**Supplementary Table 1. Lipid species internal standards and mass spectrometry conditions used for plasma lipidomic analysis.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lipid Class or Subclass | No. of Species | Internal Standard | Pmol*a* | Parent Ion | Experiment |  | Voltage Settings (V) |  |
| DP | EP | CE | CXP |
| Dihydroceramide | 6 | Cer(18:0/8:0) | 100 | [M+H] + | PIS, *m/z* 284.3 | 90 | 30 | 28 | 10 |
| Ceramide | 6 | Cer(18:1/17:0) | 100 | [M+H] + | PIS, *m/z* 264.3 | 50 | 10 | 35 | 12 |
| Monohexosylceramide | 6 | HexCer(18:1/16:0)*d*3 | 50 | [M+H] + | PIS, *m/z* 264.3 | 77 | 10 | 50 | 12 |
| Dihexosylceramide | 6 | Hex2Cer(18:1/16:0)*d*3 | 50 | [M+H] + | PIS, *m/z* 264.3 | 100 | 10 | 65 | 12 |
| Trihexosylceramide | 6 | Hex3Cer(18:1/16:0)*d*3 | 50 | [M+H] + | PIS, *m/z* 264.3 | 130 | 10 | 73 | 12 |
| GM3 Gangliosides | 6 | Hex3Cer(18:1/16:0)*d*3 | 50 | [M+H] + | PIS, *m/z* 264.3 | 155 | 10 | 105 | 16 |
| Sphingomyelin | 19 | SM(18:1/12:0) | 200 | [M+H] + | PIS, *m/z* 184.1 | 65 | 10 | 35 | 12 |
| Phosphatidylcholine | 41 | PC(13:0/13:0) | 100 | [M+H] + | PIS, *m/z* 184.1 | 100 | 10 | 45 | 11 |
| Alkylphosphatidylcholine | 18 | PC(13:0/13:0) | 100 | [M+H] + | PIS, *m/z* 184.1 | 100 | 10 | 45 | 11 |
| Alkenylphosphatidylcholine | 8 | PC(13:0/13:0) | 100 | [M+H] + | PIS, *m/z* 184.1 | 100 | 10 | 45 | 11 |
| Lysophosphatidylcholine | 21 | LPC(13:0) | 100 | [M+H] + | PIS, *m/z* 184.1 | 90 | 10 | 38 | 12 |
| Lysoalkylphosphatidylcholine | 6 | LPC(13:0) | 100 | [M+H] + | PIS, *m/z* 285.2 | 90 | 10 | 42 | 5 |
| Phosphatidylethanolamine | 18 | PE(17:0/17:0) | 100 | [M+H] + | NL, 141 Da | 80 | 10 | 31 | 7 |
| Alkylphosphatidylethanolamine | 12 | PE(17:0/17:0) | 100 | [M+H] + | NL, 141 Da | 80 | 10 | 31 | 7 |
| Alkenylphosphatidylethanolamine | 9 | PE(17:0/17:0) | 100 | [M+H] + | NL, 141 Da | 80 | 10 | 31 | 7 |
| Lysophosphatidylethanolamine | 6 | LPE(14:0) | 100 | [M+H] + | NL, 141 Da | 80 | 10 | 31 | 7 |
| Phosphatidylinositol | 17 | PE(17:0/17:0) | 100 | [M+NH4] + | NL 277 Da | 51 | 10 | 43 | 14 |
| Phosphatidylserine | 7 | PS(17:0/17:0) | 100 | [M+H] + | NL, 185 Da | 86 | 10 | 29 | 16 |
| Phosphatidylglycerol | 4 | PG(17:0/17:0) | 100 | [M+NH4] + | NL, 189 Da | 60 | 10 | 25 | 12 |
| Cholesteryl ester | 26 | CE(18:0)*d*6 | 1000 | [M+NH4] + | PIS, *m/z* 369.3 | 30 | 10 | 20 | 12 |
| Free cholesterol | 1 | COH *d*7 | 1000 | [M+NH4] + | PIS, *m/z* 369.3 | 55 | 10 | 17 | 12 |
| Diacylglycerol | 21 | DG(15:0/15:0) | 200 | [M+NH4] + | NL, fatty acid | 55 | 10 | 30 | 22 |
| Triacylglycerol | 43 | TG(17:0/17:0/17:0) | 100 | [M+NH4] + | NL, fatty acid | 95 | 10 | 30 | 12 |

PIS, precursor ion scan; NL, neutral loss scan; DP, declustering potential; EP, entrance potential; CE, collision energy; CXP, collision cell exit potential; a, amount of internal standard added per sample.