

# **Genome-wide association studies of metabolites in Finnish men identify disease-relevant loci**

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## **Supplementary Material**

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**Supplementary Table 1:** Ten biochemical classes of the assayed metabolites

Class	Abbreviation
Amino acid	AA
Carbohydrate	CA
Cofactors and vitamins	CV
Energy	EN
Lipid	LI
Nucleotide	NU
Partially characterized	PC
Peptide	PE
Xenobiotics	XE
Unnamed	UN

Class: biochemical class of the metabolites.

**Supplementary Table 2:** Characteristics of METSIM participants and those with Metabolon metabolomics data

Characteristic	All	Metabolon	Analysis
Sample size	10,197	6,490	6,136
Age at baseline (years, mean $\pm$ SD)	57.8 $\pm$ 7.1	58.0 $\pm$ 7.0	58.1 $\pm$ 7.0
BMI (kg/m <sup>2</sup> , mean $\pm$ SD)	27.3 $\pm$ 4.2	26.8 $\pm$ 3.7	26.7 $\pm$ 3.6
Waist circumstance (cm, mean $\pm$ SD)	98.8 $\pm$ 11.5	97.4 $\pm$ 10.5	97.1 $\pm$ 10.1
Fasting glucose (mmol/l, mean $\pm$ SD)	6.0 $\pm$ 1.1	5.8 $\pm$ 0.8	5.7 $\pm$ 0.5
Diabetics at baseline %	14.1	4.1	0.0
Current smoker %	18.1	16.1	16.0
Blood pressure medication use %	39.2	35.5	34.5
Lipid lowering medication use %	28.2	26.2	25.4

SD: standard deviation. Analysis: the analysis set after quality control.

**Supplementary Table 3a:** Numbers of genetic variants by variant type in the METSIM imputation reference panel

Variant type	Rare (MAF<1%)	Common (MAF≥1%)	All
Single nucleotide variant	14,765,788	8,528,549	23,294,337
Insertion/deletion	1,752,855	1,098,993	2,851,848
Total	16,518,643	9,627,542	26,146,185

MAF: minor allele frequency.

**Supplementary Table 3b:** Numbers of genetic variants by variant annotation in the METSIM imputation reference panel

Variant annotation	Rare (MAF<1%)	Common (MAF≥1%)	All
Intron	8,998,202	5,172,297	14,170,499
Intergenic	5,101,805	3,117,352	8,219,157
Downstream/upstream	1,902,347	1,109,324	3,011,671
3' UTR	165,893	82,936	248,829
Non-coding transcript exon	123,505	72,800	196,305
Missense	108,023	25,100	133,123
Synonymous	56,499	25,162	81,661
5' UTR	32,858	13,216	46,074
Splice region	16,632	7,384	24,016
Frameshift	3,642	340	3,982
Stop gained	3,143	225	3,368
Inframe deletion	1,951	443	2,394
Splice donor	1,534	356	1,890
Splice acceptor	1,230	243	1,473
Inframe insertion	901	260	1,161
Start lost	276	45	321
Stop lost	135	39	174
Others	67	20	87
Total	16,518,643	9,627,542	26,146,185

MAF: minor allele frequency. Others includes incomplete\_terminal\_codon\_variant, transcript\_ablation, protein\_altering\_variant, mature\_miRNA\_variant, and coding\_sequence\_variant annotations in Variant Effect Predictor (VEP).

**Supplementary Table 4a:** Numbers of genetic variants with genotype imputation  $r^2 \geq 0.3$  by variant type in the 6,490 METSIM participants with Metabolon metabolomics data

Variant type	Rare (MAF<1%)	Common (MAF $\geq$ 1%)	All
Single nucleotide variant	10,656,966	8,526,031	19,182,997
Insertion/deletion	1,306,701	1,098,016	2,404,717
Total	11,963,667	9,624,047	21,587,714

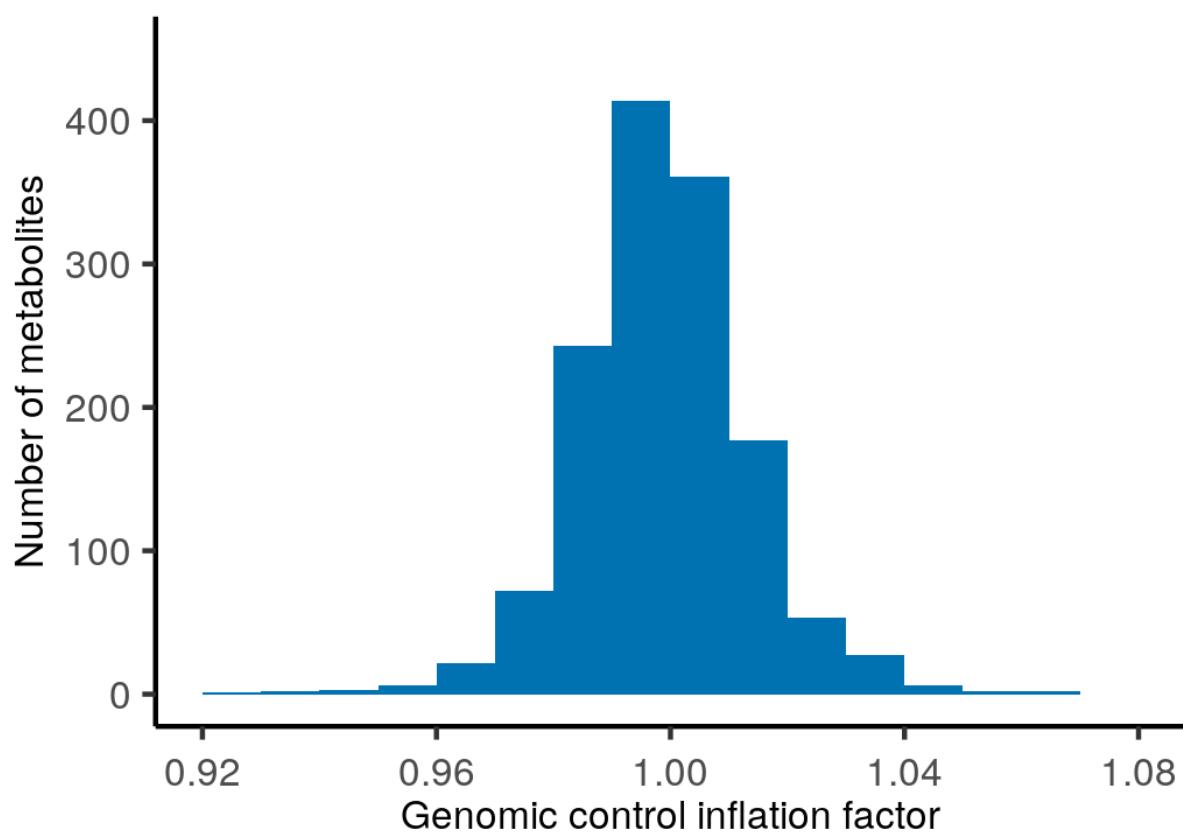
MAF: minor allele frequency.

