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**Rigorous Evaluation of Genetic and Epigenetic effects on Clinical Laboratory**

**Measurements using Japanese Monozygotic Twins**

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26 Running head: GENETIC AND EPIGENETIC FACTORS OF LABORATORY TESTS

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34

35 **ETHIC APPROVAL AND CONSENT TO PARTICIPATE:** Written informed consent

36 was obtained from all twins, and the Ethics Committee of Osaka University approved the

37 study protocol (Nos. 696 and 10209).

**Author Contribution:** All authors confirm that they have contributed to the intellectual content of this paper and have met the following four requirements: (a) significant contribution to the conception and design, acquisition of data, or analysis and interpretation of data; (b) drafting or revising the article for intellectual content; (c) final approval of the published article; and (d) agreement to be accountable for all aspects of the article, thus ensuring that questions related to the accuracy or integrity of any part of the article are appropriately investigated and resolved.

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## ABSTRACT

The investigation of environmental effects on clinical measurements using individual samples is challenging because their genetic and environmental factors are different. However, using monozygotic twins (MZ) makes it possible to investigate the influence of environmental factors as they have the same genetic factors within pairs because the difference in the clinical traits within the MZ mostly reflect the influence of environmental factors. We hypothesized that the within-pair differences in the traits that are strongly affected by genetic factors become larger after genetic risk score (GRS) correction. Using 278 Japanese MZ pairs, we compared the change in within-pair differences in each of the 45 normalized clinical measurements before and after GRS correction, and we also attempted to correct for the effects of genetic factors to identify Cytosine-phosphodiester-Guanine (CpG) sites in DNA sequences with epigenetic effects that are regulated by genetic factors. Five traits were classified into the high heritability group, which was strongly affected by genetic factors. CpG sites could be classified into three groups: regulated only by environmental factors, regulated by environmental factors masked by genetic factors, and regulated only by genetic factors. Our method has the potential to identify trait-related methylation sites that have not yet been discovered.

- 73    Keywords: Monozygotic twin, genetic factor, epigenetic factor, environmental factor,
- 74    laboratory test

## Introduction

Clinical laboratory measurements are important intermediate phenotypes of complex diseases. Clarification of the association between phenotypes, genetic factors, and environmental factors and clinical laboratory traits can reveal the cause of diseases and develop methods for the prediction and prevention of diseases. Recent genome-wide association studies (GWASs) have shown various associations between traits including metabolic traits (1) and genetic factors, and have enabled the prediction of the genetic effects on each trait by calculating the genetic risk score (GRS), which expresses the power of genetic effect as the sum of the effect size of risk alleles related to each trait (2). Previous studies, in which a GWAS of 58 quantitative traits in 162,255 Japanese individuals identified 1,407 trait-associated loci, proposed a prediction model of clinical traits (3, 4). However, the environmental factors were not considered in the prediction model. Therefore, the effects of environmental factors on the GRS calculated in these studies are not yet clear.

It is difficult to investigate environmental effects on phenotypes using individual samples because their genetic and environmental factors differ. However, using monozygotic twins (MZ) makes it possible to investigate the influence of environmental factors because they have the same genetic factors within pairs. The advantage of our twin study is that we examined the differences in clinical traits, which corrected evidential genetic factors, within the MZ pair and clarified the influence of environmental factors more strictly. In this study,

as shown in Figure 1A, we hypothesized that the traits that are strongly affected by genetic factors indicate similar values before GRS correction, and their within-pair differences become larger after GRS correction. However, when the within-pair differences in traits are weakly affected by genetic factors, there are only small differences between before and after GRS correction. This hypothesis is more practical than classic twin methods such as ACE model because it takes in correction evidential genetic factors. Based on this hypothesis, we attempted to verify the validity of the genetic prediction model by applying it to our genetic data of MZ pairs.

Two approaches were used to verify the prediction models. First, we compared within-pair intraclass correlation (ICC) between before and after GRS correction. When the clinical trait is strongly affected by genetic factors, each clinical laboratory measurement in a pair shows similar values, and the within-pair ICC is closer to 1.0. However, the ICC is be closer to zero when the trait is strongly affected by environmental factors. Second, we compared the changes in within-pair differences in each normalized clinical measurement before and after GRS correction. We defined a smaller change between before and after GRS correction as indicating a stronger influence of genetic factors.

Studies examining the effects of non-genetic environmental factors often focus on DNA methylation. However, as some instances of DNA methylation are regulated by genetic factors (5), it is necessary to consider the influence of genetic factors to clarify the



relationship between DNA methylation and environmental factors. In our additional study, we attempted to correct for the effects of genetic factors using GRS to identify Cytosine-phosphodiester-Guanine (CpG) sites that are regulated by genetic factors.

