ExAC (i.e., those not overlapping with
177 current PROMIS study) found 877 genes to be knocked out.¹⁹ Here, we identify a total of
178 734 unique genes in the homozygous pLoF state that were not observed in the other three
179 studies (**Supplementary Figure 3**).

180 Intersection of the four sets of genes from these studies revealed only 25 common
181 to all four studies. For example, at phosphodiesterase 11A (encoded by *PDE11A*),
182 different mutations across the four populations lead to homozygous pLoF state
183 (PROMIS: c.2424-1G>G, p.Cys554ValfsTer14, p.Arg307Ter; ExAC Latino:
184 p.Arg307Ter; ExAC non-Finnish European: p.Cys554ValfsTer14, p.Arg307Ter;
185 Icelanders: p.Arg7ThrfsTer30, p.Arg307Ter; British Pakistani: p.Arg57Ter). The *Pde11a*

186 ^{-/-} mouse shows behavioral phenotypes and *PDE11A* is implicated in depression and
187 schizophrenia in humans.²⁰ Whether humans lacking *PDE11A* also display
188 neuropsychiatric phenotypes remains to be determined.

189 In order to understand the phenotypic consequences of complete disruption of the
190 1,317 pLoF genes identified in the PROMIS study, we applied three approaches. First,
191 for 426 genes where two or more participants were homozygous pLoF, we conducted an
192 association screen against a panel of 201 phenotypic traits (**Supplementary Table 4**).
193 Second, in blood samples from each of 84 participants, we measured 1,310 protein
194 biomarkers using a new, multiplexed, aptamer-based proteomics assay. Third, at a single
195 gene, apolipoprotein C-III (encoded by *APOC3*), we recalled participants based on
196 genotype (three classes: ‘wild-type’, heterozygous pLoF, and homozygous pLoF) and
197 performed provocative physiologic testing.

198 At 426 genes where two or more participants were homozygous pLoF, we
199 performed association analyses to determine whether homozygous pLoF mutation status
200 was associated with variation in any of 201 traits. For quantitative traits, we compared
201 mean trait values in homozygous pLoF carriers with non-carriers. For dichotomous traits,
202 we performed logistic regression with trait status as the outcome variable and
203 homozygous pLoF carrier status as the predictor variable. Details of covariate
204 adjustments are presented in the Methods. Across quantitative and dichotomous traits,
205 this resulted in the analysis of 18,959 gene-trait pairs and thus, we set Bonferroni-
206 adjusted significance threshold at $P = 3 \times 10^{-6}$.

207 The quantile-quantile plot of expected versus observed association results shows
208 an excess of highly significant results without systematic inflation (**Supplementary**

209 **Figure 4).** Association results surpassed the Bonferroni significance threshold for 26
210 gene-trait pairs (**Supplementary Table 5**). Below, we highlight seven results: *PLA2G7*,
211 *CYP2F1*, *TREH*, *A3GALT2*, *NRG4*, *SLC9A3R1*, and *APOC3*.

212 Lipoprotein-associated phospholipase A2 (Lp-PLA2, encoded by *PLA2G7*)
213 hydrolyzes phospholipids to generate lysophosphatidylcholine and oxidized nonesterified
214 fatty acids. In observational epidemiologic studies, higher soluble Lp-PLA2 enzymatic
215 activity has been correlated with increased risk for coronary heart disease; small molecule
216 inhibitors of Lp-PLA2 have been developed for the treatment of coronary heart disease.²¹
217 In PROMIS, we identified participants who are naturally deficient in the Lp-PLA2
218 enzyme. Two participants are homozygous for a splice-site mutation, *PLA2G7*
219 c.663+1G>A, and 106 are heterozygous for this same mutation. We observed a dose-
220 dependent response relationship between genotype and enzymatic activity: when
221 compared with non-carriers, c.663+1G>A homozygotes have markedly lower Lp-PLA2
222 enzymatic activity (-245 nmol/ml/min, $P = 2 \times 10^{-7}$) whereas the 106 heterozygotes had
223 an intermediate effect (-120 nmol/ml/min, $P = 2 \times 10^{-77}$) (**Fig. 2a-b**). If Lp-PLA2 plays a
224 causal role for coronary heart disease, one might expect those naturally deficient for this
225 enzyme to have reduced risk for coronary heart disease. We tested the association of
226 *PLA2G7* c.663+1G>A with myocardial infarction across all participants and found that
227 carriers of the pLoF allele did not have reduced risk (OR 0.97; 95% CI, 0.70 – 1.34; $P =$
228 0.87) (**Fig. 2c**). In contrast, at two positive control genes, we replicated prior observations
229 (**Supplementary Table 6**); at *LDLR*, heterozygous pLoF mutations increased MI risk 20-
230 fold and, at *PCSK9*, heterozygous pLoF mutations reduced risk by 78%. Of note, in two
231 recent randomized controlled trials, pharmacologic Lp-PLA2 inhibition failed to reduce

232 risk for coronary heart disease,^{22,23} a result that might have been anticipated by this
233 genetic analysis.²⁴

234 Cytochrome P450 2F1 (encoded by *CYP2F1*) is primarily expressed in the lung
235 and metabolizes pulmonary-selective toxins, such as cigarette smoke, and thus,
236 modulates the expression of environment-associated pulmonary diseases.²⁵ At *CYP2F1*,
237 we identified two participants homozygous for a splice-site mutation, c.1295-2A>G.
238 When compared with non-carriers, c.1295-2A>G homozygotes displayed higher soluble
239 interleukin 8 concentrations (3.7-fold increase, $P = 2 \times 10^{-6}$) (**Supplementary Figure 5**).
240 *CYP2F1* c.1295-2A>G heterozygosity had a more modest effect (2.4-fold increase, $P = 2$
241 $\times 10^{-4}$). Interleukin 8 induces migration of neutrophils in airways and is a mediator of
242 acute pulmonary inflammation and chronic obstructive pulmonary disease (COPD).^{26,27}
243 However, neither carrier reports a personal or family history of obstructive pulmonary
244 disease; further studies of these participants are required to assess the roles of CYP2F1
245 and interleukin 8 on pulmonary physiology.

246 Trehalase (encoded by *TREH*) is an intestinal enzyme that splits the naturally-
247 found unabsorbed disaccharide, trehalose, into two glucose molecules.²⁸ Trehalase
248 deficiency, an autosomal recessive trait, leads to abdominal pain, distention, and
249 flatulence after trehalose ingestion. We identified six participants homozygous for a
250 deletion of a splice acceptor site (c.90-
251 9_106delTCTCTGCAGTGAGATTTACTGCCACG) in exon 2. Homozygotes, unlike
252 heterozygotes or non-carriers, had lower concentrations of several apolipoprotein B-
253 containing lipoprotein subfractions (**Supplementary Table 5**) (**Supplementary Figure**
254 **6**).