**Supplementary Table 4b:** Numbers of genetic variants with genotype imputation  $r^2 \geq 0.3$  by variant annotation in the 6,490 METSIM participants with Metabolon metabolomics data

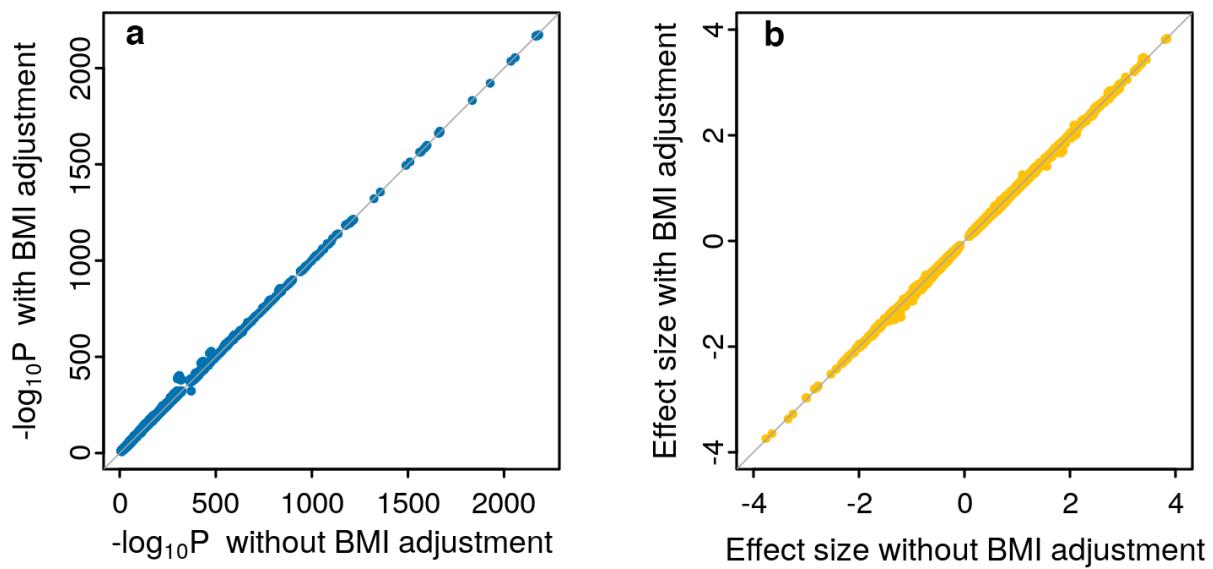
Variant annotation	Rare (MAF<1%)	Common (MAF≥1%)	All
Intron	7,010,536	5,575,203	12,585,739
Intergenic	3,099,351	2,619,219	5,718,570
Downstream/upstream	1,456,125	1,174,576	2,630,701
Non-coding transcript exon	116,862	95,642	212,504
3' UTR	121,829	84,387	206,216
Missense	73,393	25,394	98,787
Synonymous	40,008	25,316	65,324
5' UTR	24,437	14,079	38,516
Splice region	12,516	8,096	20,612
Frameshift	2,379	364	2,743
Stop gained	1,924	239	2,163
Inframe deletion	1,332	437	1,769
Splice donor	1,114	419	1,533
Splice acceptor	886	311	1,197
Inframe insertion	648	262	910
Start lost	201	44	245
Stop lost	76	40	116
Others	50	19	69
Total	11,963,667	9,624,047	21,587,714

MAF: minor allele frequency. Others includes incomplete\_terminal\_codon\_variant, transcript\_ablation, protein\_altering\_variant, mature\_miRNA\_variant, and coding\_sequence\_variant annotations in Variant Effect Predictor (VEP).

