

Table S1: Characteristics of the two cohorts of patients with cancer.

	Pre-surgical cohort		Therapy cohort ^a	
	total	fasting	total	fasting
Participants (n=)	99	81	100	69
Sex (% females)	61.6	61.0	62.0	56.5
Ethnicity (% Maori/Pacific)	9.1	11.0	6.0	8.7
Age (years, mean \pmSEM)	64.0 \pm 1.2	63.6 \pm 1.4	59.6 \pm 1.4	58.7 \pm 1.7
BMI (mean \pmSEM)	29.9 \pm 0.7	30.4 \pm 0.8	28.6 \pm 0.7	28.6 \pm 0.9
Smoking (% current smokers)	5.1	4.9	11.0	13.0
Exercise (% doing <60min/week)	23.2	24.4	26.0	29.0
Ascorbate intake (mg/day, mean \pmSEM)	61.5 \pm 5.7	61.0 \pm 6.2	82.8 \pm 14.4	61.9 \pm 6.7
(mg/day, median)	42.0	43.0	53.9	46.9
Supplement use (% taking supplements) ^b	28.3	18.3	32.0	18.8
High dose ascorbate infusion (%) ^c	1.0	0	4.0	1.4
Plasma ascorbate (μM, mean \pmSEM)	65.4 \pm 3.1	57.2 \pm 2.7	55.1 \pm 3.0	46.8 \pm 3.2
(μM, median)	60.8	58.4	53.6	44.6
Cancer type (%)				
Breast	35.4	32.9	36.0	31.9
Colorectal	20.2	19.5	18.0	17.4
Prostate	10.1	12.2	3.0	4.3
Skin	2.0	2.4	17.0	14.5
Endometrial	7.1	8.5		
Urothelial	6.1	7.3	1.0	1.4
Lymphoma			6.0	7.2
Other	19.2	17.2	19.0	23.3
Tumour stage (TNM)				
Stage 1/2	58	48	28	19
Stage 3	24	19	18	11
Stage 4/Metastasis/Recurrence	13	12	47	39
missing	4	2	7	0

^aTherapy cohort includes patients treated with chemotherapy and immunotherapy; ^bSupplement use is self-reported and includes 'not regularly', 'fairly regularly' and 'today'; ^cHigh dose ascorbate infusion includes all those who have ever had an infusion for any reason and at any dose.