255 Alpha-1,3-galactosyltransferase 2 (encoded by *A3GALT2*) catalyzes the formation
256 of the Gal- α 1-3Gal β 1-4GlcNAc-R (α -gal) epitope; the biological role of this enzyme in
257 humans is uncertain.²⁹ At *A3GALT2*, we identified two participants homozygous for a
258 frameshift mutation, p.Thr106SerfsTer4. Compared with non-carriers, p.Thr106SerfsTer4
259 homozygotes both had dramatically reduced concentrations of fasting C-peptide (-97.4%;
260 $P = 6 \times 10^{-12}$) and insulin (-92.3%; $P = 1 \times 10^{-4}$). Such an association was only observed
261 in the homozygous state (**Supplementary Figure 7**). *A3galt2*^{-/-} mice and pigs have
262 recently been shown to have glucose intolerance.^{30,31}

263 To understand if the identification of only a single homozygote may still be
264 informative, we performed a complementary analysis, focusing on those with the most
265 extreme standard Z scores ($|Z \text{ score}| > 5$) and requiring that there be evidence for
266 association in heterozygotes as well (see Methods). This procedure highlighted neureglin
267 4 (*NRG4*), a member of the epidermal growth factor family extracellular ligands which is
268 highly expressed in brown fat, particularly during adipocyte differentiation.^{32,33} At *NRG4*,
269 we identified a single participant homozygous for a frameshift mutation,
270 p.Ile75AsnfsTer23, who had nearly absent fasting insulin C-peptide concentrations (-99.3
271 %; $P = 1 \times 10^{-10}$). When compared with non-carriers, heterozygotes for *NRG4*
272 p.Ile75AsnfsTer23 (n = 8) displayed 48.3 % reduction in insulin C-peptide ($P = 1 \times 10^{-2}$).
273 Mice deleted for *Nrg4* have recently been shown to have glucose intolerance.³³ The
274 single *NRG4* pLoF homozygote participant did not have diabetes nor elevated fasting
275 glucose. Heterozygosity for a *NRG4* pLoF mutation (n=26) was also not associated with
276 diabetes or fasting glucose. More detailed phenotyping will be required to definitively
277 assess any relationship of *NRG4* deficiency in humans with glucose intolerance.

278 To further dissect the consequences of a subset of homozygous pLoF genes, we
279 measured 1,310 protein biomarkers in 84 participants through a new, multiplexed,
280 proteomic assay (SOMAscan). Among the 84 participants, there were nine genes with at
281 least two pLoF homozygotes and we associated these genotypes across 1,310 protein
282 biomarkers and observed a number of associations (**Supplementary Table 7**). We
283 highlight two PROMIS participants who are homozygous pLoF at *SLC9A3R1*; these
284 participants have increased circulating concentrations of several proteins involved in
285 parathyroid hormone or osteoclast signaling including calcium / calmodulin-dependent
286 protein kinase II (CAMK2) alpha, beta, and delta subunits, cAMP-regulated
287 phosphoprotein 19, and signal transducer and activator of transcription (STAT) 1, 3, and
288 6 (**Supplementary Table 7**). *SLC9A3R1* (aka *NHERF1*) encodes a Na⁺/H⁺ exchanger
289 regulatory cofactor that interacts with and regulates the parathyroid hormone receptor;
290 *Nherf1*^{-/-} mice display hyperphosphaturia and disrupted protein kinase A-dependent
291 cAMP-mediated phosphorylation.^{34,35} Humans carrying rare missense mutations in
292 *SLC9A3R1* have nephrolithiasis, osteoporosis, and hypophosphatemia.³⁶

293 Apolipoprotein C-III (apoC-III, encoded by *APOC3*) is a major protein
294 component of chylomicrons, very low-density lipoprotein cholesterol, and high-density
295 lipoprotein cholesterol.³⁷ We and others recently reported that *APOC3* pLoF mutations in
296 heterozygous form lower plasma triglycerides and reduce risk for coronary heart
297 disease^{5,6,38}; there is now substantial interest in *APOC3* as a therapeutic target.³⁹⁻⁴¹ In
298 published studies, no *APOC3* pLoF homozygotes have been identified despite study of
299 nearly 200,000 participants from the U.S. and Europe, raising concerns that complete
300 *APOC3* deficiency may be harmful. However, in our study of ~10,000 Pakistanis, we

301 identified four participants homozygous for *APOC3* p.Arg19Ter. When compared with
302 non-carriers, p.Arg19Ter homozygotes displayed near-absent plasma apoC-III protein (-
303 88.9 %, $P = 5 \times 10^{-23}$), lower plasma triglyceride concentrations (-59.6 %, $P = 7 \times 10^{-4}$),
304 higher high-density lipoprotein (HDL) cholesterol (+26.9 mg/dL, $P = 3 \times 10^{-8}$); and
305 similar levels of low-density lipoprotein (LDL) cholesterol ($P = 0.14$) (**Fig. 3a-d**).

306 ApoC-III functions as a brake on the metabolism of dietary fat and thus, the
307 complete lack of this protein should promote handling of ingested fat. We re-contacted
308 one homozygous pLoF proband, his wife, and 27 of his first-degree relatives for
309 genotyping and physiologic investigation. We found that the proband's wife, a first
310 cousin, was also a pLoF homozygote, leading to all nine children being obligate
311 homozygotes (**Fig. 3e**). In this family, we challenged pLoF homozygotes (*APOC3*^{-/-}; n =
312 6) and non-carriers (*APOC3*^{+/+}; n = 7) with a 50 g/m² oral fat load followed by serial
313 blood testing for six hours. *APOC3* p.Arg19Ter homozygotes had significantly lower
314 post-prandial triglyceride excursions (triglycerides area under the curve 468.3 mg/dL*6
315 hours vs 1267.7 mg/dL*6 hours; $P = 1 \times 10^{-4}$) (**Fig. 3f**). These data show that complete
316 lack of apoC-III markedly improves clearance of plasma triglycerides after a fatty meal
317 and are consistent with and extend an earlier report of diminished post-prandial lipemia
318 in *APOC3* pLoF heterozygotes.³⁸

319 Targeted gene disruption in model organisms followed by phenotypic analysis has
320 been a fruitful approach to understand gene function⁴²; here, we extend this concept to
321 the human organism, leveraging naturally-occurring pLoF mutations, consanguinity, and
322 biochemical phenotyping. These results permit several conclusions. First, power to
323 identify human knockouts is improved with the study of multiple populations and

324 particularly those with high degrees of consanguinity. Using the observed median
325 inbreeding coefficient of sequenced participants and genotypes from the first 7,078
326 sequenced Pakistanis, we estimate that the sequencing of 200,000 Pakistanis, may result
327 in up to 8,754 genes (95% CI, 8,669-8,834) completely knocked out in at least one
328 participant (**Fig. 4**).