## **Subjects and Methods**

### **Subjects**

A total of 278 Japanese MZ pairs (72 men and 206 women pairs) were recruited from a registry established by the Center for Twin Research, Osaka University (Supplementary Table 1 and Supplementary Table2) (6). Blood samples were collected at 9:00 am from each subject after a 12-h fast. Clinical examination was performed as shown in Supplementary Table 3, and the twins completed health-related questionnaires. Excluding criteria in each analysis were presented in Supplemental Table 4. Twins were examined on the same day. Genomic DNA was isolated from peripheral blood mononuclear cells using a commercial kit (QIAamp DNA Mini Kit; QIAGEN, Hilden, Germany). The zygosity of the twin pair was confirmed by perfectly matching 15 short tandem repeat (STR) loci using the PowerPlex 16 System (Promega, Madison, WI, USA).

131

## 132     **Phenotypes**

133             We targeted 45 traits that were measured by Beckman Coulter, Inc., according to the  
134     method used in the International Federation of Clinical Chemistry and Laboratory Medicine  
135     (IFCC) project (7). The measured values of each quantitative trait were adjusted for age, sex,  
136     top ten principal components of genetic ancestry, and any necessary trait-specific covariates  
137     in a linear regression model, as performed in previous studies (3, 4). If traits had a log-normal  
138     distribution, a common log-transformation was conducted before the regression. We then  
139     normalized the residuals by applying an appropriate trait-specific transformation (Z-score or  
140     rank-based inverse normal transformation). In some traits, Smoking status is added in  
141     covariates, because smoking is known as affecting the atherosclerosis from endothelial  
142     dysfunction to acute clinical events. (Supplementary Table 4)

143

144

## 145     **Genotyping and imputation**

146             Single nucleotide polymorphism (SNP) genotyping was performed using Illumina  
147     Infinium HumanOmni5-Quad v1-0 Bead Chips (Illumina, San Diego, CA) and Illumina  
148     Infinium HumanOmni v1-1 BeadChips (Illumina). Sample exclusion was performed under  
149     the following conditions: (i) sample call rate < 0.98, (ii) closely related individuals identified

by identity-by-descent analysis, and (iii) non-East Asian outliers identified by principal component analysis of the studied samples and three major reference populations (African, European, and East Asian) in the International Haplotype Map (HapMap) Project. Variants were then applied to standard quality-control criteria and were excluded through the following criteria: (i) SNP call rate < 0.98, (ii) minor allele frequency < 1%, and (iii) Hardy-Weinberg equilibrium P value <  $1.0 \times 10^{-7}$ . Genotype prephasing was performed using SHAPEIT2 software, and imputation was performed using minimac3 and the 1000 Genomes Project Phase1 (version 3) East Asian reference haplotypes. For the X chromosome, prephasing and imputation were performed separately for the women and men. In total, 268 samples and 27,428,601 variants were retained after editing.

#### **Methylation levels of CpG islands**

Analysis of methylation levels was performed using the Infinium HumanMethylation450 Bead Kit (Illumina) and Infinium MethylationEPIC Kit (Illumina), according to the manufacture's standard protocol, which considered 485,577 highly informative CpG sites at a single-nucleotide resolution for each sample. The experiment was performed with 0.5µg of high-quality genomic DNA. There were two bead types for each CpG site per locus on the chip. The raw data were analyzed using Genome Studio software (Illumina), and the fluorescence intensity ratios between the two bead types were calculated.

The ratio of 0 was regarded as total methylation. These raw data were corrected to normalize the differences in detection ranges between the two probes of the Infinium assay using a peak-based correction method. Normalized data were filtered to exclude invalid probes such as null probes and those with low reliability.

## **GRS**

GRS indicates the magnitude of the influence of genetic factors on traits. The GRS was added as a covariate when normalized standardization was performed to correct the influence of genetic factors. The SNPs used to calculate GRS were those that were significant in previous GWAS results (7). GRS was calculated using the following equation:

$$GRS = \sum_{k=1}^n ( N_{snpk} \beta_{snpk} )$$

where  $n$  is the number of trait-associated SNPs;  $N_{snpk}$  is the number of  $k$ th SNP risk alleles (0, 1, or 2); and  $\beta_{snpk}$  is the weight of  $k$ th SNP, which was calculated by linear regression analysis of GWAS.