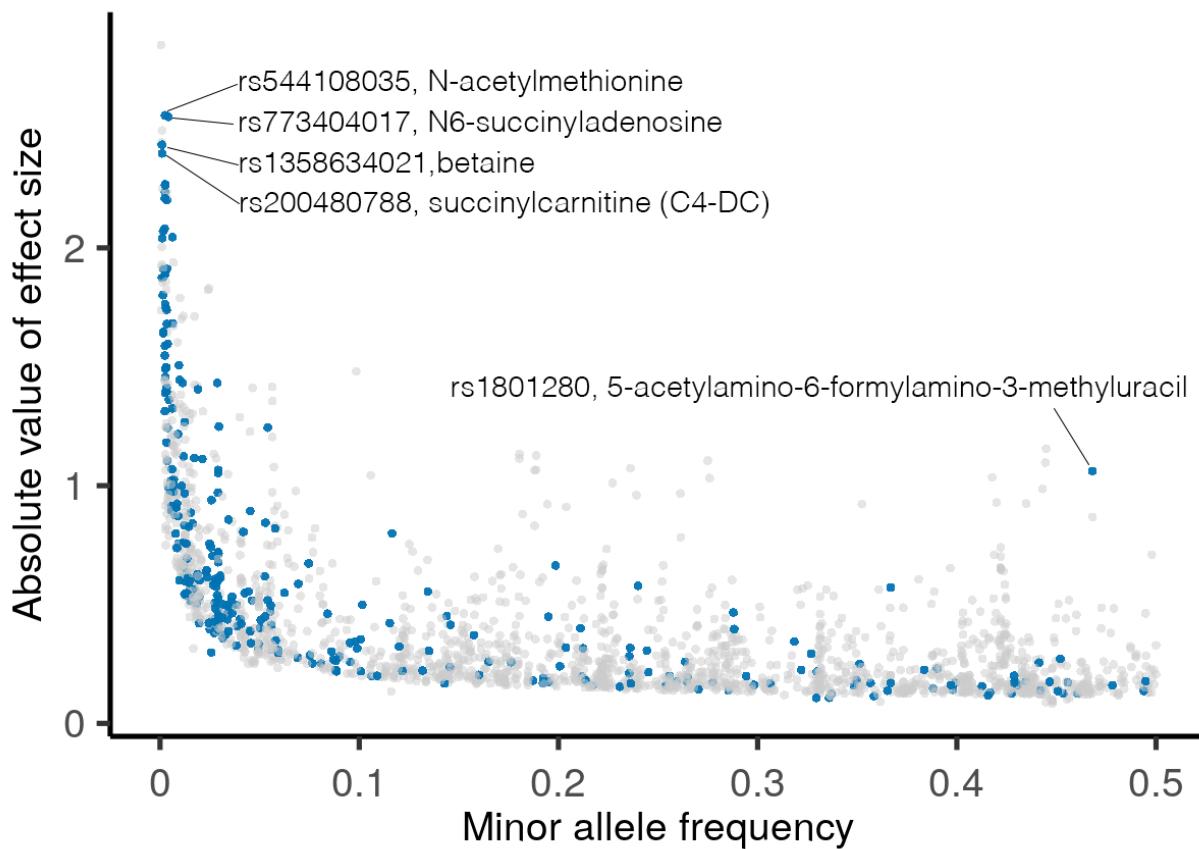
**Supplementary Figure 1:** Distribution of genomic control inflation factors for the 1,391 metabolite GWAS (median=1.00).



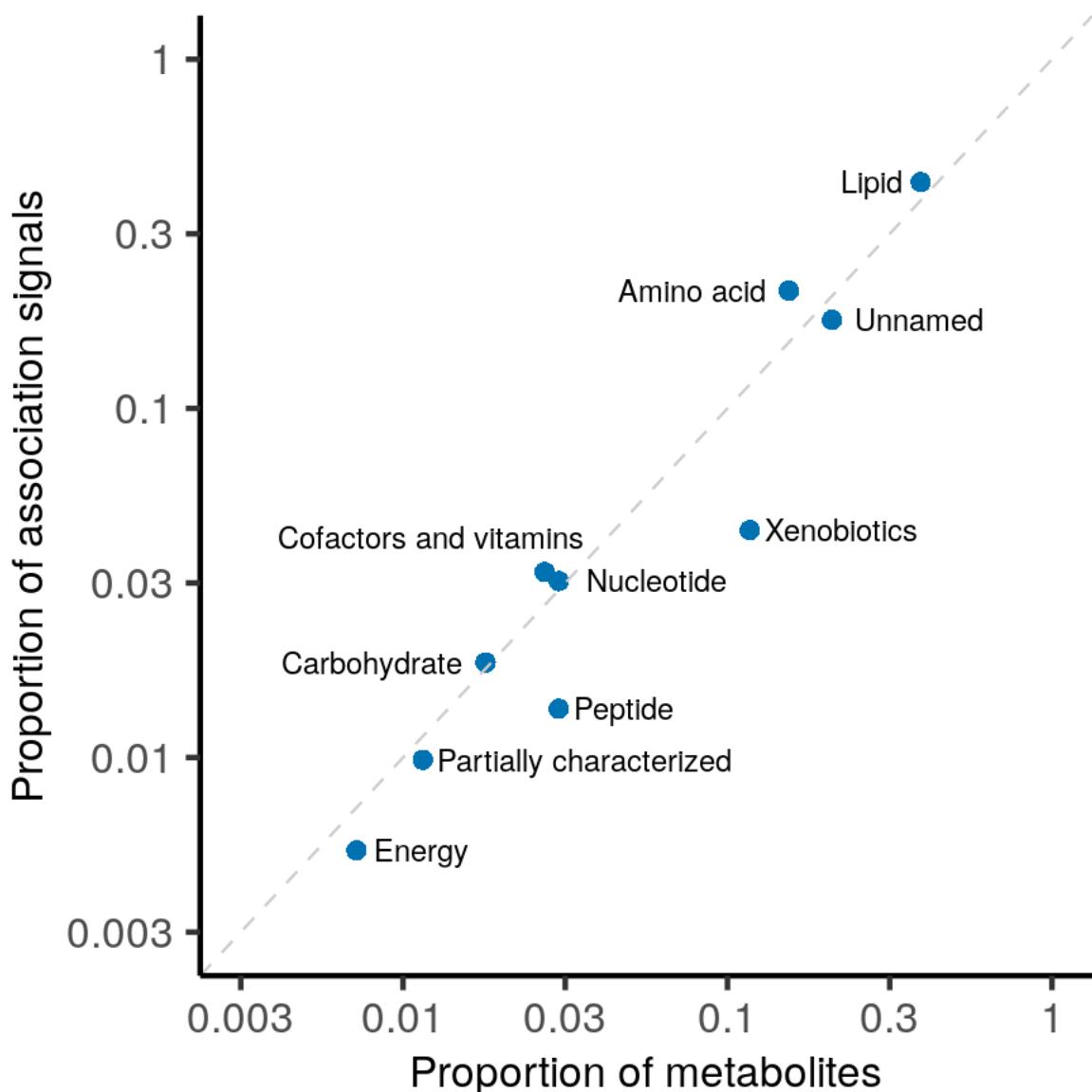
**Supplementary Figure 2:** Comparison of significant single-variant association results ( $P < 7.2 \times 10^{-11}$ ) with or without adjustment for BMI: **a**  $-\log_{10}P$  and **b** effect size estimate. For each comparison, the Pearson correlation coefficient  $r=0.999$ . Each dot represents a genetic variant-metabolite pair.