329 Second, a panel of phenotypes measured in a blood sample can yield hypotheses
330 regarding phenotypic consequences of gene disruption as observed for *PLA2G7*,
331 *CYP2F1*, *TREH*, *A3GALT2*, *NRG4*, *SLC9A3R1*, and *APOC3*. Finally, recall by genotype
332 followed by provocative testing may provide physiologic insights. We used this approach
333 to demonstrate that complete lack of apoC-III is tolerated and results in both lowered
334 fasting triglyceride concentrations as well as substantially blunted post-prandial lipemia.

335 Several limitations deserve mention. First and most importantly, any given
336 mutation annotated as pLoF may not truly lead to loss of protein function. In addition to
337 bioinformatics filtration, we manually curated all homozygous pLoF variants (n=1,580)
338 to assess confidence in variant fidelity and predicted biochemical impact
339 (**Supplementary Table 1** and **Supplementary Table 8**). We found 56 variants with
340 genotypes with a low number of supportive reads, 55 with poorly mapped reads
341 (**Supplementary Table 9**), and an additional 66 where there were potential mechanisms
342 of protein-truncation rescue (**Supplementary Figure 8**) or occurred within exons or
343 splice sites where conservation was low. Thus, we found the majority of pLoF calls (1403
344 out of 1580; 89%) to be free of mapping or annotation error. However, for any given
345 pLoF, experimental validation will be required to prove loss of gene function (e.g.,
346 targeted assays such as RT-PCR of transcript and/or Western blot of protein to confirm

347 *its absence*). Second, statistical power for genotype-phenotype correlation is low if a gene
348 is knocked-out in only 1 or 2 participants. However, this situation should improve with
349 larger sample sizes (**Supplementary Figure 9**). Third, *statistical power in the proteomics*
350 *analysis may be low because of the limited number of samples assayed and the impact of*
351 *non-genetic factors on plasma concentrations*.⁴³ Finally, our analysis was limited to
352 available phenotypes and in only one instance did we recall participants for deeper
353 phenotyping; rather, a standardized clinical phenotyping protocol is desirable for each
354 participant where a gene is observed to be knocked out.

355 To date, most human genetic studies have pursued a phenotype-first (“forward”
356 genetics) approach, beginning with traits of interest followed by genetic mapping. It is
357 now feasible to pursue a systematic genotype-first (“reverse” genetics) approach, starting
358 with homozygous pLoF humans followed by methodical examination of a diverse set of
359 traits.

360 These observations set the stage for a ‘human knockout project,’ a systematic
361 effort to understand the phenotypic consequences of complete disruption of every gene in
362 the human genome. Key elements for a human knockout project include: 1) identification
363 of populations where homozygous genotypes may be enriched^{18,44}; 2) deep-coverage
364 sequencing of the protein-coding regions of the genome³; 3) availability of a broad array
365 biochemical as well as clinical phenotypes across the population; 4) ability to re-contact
366 knockout humans as well as family members; 5) a thorough clinical evaluation in each
367 participant where a gene is observed to be knocked out; and 6) hypothesis-driven
368 provocative phenotyping in selected participants.

369 **Methods**

370 **General overview of the Pakistan Risk for Myocardial Infarction Study (PROMIS).**

371 The PROMIS study was designed to investigate determinants of cardiometabolic diseases
372 in Pakistan. Since 2005, the study has enrolled close to 38,000 participants; the present
373 investigation sequenced 10,503 participants selected as 4,793 cases with myocardial
374 infarction and 5,710 controls free of myocardial infarction. Participants aged 30-80 years
375 were enrolled from nine recruitment centers based in five major urban cities in Pakistan.
376 Type 2 diabetes in the study was defined based on self-report or fasting glucose levels
377 >125 mg/dL or HbA1c > 6.5 % or use of glucose lowering medications. The institutional
378 review board at the Center for Non-Communicable Diseases (IRB: 00007048,
379 IORG0005843, FWAS00014490) approved the study and all participants gave informed
380 consent.

381

382 **Phenotype descriptions.**

383 Non-fasting blood samples (with the time since last meal recorded) were drawn and
384 centrifuged within 45 minutes of venipuncture. Serum, plasma and whole blood samples
385 were stored at -70°C within 45 minutes of venipuncture. All samples were transported on
386 dry ice to the central laboratory at the Center for Non-Communicable Diseases (CNCD),
387 Pakistan, where serum and plasma samples were aliquoted across 10 different storage
388 vials. Samples were stored at -70°C for any subsequent laboratory analyses. All
389 biochemical assays were conducted in automated auto-analyzers. At CNCD Pakistan,
390 measurements for total-cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and
391 creatinine were made in serum samples using enzymatic assays; whereas levels of HbA1c

392 were measured using a turbidimetric assay in whole-blood samples (Roche Diagnostics,
393 USA). For further measurements, aliquots of serum and plasma samples were transported
394 on dry ice to the Smilow Research Center, University of Pennsylvania, USA, where
395 following biochemical assays were conducted: apolipoproteins (apoA-I, apoA-II, apoB,
396 apoC-III, apoE) and non-esterified fatty acids were measured through
397 immunoturbidometric assays using kits by Roche Diagnostics or Kamiya; lipoprotein (a)
398 levels were determined through a turbidimetric assay using reagents and calibrators from
399 Denka Seiken (Niigata, Japan); LpPLA2 mass and activity levels were determined using
400 immunoassays manufactured by diaDexus (San Francisco, CA, USA); measurements for
401 insulin, leptin and adiponectin were made using radio-immunoassays by LINCO (MO,
402 USA); levels of adhesion molecules (ICAM-1, VCAM-1, P- and E-Selectin) were
403 determined through enzymatic assays by R&D (Minneapolis, MN, USA); and
404 measurements for C-reactive protein, alanine transaminase, aspartate transaminase,
405 cystatin-C, ferritin, ceruloplasmin, thyroid stimulating hormone, alkaline phosphatase,
406 sodium, potassium, chloride, phosphate, sex-hormone binding globulin were made using
407 enzymatic assays manufactured by Abbott Diagnostics (NJ, USA). Glomerular filtration
408 rate (eGFR) was estimated from serum creatinine levels using the MDRD equation.
409 ApoC-III levels were determined in an autoanalyzer using a commercially available
410 ELISA by Sekisui Diagnostics (Lexington, USA). We also measured the following 52
411 protein biomarkers by multiplex immunoassay using a customised panel on the Luminex
412 100/200 instrument by RBM (Myriad Rules Based Medicine, Austin, TX, USA): fatty
413 acid binding protein, granulocyte monocyte colony stimulating factor, granulocyte colony
414 stimulating factor, interferon gamma, interleukin-1 beta, interleukin 1 receptor,

415 interleukin 2, interleukin 3, interleukin 4, interleukin 5, interleukin 6, interleukin 7,
416 interleukin 8, interleukin 10, interleukin 18, interleukin p40, interleukin p70, interleukin
417 15, interleukin 17, interleukin 23, macrophage inflammatory protein 1 alpha, macrophage
418 inflammatory protein 1 beta, malondialdehyde-modified LDL, matrix metalloproteinase
419 2, matrix metalloproteinase 3, matrix metalloproteinase 9, nerve growth factor beta,
420 tumor necrosis factor alpha, tumor necrosis factor beta, brain-derived neurotrophic factor,
421 CD40, CD40 ligand, eotaxin, factor VII, insulin-like growth factor 1, lecithin-type
422 oxidized LDL receptor 1, monocyte chemoattractant protein 1, myeloperoxidase, N-
423 terminal prohormone of brain natriuretic peptide, neuronal cell adhesion molecule,
424 pregnancy-associated plasma protein A, soluble receptor for advanced glycation end-
425 products, sortilin, stem cell factor, stromal cell-derived factor 1, thrombomodulin, S100
426 calcium binding protein B, and vascular endothelial growth factor.

