

<b>Free-T4 Mixed-Effects Regression Model</b>					
		Coefficient	Std. Error	t-value	P-value
	<b>Median free-T4 Pre-Ramadan</b>	18.30	0.54	34.18	<.001
	<b>Free-T4 Pre-Ramadan</b>	1.00	0.09	10.73	<.001
<b>Change in free-T4 pre- to post-Ramadan [baseline free-T4 at 25<sup>th</sup> percentile]</b>	(1) 30-minutes before Iftar	1.90	1.31	1.45	.999
	(2) 3-hours post-Iftar	1.31	1.63	0.81	.999
	(3) 30-minutes before Suhur	1.50	1.18	1.27	.999
<b>Change in free-T4 pre- to post-Ramadan [baseline free-T4 at 50<sup>th</sup> percentile]</b>	(1) 30-minutes before Iftar	-0.11	1.36	-0.08	.468
	(2) 3-hours post-Iftar	-0.29	1.11	-0.26	.397
	(3) 30-minutes before Suhur	-0.88	1.11	-0.79	.216
<b>Change in free-T4 pre- to post-Ramadan [baseline free-T4 at 75<sup>th</sup> percentile]</b>	(1) 30-minutes before Iftar	-2.22	1.90	-1.17	.122
	(2) 3-hours post-Iftar	-1.98	1.49	-1.33	.093
	(3) 30-minutes before Suhur	-3.37	1.23	-2.74	.004
<b>Interaction: Post-Ramadan by Pre-Ramadan free-T4</b>	(1) 30-minutes before Iftar	-0.80	0.35	-2.32	.013
	(2) 3-hours post-Iftar	-0.64	0.43	-1.51	.070
	(3) 30-minutes before Suhur	-0.95	0.18	-5.14	<.001

**Supplementary Table 2.** Plasma free-T4 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> percentile baseline free-T4 in pmol/L.