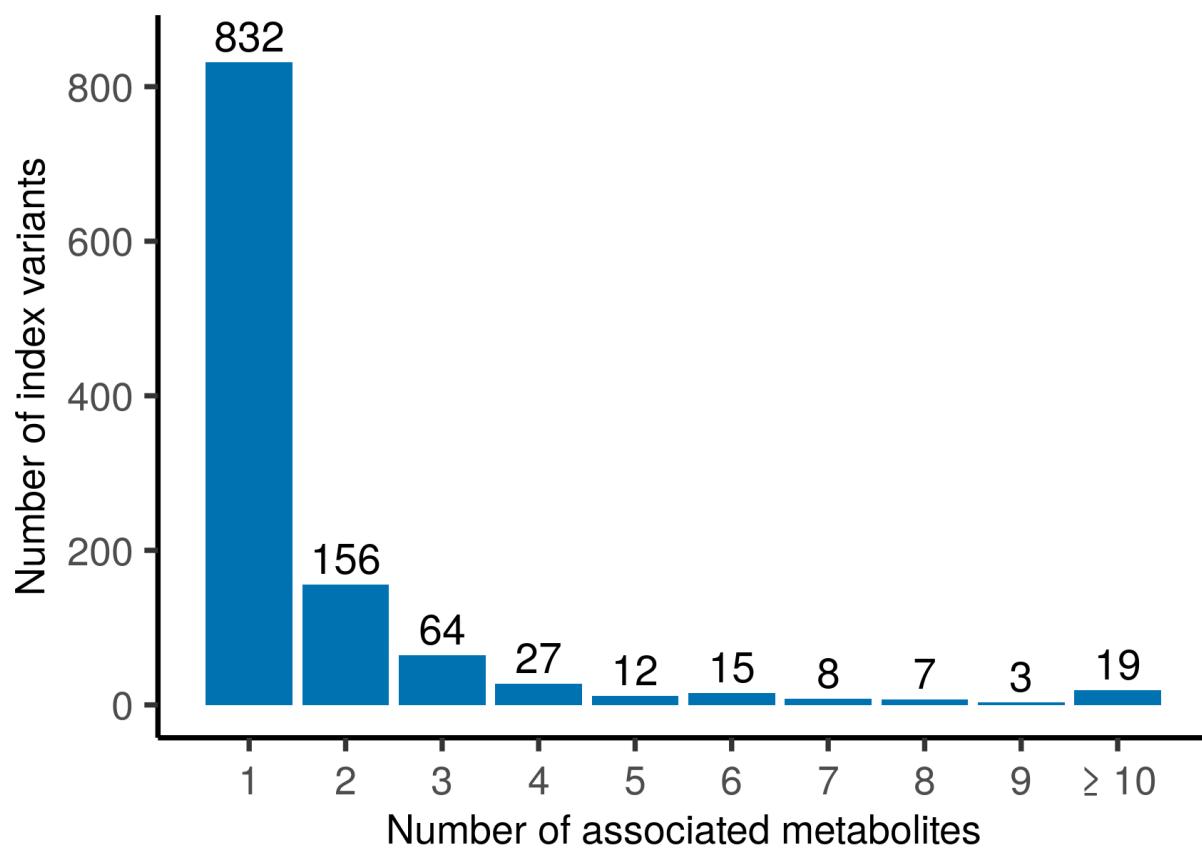
**Supplementary Figure 3:** Absolute value of the effect size estimate is inversely correlated with minor allele frequency (MAF) for the 2,030 conditional association signals (1,143 index variants;  $P < 7.2 \times 10^{-11}$ ). Each dot represents an association signal. Novel signals are colored in blue. Effect size was estimated for inverse normalized metabolite level residuals after regression on covariates. Four novel association signals at rare variants and one at a common variant are labeled.