427

428 **Laboratory methods for array-based genotyping.**

429 As previously described, a genomewide association scan was performed using the
430 Illumina 660 Quad array at the Wellcome Trust Sanger Institute (Hinxton, UK) and using
431 the Illumina HumanOmniExpress at Cambridge Genome Services, UK.⁴⁵ Initial quality
432 control (QC) criteria included removal of participants or single nucleotide
433 polymorphisms (SNPs) that had a missing rate >5%. SNPs with a MAF <1% and a P-
434 value of 10^{-7} for the Hardy-Weinberg equilibrium test were also excluded from the
435 analyses. In PROMIS, further QC included removal of participants with discrepancy
436 between their reported sex and genetic sex determined from the X chromosome. To
437 identify sample duplications, unintentional use of related samples (cryptic relatedness)

438 and sample contamination (individuals who seem to be related to nearly everyone in the
439 sample), identity-by-descent (IBD) analyses were conducted in PLINK.⁴⁶

440

441 **Laboratory methods for exome sequencing.**

442 **Exome sequencing.** Exome sequencing was performed at the Broad Institute.

443 Sequencing and exome capture methods have been previously described.^{47,48} A brief
444 description of the methods is provided below.

445 **Receipt/quality control of sample DNA.** Samples were shipped to the Biological
446 Samples Platform laboratory at the Broad Institute of MIT and Harvard (Cambridge, MA,
447 USA). DNA concentration was determined by PicoGreen (Invitrogen; Carlsbad, CA,
448 USA) prior to storage in 2D-barcoded 0.75 ml Matrix tubes at -20 °C in the SmarTStore
449 (RTS, Manchester, UK) automated sample handling system. Initial quality control (QC)
450 on all samples involving sample quantification (PicoGreen), confirmation of high-
451 molecular weight DNA and fingerprint genotyping and gender determination (Illumina
452 iSelect; Illumina; San Diego, CA, USA). Samples were excluded if the total mass,
453 concentration, integrity of DNA or quality of preliminary genotyping data was too low.

454 **Library construction.** Library construction was performed as previously described⁴⁹,
455 with the following modifications: initial genomic DNA input into shearing was reduced
456 from 3µg to 10-100ng in 50µL of solution. For adapter ligation, Illumina paired end
457 adapters were replaced with palindromic forked adapters, purchased from Integrated
458 DNA Technologies, with unique 8 base molecular barcode sequences included in the
459 adapter sequence to facilitate downstream pooling. With the exception of the palindromic
460 forked adapters, the reagents used for end repair, A-base addition, adapter ligation, and

461 library enrichment PCR were purchased from KAPA Biosciences (Wilmington, MA,
462 USA) in 96-reaction kits. In addition, during the post-enrichment SPRI cleanup, elution
463 volume was reduced to 20 μ L to maximize library concentration, and a vortexing step
464 was added to maximize the amount of template eluted.

465 **In-solution hybrid selection.** 1,970 samples underwent in-solution hybrid selection as
466 previously described⁴⁹, with the following exception: prior to hybridization, two
467 normalized libraries were pooled together, yielding the same total volume and
468 concentration specified in the publication. 8,808 samples underwent hybridization and
469 capture using the relevant components of Illumina's Rapid Capture Exome Kit and
470 following the manufacturer's suggested protocol, with the following exceptions: first, all
471 libraries within a library construction plate were pooled prior to hybridization, and
472 second, the Midi plate from Illumina's Rapid Capture Exome Kit was replaced with a
473 skirted PCR plate to facilitate automation. All hybridization and capture steps were
474 automated on the Agilent Bravo liquid handling system.

475 **Preparation of libraries for cluster amplification and sequencing.** Following post-
476 capture enrichment, libraries were quantified using quantitative PCR (KAPA Biosystems)
477 with probes specific to the ends of the adapters. This assay was automated using
478 Agilent's Bravo liquid handling platform. Based on qPCR quantification, libraries were
479 normalized to 2nM and pooled by equal volume using the Hamilton Starlet. Pools were
480 then denatured using 0.1 N NaOH. Finally, denatured samples were diluted into strip
481 tubes using the Hamilton Starlet.

482 **Cluster amplification and sequencing.** Cluster amplification of denatured templates
483 was performed according to the manufacturer's protocol (Illumina) using HiSeq v3

484 cluster chemistry and HiSeq 2000 or 2500 flowcells. Flowcells were sequenced on HiSeq
485 2000 or 2500 using v3 Sequencing-by-Synthesis chemistry, then analyzed using RTA
486 v.1.12.4.2. Each pool of whole exome libraries was run on paired 76bp runs, with and 8
487 base index sequencing read was performed to read molecular indices, across the number
488 of lanes needed to meet coverage for all libraries in the pool.

489 **Read mapping and variant discovery.** Samples were processed from real-time base-
490 calls (RTA v.1.12.4.2 software [Bustard], converted to qseq.txt files, and aligned to a
491 human reference (hg19) using Burrows–Wheeler Aligner (BWA).⁵⁰ Aligned reads
492 duplicating the start position of another read were flagged as duplicates and not analysed.
493 Data was processed using the Genome Analysis ToolKit (GATK v3).⁵¹⁻⁵³ Reads were
494 locally realigned around insertions-deletions (indels) and their base qualities were
495 recalibrated. Variant calling was performed on both exomes and flanking 50 base pairs of
496 intronic sequence across all samples using the HaplotypeCaller (HC) tool from the
497 GATK to generate a gVCF. Joint genotyping was subsequently performed and ‘raw’
498 variant data for each sample was formatted (variant call format (VCF)). Single nucleotide
499 polymorphisms (SNVs) and indel sites were initially filtered after variant calibration
500 marked sites of low quality that were likely false positives.

501 **Data analysis QC.** Fingerprint concordance between sequence data and fingerprint
502 genotypes was evaluated. Variant calls were evaluated on both bulk and per- sample
503 properties: novel and known variant counts, transition–transversion (TS–TV) ratio,
504 heterozygous–homozygous non-reference ratio, and deletion/insertion ratio. Both bulk
505 and sample metrics were compared to historical values for exome sequencing projects at
506 the Broad Institute. No significant deviation of from historical values was noted.

