

Table (S1): Comparing changes in biochemical and metabolic parameters between pre-Ramadan (baseline) and during Ramadan in fasting and non-fasting groups^{a,b}

Parameter		Pre-Ramadan	During Ramadan	Δ pre – during (p value [§])
Na (mmol/l)	<i>F</i>	141.6±3.5	140.2±3	0.0001
	<i>NF</i>	141.7±2.9	140.1±2.7	0.0001
	<i>P value</i>	0.75	0.8	0.454 [^]
K (mmol/l)	<i>F</i>	4.4±0.4	4.5±0.4	0.006
	<i>NF</i>	4.4±0.4	4.4±0.4	0.03
	<i>P value</i>	0.8	0.5	0.7 [^]
HCO ₃ (mmol/l)	<i>F</i>	23.9±2.9	24.4±3.2	0.005
	<i>NF</i>	24±3	24.2±3	0.26
	<i>P value</i>	0.6	0.4	0.2 [^]
Albumin (g/l)	<i>F</i>	42±3.9	43±3.7	0.0001
	<i>NF</i>	42±3.8	42.5±3.9	0.004
	<i>P value</i> [*]	0.8	0.2	0.2 [^]
Hb (g/l)	<i>F</i>	137±17.5	137.2±16.9	0.75
	<i>NF</i>	135.5±19	136.2±18	0.12
	<i>P value</i>	0.3	0.5	0.38 [^]
WBCs	<i>F</i>	7±2	7.3±2.2	0.02
	<i>NF</i>	7.3±2.1	7.5±2.3	0.07
	<i>P value</i>	0.1	0.2	0.9 [^]
Glucose	<i>F</i>	6.2±2.2	5.9±1.8	0.02
	<i>NF</i>	6.2±2.5	6±1.9	0.06
	<i>P value</i>	0.9	0.8	0.58 [^]
T. Chol	<i>F</i>	4.2±0.8	4.2±0.9	0.0001
	<i>NF</i>	4.2±0.9	4.1±0.9	0.001
	<i>P value</i>	0.6	0.7	0.53 [^]
HDL	<i>F</i>	1.23±0.3	1.3±0.4	0.0001
	<i>NF</i>	1.2±0.35	1.3±0.36	0.0001
	<i>P value</i>	0.9	0.65	0.56 [^]
LDL	<i>F</i>	2.6±0.7	2.4±0.6	0.0001
	<i>NF</i>	2.6±0.7	2.5±0.65	0.0001
	<i>P value</i>	0.9	0.85	0.43 [^]
TGs	<i>F</i>	1.5±0.7	1.53±0.8	0.3
	<i>NF</i>	1.5±0.74	1.54±0.84	0.1
	<i>P value</i>	0.99	0.9	0.97 [^]

^a**Abbreviations:** Na, sodium; K, potassium; HCO₃, bicarbonate; Hb, hemoglobin; WBCs, white blood cells; T. Chol, total cholesterol; HDL, high-density lipoprotein; LDL, low-density lipoprotein; TGs, triglycerides; F, fasting; NF, non-fasting

^bData are presented as mean ± SD; p-value is significant if <0.05.

^{*}P value in-between groups

[§] P value within each group

[^]P value of the mean **percent** change of each parameter during Ramadan compared to pre-Ramadan in the fasting versus nonfasting groups

Table (S2): Comparing changes in biochemical and metabolic parameters between pre-Ramadan (baseline) and post-Ramadan in fasting and non-fasting groups^{a,b}

Parameter		Pre-Ramadan	Post-Ramadan	Δ Pre – post (p value [§])
Na (mmol/l)	<i>F</i>	141.6±3.5	139.6±3.4	0.0001
	<i>NF</i>	141.7±2.9	139.5±3	0.0001
	<i>P value</i>	0.75	0.6	0.3 [^]
K (mmol/l)	<i>F</i>	4.4±0.4	4.3±0.35	0.008
	<i>NF</i>	4.4±0.4	4.4±0.37	0.16
	<i>P value</i>	0.8	0.47	0.4 [^]
HCO ₃ (mmol/l)	<i>F</i>	23.9±2.9	24±3.6	0.6
	<i>NF</i>	24±3	24.1±3.9	0.45
	<i>P value</i>	0.6	0.57	0.8 [^]
Albumin (g/l)	<i>F</i>	42±3.9	41.4±3.9	0.0001
	<i>NF</i>	42±3.8	41.6±4.3	0.033
	<i>P value</i> [*]	0.8	0.6	0.4 [^]
Hb (g/l)	<i>F</i>	137±17.5	137.2±18	0.77
	<i>NF</i>	135.5±19	136.2±20	0.2
	<i>P value</i>	0.3	0.54	0.47 [^]
WBCs	<i>F</i>	7±2	7.3±2.5	0.04
	<i>NF</i>	7.3±2.1	7.6±2.6	0.02
	<i>P value</i>	0.1	0.16	0.8 [^]
Glucose	<i>F</i>	6.2±2.2	6.3±2.3	0.37
	<i>NF</i>	6.2±2.5	6.3±2.5	0.2
	<i>P value</i>	0.9	0.9	0.78 [^]
T. Chol	<i>F</i>	4.2±0.8	4.4±0.95	0.0001
	<i>NF</i>	4.2±0.9	4.3±1	0.0001
	<i>P value</i>	0.6	0.35	0.5 [^]
HDL	<i>F</i>	1.23±0.3	1.3±0.4	0.0001
	<i>NF</i>	1.2±0.35	1.27±0.4	0.0001
	<i>P value</i>	0.9	0.8	0.66 [^]
LDL	<i>F</i>	2.6±0.7	2.6±0.7	0.08
	<i>NF</i>	2.6±0.7	2.6±0.7	0.26
	<i>P value</i>	0.9	0.56	0.5 [^]
TGs	<i>F</i>	1.5±0.7	1.55±0.8	0.06
	<i>NF</i>	1.5±0.74	1.54±0.84	0.2
	<i>P value</i>	0.99	0.85	0.72 [^]

^a**Abbreviations:** Na, sodium; K, potassium; HCO₃, bicarbonate; Hb, hemoglobin; WBCs, white blood cells; T. Chol, total cholesterol; HDL, high-density lipoprotein; LDL, low-density lipoprotein; TGs, triglycerides; F, fasting; NF, non-fasting

^bData are presented as mean ± SD; p-value is significant if <0.05.

^{*}P value in-between groups

[§] P value within each group

[^]P value of the mean **percent** change of each parameter post-Ramadan compared to pre-Ramadan in the fasting versus non-fasting groups