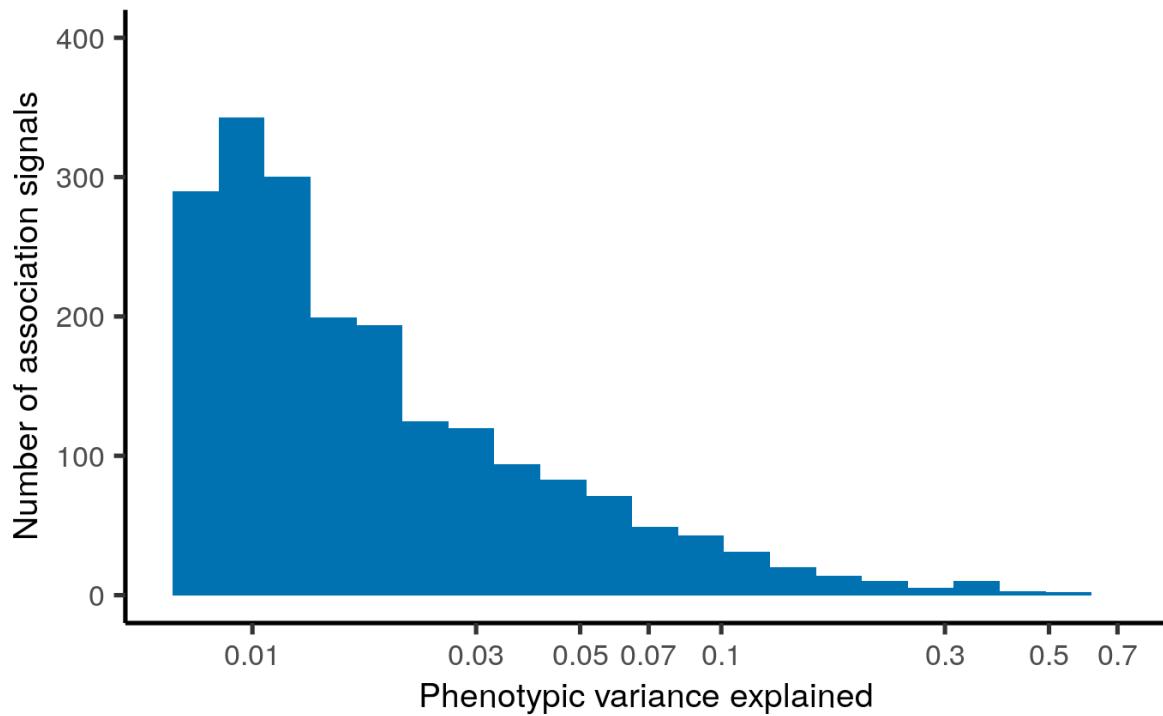
**Supplementary Figure 4:** Relationship between the number of metabolites and the number of significant conditional association signals at  $P<7.2\times 10^{-11}$  for the ten metabolite biochemical classes. The proportion of metabolites and association signals are plotted on the log scale.



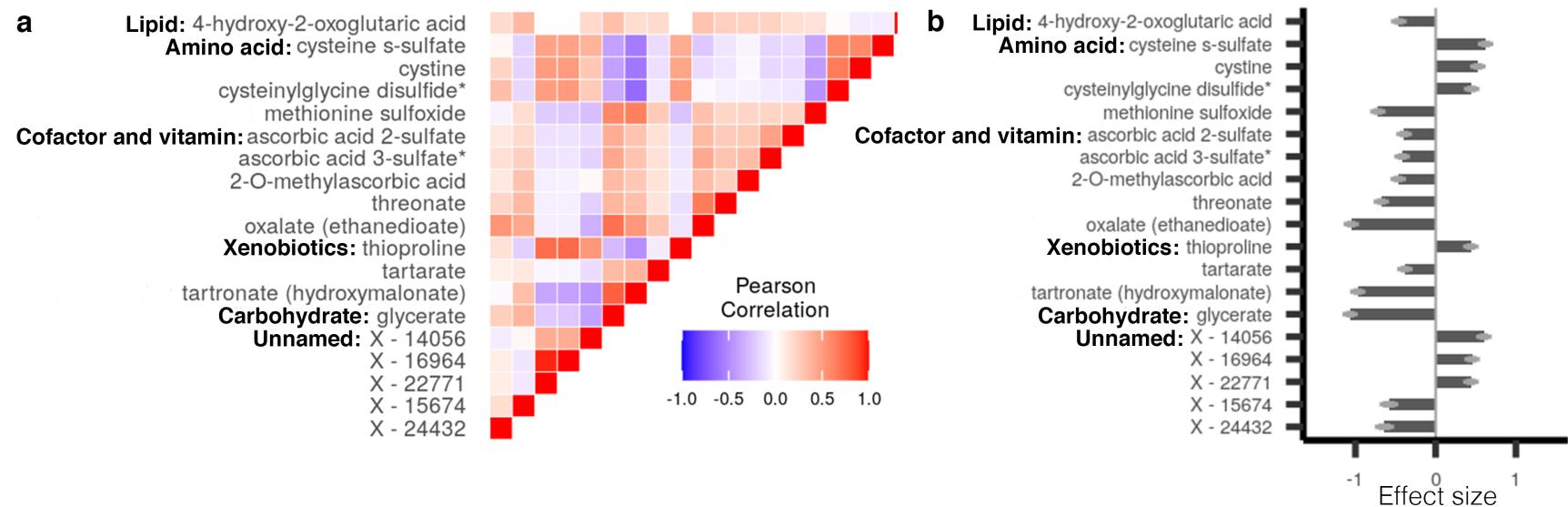
**Supplementary Figure 5:** Number of metabolites associated with each of the 1,143 index variants.