507

508 **Data processing and quality control of exome sequencing.**

509 **Variant annotation.** Variants were annotated using Variant Effect Predictor⁵⁴ and the
510 LOFTEE¹⁰ plugin to identify protein-truncating variants predicted to disrupt the
511 respective gene's function with "high confidence." Each allele at polyallelic sites was
512 separately annotated.

513 **Sample level quality control.** We performed quality control of samples using the
514 following steps. For quality control of samples, we used bi-allelic SNVs that passed the
515 GATK VQSR filter and were on genomic regions targeted by both ICE and Agilent
516 exome captures. We removed samples with discordance rate > 10% between genotypes
517 from exome sequencing with genotypes from array-based genotyping and samples with
518 sex mismatch between inbreeding coefficient on chromosome X and fingerprinting. We
519 tested for sample contamination using the verifyBamID software, which examines the
520 proportion of non-reference bases at reference sites, and excluded samples with high
521 estimated contamination (FREEMIX scores > 0.2).⁵⁵ After removing monozygotic twins
522 or duplicate samples using the KING software⁵⁶, we removed outlier samples with too
523 many or too few SNVs (>17,000 or <12,000 total variants; >400 singletons; and >300
524 doubletons). We removed those with extreme overall transition-to-transversion ratios
525 (>3.8 or <3.3) and heterozygosity (heterozygote:non-reference homozygote ratio >6 or
526 <2). Finally, we removed samples with high missingness (>0.05).

527 **Variant level quality control.** Variant score quality recalibration was performed
528 separately for SNVs and indels use the GATK VariantRecalibrator and
529 ApplyRecalibration to filter out variants with lower accuracy scores. Additionally, we

530 removed sites with an excess of heterozygosity calls (InbreedingCoeff <-0.3). To further
531 reduce the rate of inaccurate variant calls, we further filtered out SNVs with low average
532 quality (quality per depth of coverage (QD) < 2) and a high degree of missingness (> 20
533 %), and indels also with low average quality (quality per depth of coverage (QD) < 3)
534 and a high degree of missingness (> 20 %).

535

536 **Laboratory methods for proteomics.**

537 **Protein capture.** For 91 participants, enriched for homozygous pLoF mutations, we
538 measured 1,310 protein analytes in plasma using the SOMAscan assay (SomaLogic,
539 Boulder, CO, USA). Protein-capture was performed using modified aptamer technology
540 as previously described.⁵⁷ Briefly, modified nucleotides, analogous to antibodies, on a
541 custom DNA microarray recognize intact tertiary protein structures. After washing,
542 complexes are released from beads by photocleavage of the linker with UV light and the
543 resultant relative fluorescent unit is proportional to target protein.

544 **Quality control.** Samples (n = 7) were excluded if they showed evidence of systematic
545 inflation of association, or >5 % of traits in the top or bottom 1st percentile of the analytic
546 distribution.

547

548 **Methods for manual curation of a subset of pLoF variants.**

549 Manual curation was performed collaboratively by three geneticists: 25 pLoF variant
550 calls were reviewed independently by two reviewers and compared to ensure similar
551 review criteria before the remainder was divided and separately assessed by each of the
552 two reviewers separately. A third reviewer resolved discrepancies. Read and genotype

553 support was confirmed by review of reads in Integrative Genomics Viewer. We flagged
554 pLoF variants for any of the following six reasons: 1) read-mapping flags; 2) genotyping
555 flags; 3) presence of an additional polymorphism which rescues protein truncation; 4)
556 presence of an additional polymorphism which rescues splice site; 5) if affecting a
557 minority of transcripts; and 6) polymorphism occurs at exon or splice site with low
558 conservation. Criteria for these reasons are provided in **Supplementary Table 8**.

559

560 **Methods for inbreeding analyses.**

561 **Array-derived runs of homozygosity.** Analyses were conducted in PLINK⁴⁶ using
562 genome-wide association (GWAS) data in PROMIS and HapMap 3 populations.
563 Segments of the genome that were at-least 1.5 Mb long, had a SNP density of 1 SNP per
564 20 kb and had 25 consecutive homozygous SNPs (1 heterozygous and/or 5 missing SNPs
565 were permitted within a segment) were defined to be in a homozygous state (or referred
566 as “runs of homozygosity” (ROH)), as described previously.⁵⁸ Homozygosity was
567 expressed as the percentage of the autosomal genome found in a homozygous state, and
568 was calculated by dividing the sum of ROH length within each individual by the total
569 length of the autosome in PROMIS and HapMap 3 populations respectively. To
570 investigate variability in homozygosity explained by parental consanguinity, the
571 difference in R^2 is reported for a linear regression model of homozygosity including and
572 excluding parental consanguinity on top of age, sex and the first 10 principal components
573 derived from the typed autosomal GWAS data.

574 **Sequencing-derived coefficient of inbreeding.** We compared the coefficient of
575 inbreeding distributions of 10,503 exome sequenced PROMIS participants with 15,248

576 participants (European ancestry = 12,849, and African ancestry = 2,399) who were
577 exome sequenced at the Broad Institute (Cambridge, MA) from the Myocardial Infarction
578 Genetics consortium.⁴⁸ We extracted approximately 5,000 high-quality polymorphic
579 SNVs in linkage equilibrium present on both target intervals that passed variant quality
580 control metrics based on HapMap 3 data.⁵⁹ Using PLINK, we estimated the coefficient of
581 inbreeding separately within each ethnicity group.⁴⁶ The coefficient of inbreeding was
582 estimated as the observed degree of homozygosity compared with the anticipated
583 homozygosity derived from an estimated common ancestor.⁶⁰ The Wilcoxon-Mann-
584 Whitney test was used to test whether PROMIS participants had different median
585 coefficients of inbreeding compared to other similarly sequenced outbred individuals and
586 whether the median coefficient of inbreeding was different between PROMIS participants
587 who reported parental relatedness versus not. A two-sided *P* of 0.05 was the pre-specified
588 threshold for statistical significance.

589

590 **Methods for sequencing projection analysis.**

591 To compare the burden of unique completely inactivated genes in the PROMIS cohort
592 with outbred cohorts of diverse ethnicities, we extracted the minor allele frequencies
593 (maf) of "high confidence" loss-of-function mutations observed in the first 7,078
594 sequenced PROMIS participants, and in European, African, and East Asian ancestry
595 participants from the Exome Aggregation Consortium (ExAC r0.3;
596 exac.broadinstitute.org). For each gene and for each ethnicity, the combined minor allele
597 frequency (cmaf) of rare (maf < 0.1%) "high confidence" loss-of-function mutations was
598 calculated. We then simulated the number of unique completely inactivated genes across

599 a range of sample sizes per ethnicity and PROMIS. The expected probability of observing
600 complete inactivation (two pLoF copies in an individual) of a gene was calculated as
601 $(1 - F) * cmaf^2 + F * cmaf$, which accounts for allozygous and autozygous,
602 respectively, mechanisms for complete genie knockout. F, the inbreeding coefficient, is
603 defined
604 as $F = 1 - (expected\ heterozygosity\ rate / observed\ heterozygosity\ rate)$. For
605 PROMIS, the median F inbreeding coefficient (0.016) was used for estimation. Down-
606 sampling within the observed sample size for both high-confidence pLoF mutations and
607 synonymous variants did not deviate significantly from the expected trajectory
608 (**Supplementary Figure 11**). For a range of sample sizes (0-200,000), each gene was
609 randomly sampled under a binomial distribution ($X \sim B(n, cmaf)$) and it was
610 determined if the gene was successfully sampled at least once. To refine the estimated
611 count of unique genes per sample size, each sampling was replicated ten times.

