

<b>TSH Mixed-Effects Regression Model</b>					
		Coefficient	Std. Error	t-value	P-value
	<b>Median TSH Pre-Ramadan</b>	0.48	0.08	6.26	<.001
	<b>TSH Pre-Ramadan</b>	1.00	0.05	21.15	<.001
<b>Change in TSH pre- to post-Ramadan [baseline TSH at 25<sup>th</sup> percentile]</b>	(1) 30-minutes before Iftar	0.37	0.21	1.73	.085
	(2) 3-hours post-Iftar	1.28	0.19	6.69	<.001
	(3) 30-minutes before Suhur	1.03	0.19	5.45	<.001
<b>Change in TSH pre- to post-Ramadan [baseline TSH at 50<sup>th</sup> percentile]</b>	(1) 30-minutes before Iftar	-0.23	0.18	-1.25	.212
	(2) 3-hours post-Iftar	0.26	0.18	1.45	.149
	(3) 30-minutes before Suhur	0.24	0.18	1.39	.166
<b>Change in TSH pre- to post-Ramadan [baseline TSH at 75<sup>th</sup> percentile]</b>	(1) 30-minutes before Iftar	-0.61	0.22	-2.79	.006
	(2) 3-hours post-Iftar	-0.39	0.23	-1.68	.095
	(3) 30-minutes before Suhur	-0.26	0.21	-1.24	.218
<b>Interaction: Post-Ramadan by Pre-Ramadan TSH</b>	(1) 30-minutes before Iftar	-0.48	0.11	-4.17	<.001
	(2) 3-hours post-Iftar	-0.81	0.12	-6.80	<.001
	(3) 30-minutes before Suhur	-0.63	0.10	-6.17	<.001

**Supplementary Table 1.** Plasma TSH Mixed-Effects Regression model analysis pre- and post-Ramadan for the 3 groups at the 25<sup>th</sup>, 50<sup>th</sup> and 75<sup>th</sup> baseline TSH in mIU/L.