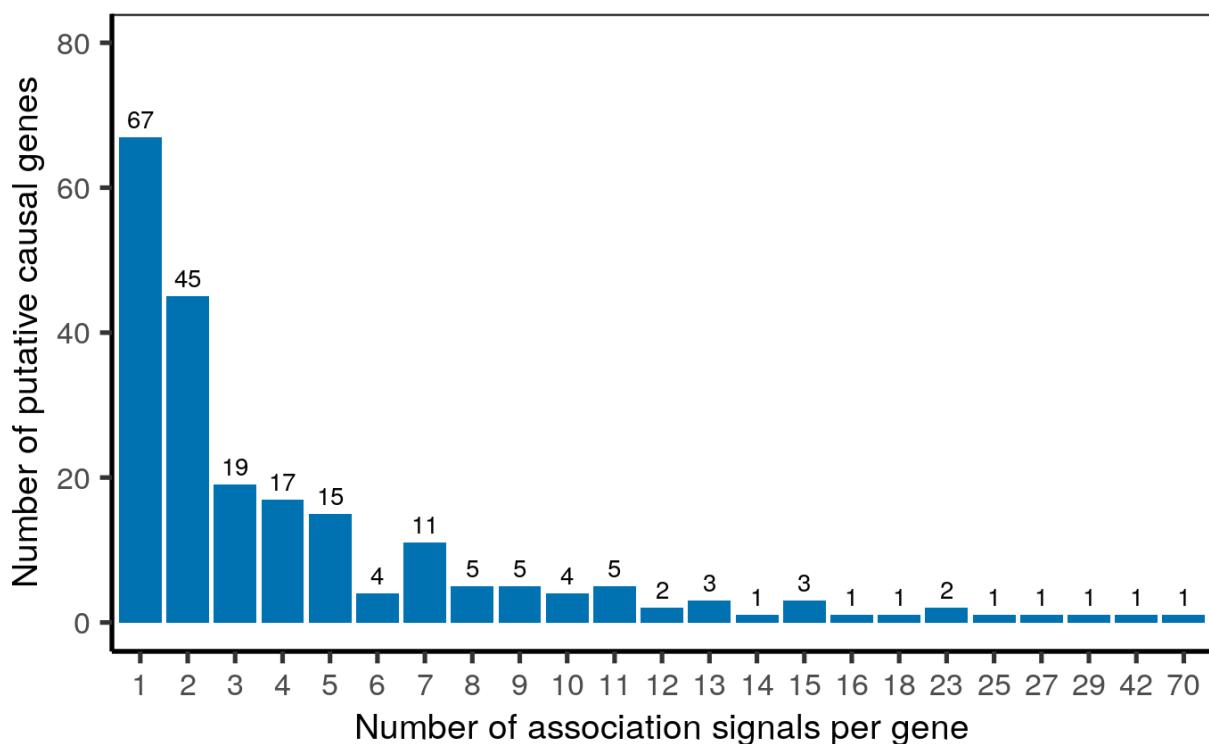
**Supplementary Figure 6:** Distribution of metabolite phenotypic variance explained by the index variant for each of the 2,030 significant association signals. The distribution is plotted on the log scale.



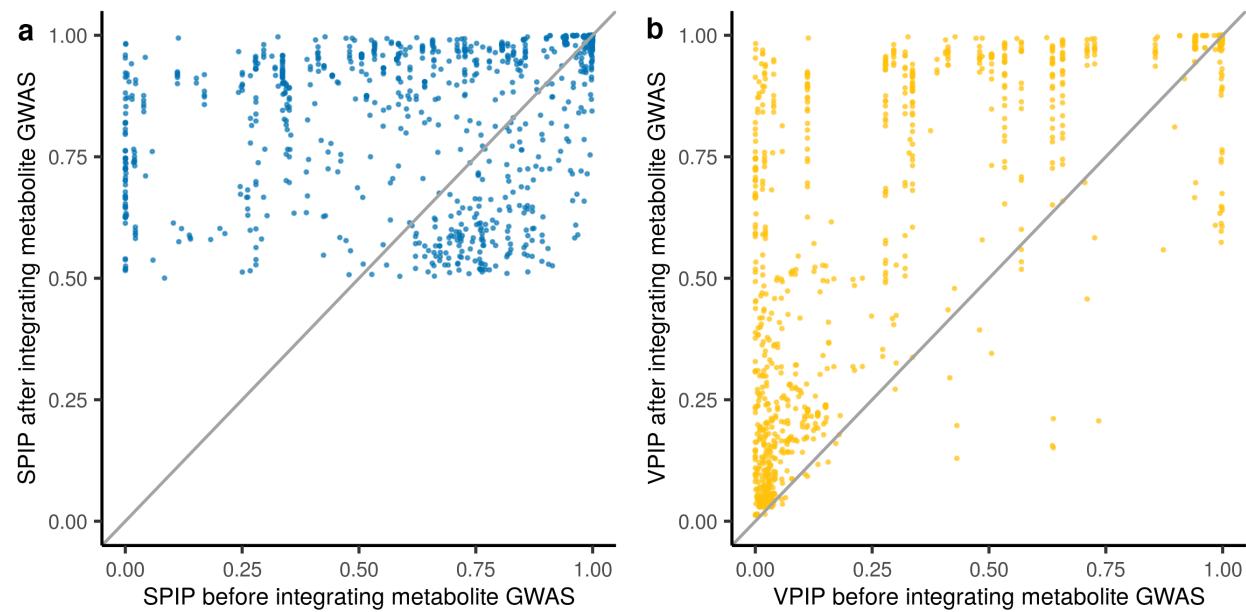
**Supplementary Figure 7:** Significant genetic associations ( $P < 7.2 \times 10^{-11}$ ) between *SLC23A3* missense variant p.Asn336Lys (rs192756070) and 19 metabolites. **a** Phenotypic correlations between the 19 metabolites; and **b** Effect size estimates and standard errors for the 19 metabolite association signals sorted by biochemical class. Within each class, metabolites are sorted by their association effect sizes.