612

613 **Methods for constraint score analysis.**

614 We sought to determine whether the observed homozygous pLoF genes were under less
615 evolutionary constraint by first obtaining constraint loss of function constraint scores
616 derived from the Exome Aggregation Consortium (Lek M et al, in preparation).^{11,12}
617 Briefly, we used the number of observed and expected rare (MAF < 0.1%) loss of
618 function variants per gene to determine to which of three classes it was likely to belong:
619 pLoF (observed variation matches expectation), recessive (observed variation is ~50%
620 expectation), or haploinsufficient (observed variation is <10% of expectation). The
621 probability of being loss of function intolerant (pLI) of each transcript was defined as the

622 probability of that transcript falling into the haploinsufficient category. Transcripts with a
623 $pLI \geq 0.9$ are considered very likely to be loss of function intolerant; those with $pLI \leq 0.1$
624 are not likely to be loss of function intolerant. A list of 1,317 genes were randomly
625 sampled from a list of sequenced genes 1,000 times and the proportion of loss of function
626 intolerant genes compared to the proportion of the observed homozygous pLoF genes
627 was compared using the chi square test. The likelihood that the distribution of the test
628 statistics deviated from the pLoF was ascertained.

629

630 Additionally, we sought to determine whether there were genes with appreciate pLoF
631 allele frequencies yet relative depletion of homozygous pLoF genotypes. We computed
632 estimated genotype frequencies based on Hardy-Weinberg equilibrium and the F
633 inbreeding coefficient and compared the frequencies to the observed genotype counts
634 with the chi square goodness-of-fit test. A nominal $P < 0.05$ is used to demonstrate at
635 least nominal association.

636

637 **Methods for rare variant association analysis.**

638 **Recessive model association discovery.** We sought to determine whether complete loss-
639 of-function of a gene was associated with a dense array of phenotypes. We extracted a list
640 of individuals per gene who were homozygous for a high confidence pLoF allele that was
641 rare (minor allele frequency $< 1\%$) in the cohort. From a list of 1,317 genes where there
642 was at least one participant homozygous pLoF and a list of 201 traits, we initially
643 considered 264,717 gene-trait pairings. To reduce the likelihood of false positives, we

644 only considered gene-trait pairs where there were at least two homozygous pLoF alleles
645 per gene phenotyped for a given trait yielding 18,959 gene-trait pairs for analysis.
646 For all analyses, we constructed generalized linear models to test whether complete loss
647 of function versus non-carriers was associated with trait variation. A logit link was used
648 for binomial outcomes. Right-skewed continuous traits were natural log transformed.
649 Age, sex, and myocardial infarction status were used as covariates in all analyses. We
650 extracted principal components of ancestry using EIGENSTRAT to control for
651 population stratification in all analyses.⁶¹ For lipoprotein-related traits, the use of lipid-
652 lowering therapy was used as a covariate. For glycemic biomarkers, only non-diabetics
653 were used in the analysis. The P threshold for statistical significance was $0.05 / 18,959 =$
654 3×10^{-6} .

655 **Heterozygote association replication.** We hypothesized that some of the associations
656 for homozygous pLoF alleles will display a more modest effect for heterozygous pLoF
657 alleles. Thus, the aforementioned analyses were performed comparing heterozygous
658 pLoF carriers to non-carriers for the 26 homozygous pLoF-trait associations that
659 surpassed prespecified statistical significance. A P of $0.05 / 26 = 0.002$ was set for
660 statistical significance for these restricted analyses.

661 **Association for single genic homozygotes.** We performed an exploratory analysis of
662 gene-trait pairs where there was only one phenotyped homozygous pLoF. We performed
663 the above association analyses for genes where there was only one homozygous pLoF
664 phenotyped for a given trait and we focused on those with the most extreme standard Z
665 score statistics ($|Z \text{ score}| > 5$) from the primary association analysis and required that

666 there to also be nominal evidence for association ($P < 0.05$) in heterozygotes as well to
667 maximize confidence in an observed single homozygous pLoF-trait association.

668 **Recessive model association discovery for proteomics.** Among the 84 participants with
669 proteomic analyses of 1,310 protein analytes, 9 genes were observed in the homozygous
670 pLoF state at least twice. We log transformed each analyte and associated with
671 homozygous pLoF genotype status, adjusting for proteomic plate, age, sex, myocardial
672 infarction status, and principal components. Gene-analyte associations were considered
673 significant if P values were less than $0.05 / (1,310 \times 9) = 4.3 \times 10^{-6}$.

674

675 **Methods for recruitment and phenotyping of an *APOC3* p.Arg19Ter proband and**
676 **relatives.**

677 **Methods for Sanger sequencing.** We collected blood samples from a total of 28
678 subjects, including one of the four *APOC3* p.Arg19Ter homozygous participants along
679 with 27 of his family and community members for DNA extraction and separated into
680 plasma for lipid and apolipoprotein measurements. All subjects were consented prior to
681 initiation of the studies (IRB: 00007048 at the Center for Non-Communicable Diseases,
682 Paksitan). DNA was isolated from whole blood using a reference phenol-chloroform
683 protocol.⁶² Genotypes for the p.Arg19Ter variant were determined in all 28 participants
684 by Sanger sequencing. A 685 bp region of the *APOC3* gene including the base position
685 for this variant was amplified by PCR (Expand HF PCR Kit, Roche) using the following
686 primer sequences: Forward primer CTCCTTCTGGCAGACCCAGCTAAGG, Reverse
687 primer CCTAGGACTGCTCCGGGGAGAAAG. PCR products were purified with Exo-
688 SAP-IT (Affymetrix) and sequenced via Sanger sequencing using the same primers.

689 **Oral fat tolerance test.** Six non-carriers and seven homozygotes also participated in an
690 oral fat tolerance test. Participants fasted overnight and then blood was drawn for
691 measurement of baseline fasted lipids. Following this, participants were administered an
692 oral load of heavy cream (50 g fat per square meter of body surface area as calculated by
693 the method of Mosteller⁶³). Participants consumed this oral load within a time span of 20
694 minutes and afterwards consumed 200 mL of water. Blood was drawn at 2, 4, and 6 hours
695 after oral fat consumption as done previously.^{38,64} All lipid and apolipoprotein
696 measurements from these plasma samples were determined by immunoturbidimetric
697 assays on an ACE Axcel Chemistry analyzer (Alfa Wasserman). A comparisons of area-
698 under-the curve triglycerides was performed between *APOC3* p.Arg19Ter homozygotes
699 and non-carriers using a two independent sample Student's t test; $P < 0.05$ was
700 considered statistically significant.

