

Table S.1: Selected reaction monitoring transitions and collision energies used in the Fast-LC-MS/MS platform

Compounds	Precursor ion	Product ion	Collision energy
Betaine	118.1	58.2	30 eV
Betaine-d₉	127.1	66.1	
L-Carnitine	162.3	85.1	25 eV
L-Carnitine-d₃	165.3	85.1	
Choline	104.2	60.1	25 eV
Choline-d₄	108.2	60.1	
DeoxyL-carnitine	146.2	87.1	20 eV
Deoxy-L-carnitine-d₉	155.2	87.1	
TMAO	76.1	58.1	25 eV
TMAO-d₉	85.1	66.1	