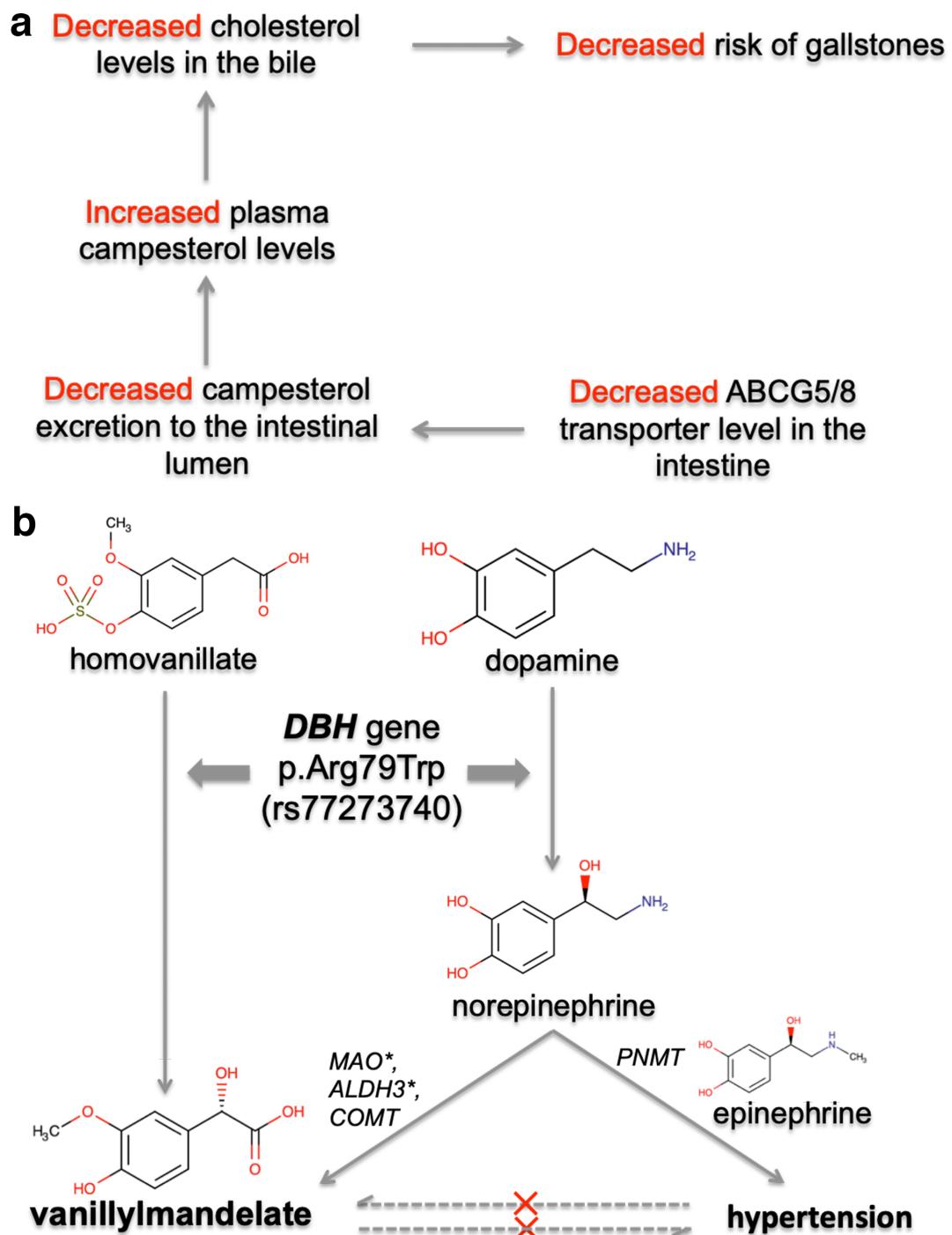
**Supplementary Figure 8:** Number of conditional association signals associated with each of the 215 putative causal genes.



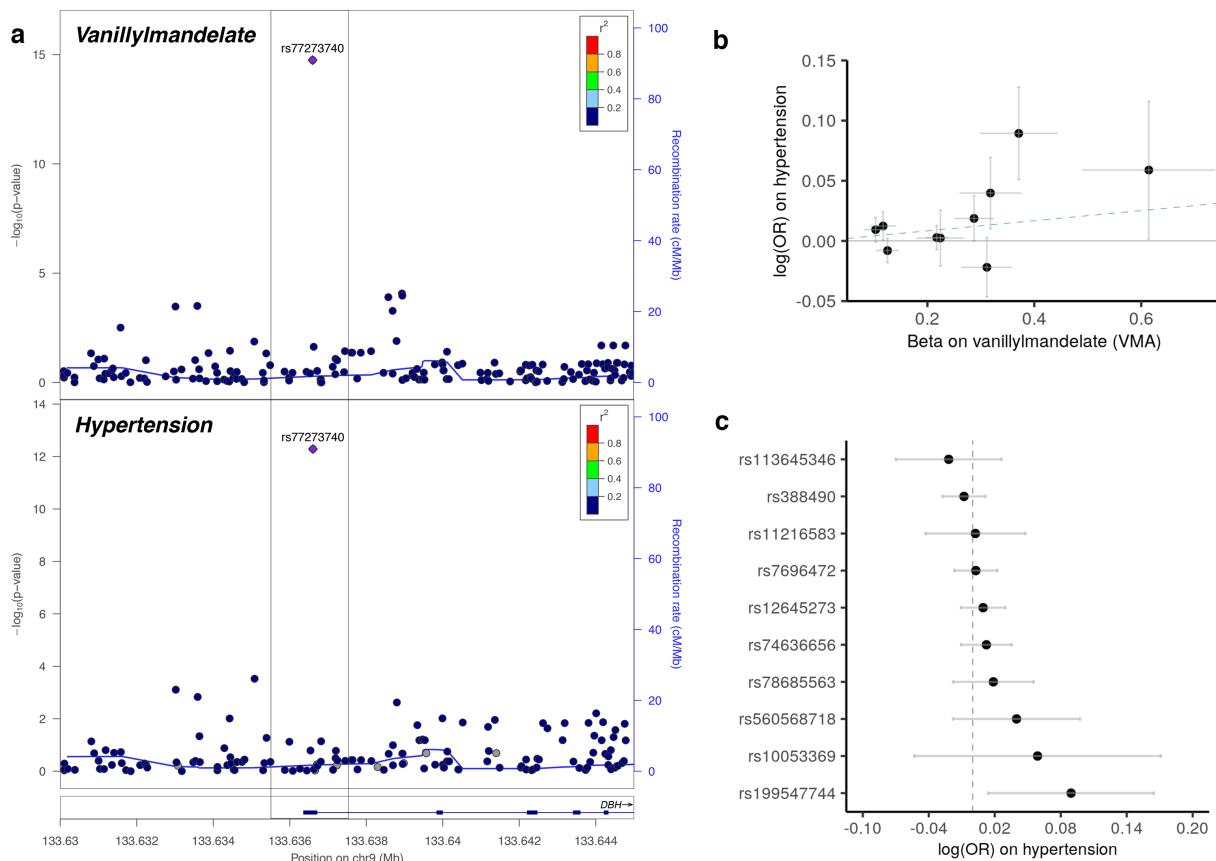
**Supplementary Figure 9:** Integrating metabolite GWAS into FinnGen disease genetic association results through colocalization analysis increases the posterior probabilities of **a** 64% of the disease association signals (SPIP); and **b** 90% of the putative causal variants (VPIP). SPIP is the estimated probability that there is an association signal in the region. Here, VPIP is the largest posterior probability that one of the genetic variants is causal. Each point denotes in **a** an association signal and in **b** a genetic variant.