701 **Tables**

702 **Table 1. Baseline characteristics of exome sequenced study participants.**

Characteristic	Value
	(n = 10,503)
Age (yrs) – mean (sd)	52.0 (9.0)
Women – no. (%)	1,802 (17.2 %)
Parents closely related – no. (%)	4,101 (39.0 %)
Spouse closely related – no. (%)	4,182 (39.8 %)
Ethnicity – no. (%)	
Urdu	3,846 (36.6 %)
Punjabi	3,668 (34.9 %)
Sindhi	1,128 (10.7 %)
Pathan	589 (5.6 %)
Memon	141 (1.3 %)
Gujarati	109 (1.0 %)
Balochi	123 (1.2 %)
Other	891 (8.5 %)
Hypertension – no. (%)[*]	4,744 (45.2 %)
Hypercholesterolemia – no. (%)[†]	2,924 (27.8 %)
Diabetes mellitus – no. (%)[‡]	4,264 (40.6 %)
Coronary heart disease – no. (%)[§]	4,793 (45.6 %)
Smoking – no. (%)	4,201 (40.0 %)

BMI (m/kg²) – mean (sd)	25.9 (4.2)
---	------------

703 *Hypertension defined as systolic blood pressure \geq 140 mmHg, diastolic blood pressure
704 \geq 90 mmHg, or antihypertensive treatment.

705 †Hypercholesterolemia defined as serum total cholesterol >240 mg/dL, lipid lowering
706 therapy or self-report.

707 ‡Diabetes defined as fasting blood glucose \geq 126 mg/dL, or HbA1c >6.5 %, oral
708 hypoglycemics, insulin treatment, or self-report.

709 §Coronary heart disease defined as acute myocardial infarction as determined by clinical
710 symptoms with typical EKG findings or elevated serum troponin I.

711 ||Smoking defined as active current or prior tobacco smoking.

712

713 **Figure Legends**

714

715 **Fig 1. a.** Most genes are observed in the homozygous pLoF state in only single
716 individuals. **b.** The distribution of F inbreeding coefficient of PROMIS participants is
717 compared to those of outbred samples of African (AFR) and European (EUR) ancestry. **c.**
718 The burden of homozygous pLoF genes per individual is correlated with coefficient of
719 inbreeding.

720

721 **Fig 2. a.-b.** Carriage of a splice-site mutation, c.663+1G>A, in *PLA2G7* leads to a dose-
722 dependent reduction of both lipoprotein-associated phospholipase A2 (Lp-PLA2) mass
723 and activity, with homozygotes having no circulating Lp-PLA2. **c.** Despite substantial
724 reductions of Lp-PLA2 activity, *PLA2G7* c.663+1G>A heterozygotes and homozygotes
725 have similar coronary heart disease risk when compared with non-carriers.

726

727 **Fig 3. a.-d.** *APOC3* pLoF genotype status, apolipoprotein C-III, triglycerides, HDL
728 cholesterol and LDL cholesterol distributions among all sequenced participants.
729 Apolipoprotein C-III concentration is displayed on a logarithmic base 10 scale. **e.** A
730 proband with *APOC3* pLoF homozygote genotype as well as several family members
731 were recalled for provocative phenotyping. Surprisingly, the spouse of the proband was
732 also a pLoF homozygote, leading to nine obligate homozygote children. Given the
733 extensive first-degree unions, the pedigree is simplified for clarity. **f.** *APOC3* p.Arg19Ter
734 homozygotes and non-carriers within the same family were challenged with a 50 g/m² fat

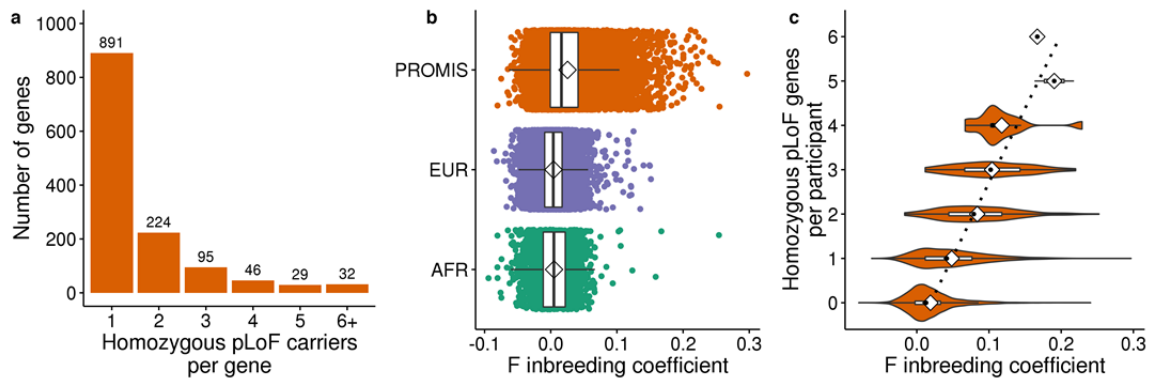
735 feeding. Homozygotes had lower baseline triglyceride concentrations and displayed
736 marked blunting of post-prandial rise in plasma triglycerides.

737

738 **Fig 4.** Number of unique homozygous pLoF genes anticipated with increasing sample
739 sizes sequenced in PROMIS compared with similar African (AFR) and European (EUR)
740 sample sizes. Estimates derived using observed allele frequencies and degree of
741 inbreeding.

742 **Figures**

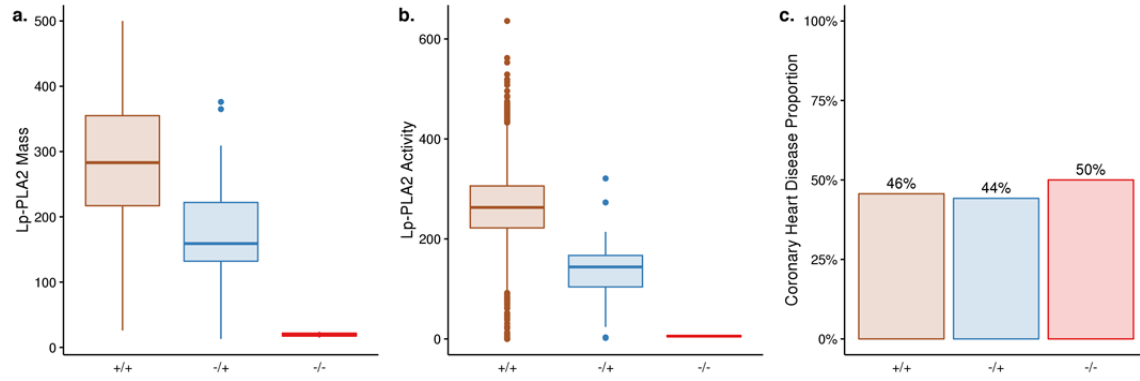
743



744

745 **Fig. 1. Homozygous pLoF burden in PROMIS is driven by excess autozygosity.**

746



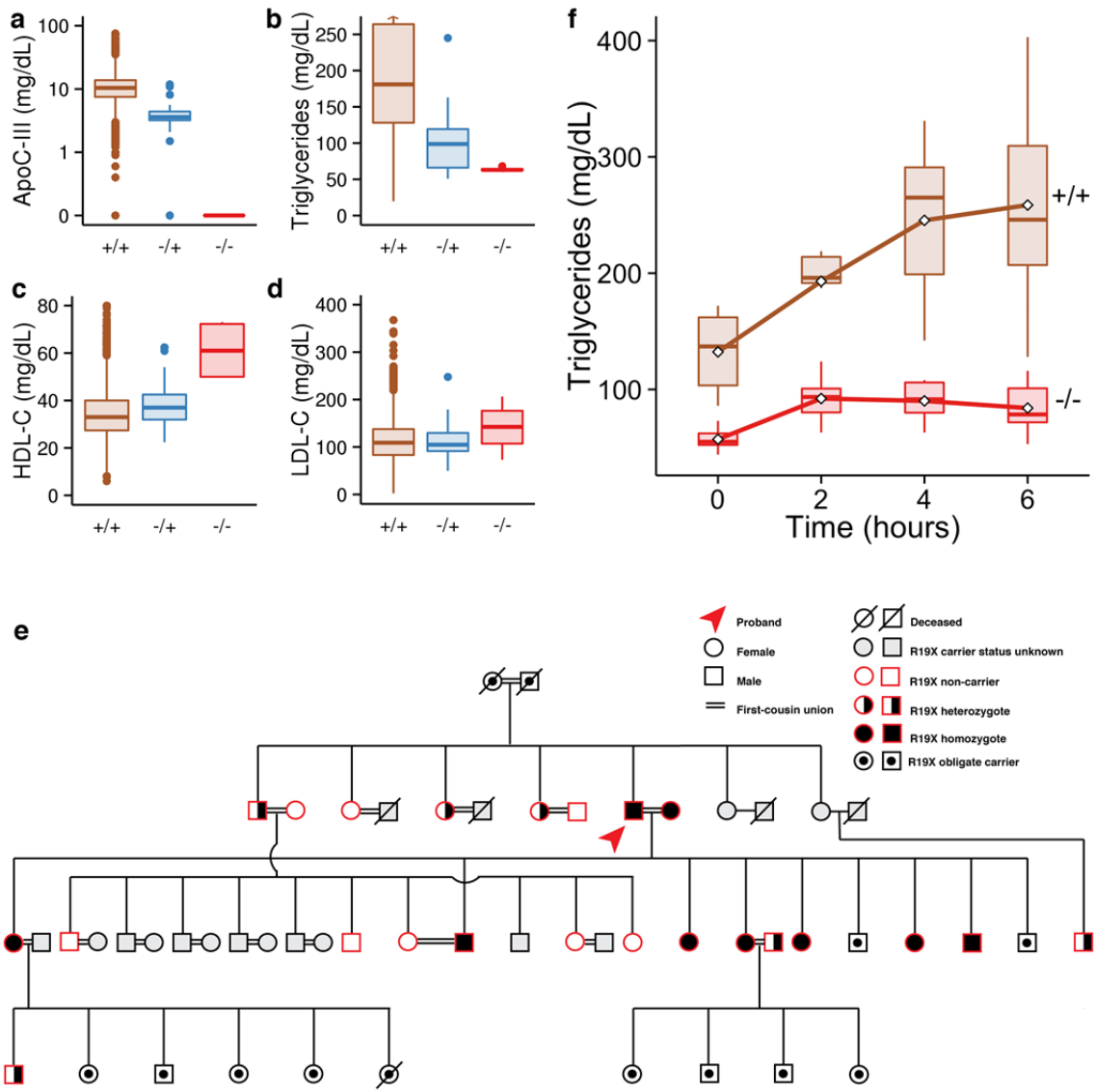
747

748 **Fig. 2. Carriers of *PLA2G7* splice mutation have diminished Lp-PLA2 mass ($P = 6 \times$**

749 **10^{-5}) and activity ($P = 2 \times 10^{-7}$) but similar risk for coronary heart disease risk when**

750 **compared to non-carriers ($P = 0.87$).**

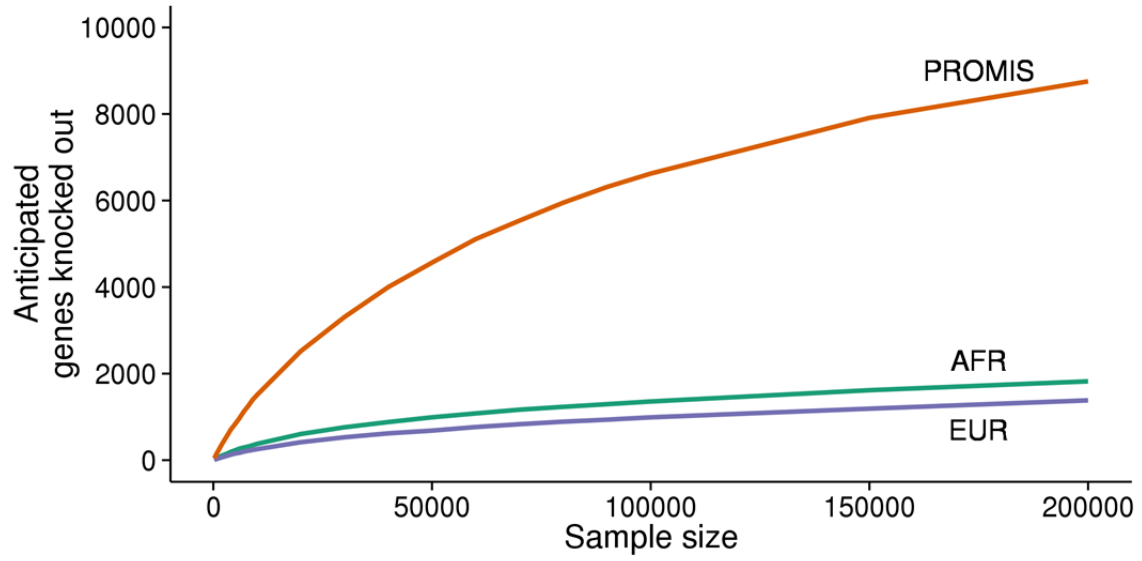
751



752

753 **Fig 3. *APOC3* pLoF homozygotes have diminished fasting triglycerides and blunted**

754 **post-prandial lipemia.**



755

756 **Fig 4. Simulations anticipate many more homozygous pLoF genes in the PROMIS**

757 **cohort.**

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982

983 **Author Information** Summaries of all pLoF variants observed in a homozygous are in
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