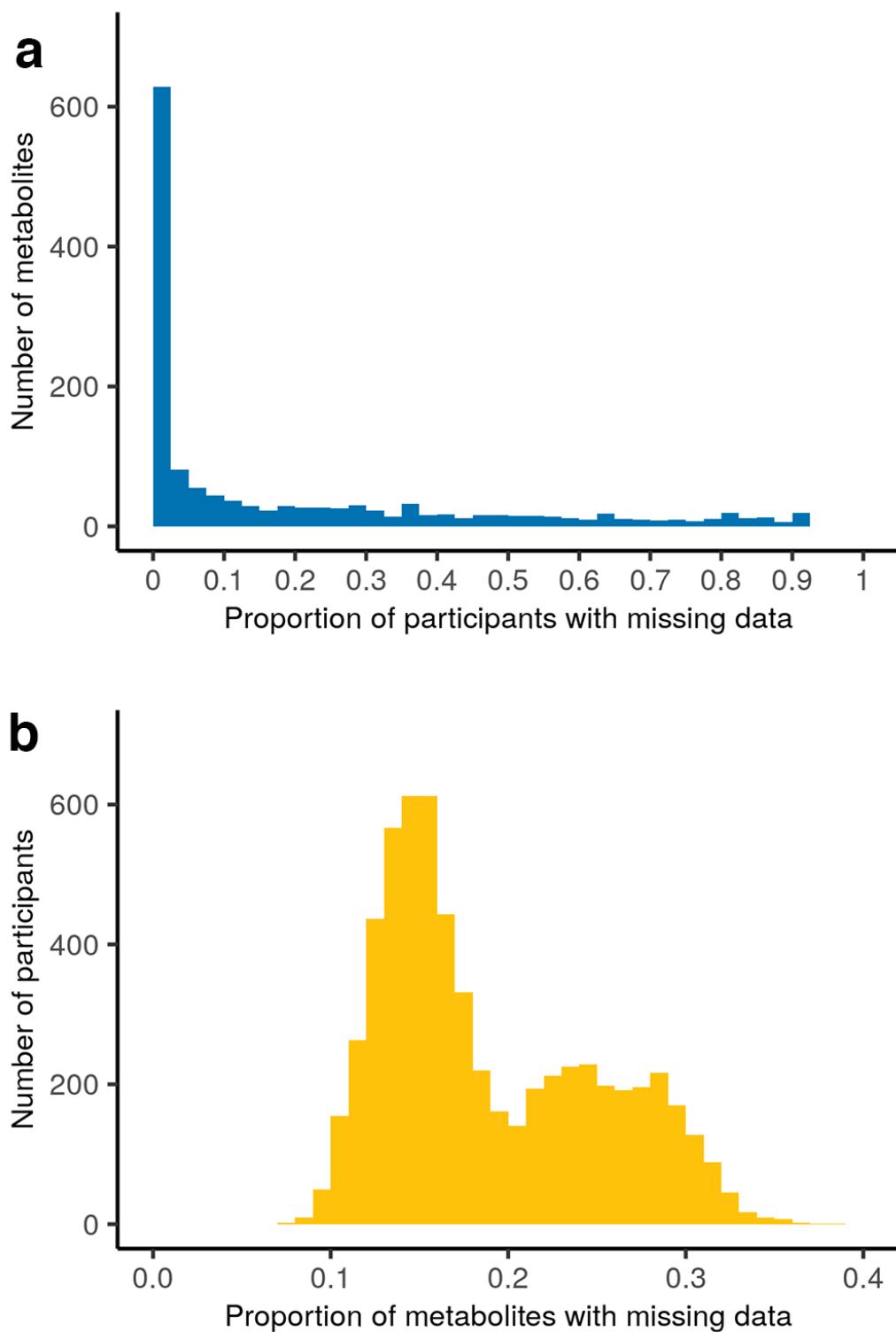
**Supplementary Figure 10:** Pathways from metabolite to diseases mediated by gene. **a** Potential causal pathway from plasma campesterol to the risk of gallstones at the ABCG5/ABCG8 region; and **b** the potential distinct effects of the *DBH* gene on plasma vanillylmandelate (VMA) and the risk of hypertension.



**Supplementary Figure 11:** Dopamine beta hydroxylase (*DBH*) influence on vanillylmandelate and hypertension: distinct pathways. **a** Stacked regional association plots for vanillylmandelate and hypertension in the *DBH* region of chromosome 9. Genetic variants are colored by their linkage disequilibrium (LD) in METSIM to the index variant rs77273740; **b** Comparison of effect sizes of ten instrumental variables without significant heterogeneity ( $P > 0.05$ ) in the genome used in the Mendelian randomization analysis between vanillylmandelate and hypertension. The slope of the blue dashed line depicts the estimated effect of vanillylmandelate on hypertension in Mendelian randomization analysis; and **c** Effects on hypertension of ten instrumental variables used in Mendelian randomization analysis. OR: odds ratio.



**Supplementary Figure 12:** Proportion of **a** METSIM participants with missing data for each of the 1,391 metabolites; and **b** metabolites with missing data among the 6,136 METSIM participants in the analysis dataset.



# Supplementary Note 1

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