## **ICC**

We used ICC to evaluate the correlation of clinical laboratory measurements within pairs (8). With twin data, it is difficult to use the standard Pearson's correlation coefficient

because the classification of either member of the pair as X or Y is arbitrary. ICC was calculated using the following equation:

$$ICC = \frac{MS_{between} - MS_{within}}{MS_{between} + MS_{within}}$$

where  $MS_{between}$  is the mean-square estimate of the between-pair variance, and  $MS_{within}$  is the mean-square estimate of within-pair variance. The maximum ICC value was 1.0, and the ICC was closer to 1.0 when the correlation was stronger.

#### **The effect size for clinical measurement (ESC) and the effect size for environmental factors (ESE)**

To identify CpG sites controlled by genetic factors, we defined and compared ESC and ESE (Supplementary Figure 1). The ESC indicates the relationship between the methylation levels of each CpG site and normalized clinical measurements as the effect size of the multiple regression analysis. The ESE indicates the effect size of multiple regression analysis between the methylation levels at CpG sites and the differences between the GRS and normalized clinical measurements as a purely environmental factor. By comparing these two scores, we classified CpG sites into three groups: regulated only by environmental factors, regulated by environmental factors masked by genetic factors, and regulated only by genetic factors.

We observed ten traits with extremely low mean P values. We considered most of them to be false positives, which is difficult to study in detail. We excluded traits with mean P-values  $<1.0 \times 10^{-8}$  from subsequent studies of the results.

## **Statistical analysis**

The association analysis between methylation at CpG sites and phenotype was performed using the ‘CpGassoc’ package and R statistic software (<https://cran.r-project.org/web/packages/CpGassoc/index.html>). Bonferroni correction was used to reduce the number of false-positive results (type I error). We set the threshold of the P-value for determining significance to  $<1.0 \times 10^{-7}$  and the threshold for determining suggestive to  $<1.0 \times 10^{-5}$ .

## **Results**

### **Changes in ICC before and after GRS correction**

We calculated the within-pair ICC of each normalized clinical measurement and the differences between ICCs before and after GRS correction for each clinical trait (Table 1 and

Figure 1B). Based on the difference in within-pair ICC before and after GRS correction (Figure 1B), clinical traits could be classified into three groups: high, moderate, and low heritability, as shown in Figure 1B. Five blood biochemical test values (alkaline phosphatase [ALP], uric acid [UA], high-density lipoprotein cholesterol [HDL], high-density lipoprotein cholesterol [LDL], and total cholesterol [T. chol]) were classified into the high-heritability group, which was strongly affected by genetic factors. In addition, we calculated the averages of 100 differences between within-pair ICC before and after random correction that replaced the GRS used when calculating the Z-score of traits with a normally distributed random number for each clinical trait (Figure 1C). Differences in ICC after random correction were gathered at 0, suggesting that the correction of GRS is effective in correcting the influence of genetic factors.

#### **Changes in within-pair difference before and after GRS correction**

The average changes in within-pair differences in each normalized clinical measurement before and after the GRS correction are shown in Table 2 and Figure 1D. According to the within-pair differences before and after GRS correction, we classified the clinical traits into three groups: high-, moderate-, and low-heritability groups, as shown in Figure 1D. The five blood biochemical test values (ALP, UA, HDL, LDL, and T. chol) were classified into the high-heritability group using the ICC method.

242

### 243 **Identification of CpG sites regulated by genetic factors**

244           Table 3 presents the CpG sites showing suggestive effects for both ESC and ESE,  
245 indicating that these CpG sites were highly associated with traits in both ESC and ESE. This  
246 means that these CpG sites are regulated only by environmental factors and may reflect the  
247 effects of purely environmental factors because they are still suggestive when corrected for  
248 the effects of genetic factors, and some of these CpG sites (indicated by asterisks) have a  
249 common effect on two or three traits. T. chol and LDL were commonly associated with CpG  
250 sites in RG9MTD1 (cg22315683, cg01537928, cg20574900, and cg24445570), and Hb and  
251 Ht were commonly associated with CpG on ADCY7 (cg23580000). Systolic blood pressure  
252 (SBP), diastolic blood pressure (DBP), and mean arterial pressure (MAP) were commonly  
253 associated with CpG sites on SDHAF1 (cg26643967).

254           Table 4 presents the CpG sites showing suggestive effects for ESC, but not for ESE,  
255 indicating that these CpG sites were associated with the trait in ESC analysis only. These  
256 CpG sites are regulated by genetic factors and not environmental factors. The ratio of P-value  
257 in ESC/ESE was large for some CpG sites, such as CpG on MEGF6 (cg20277126), which  
258 has been shown to be associated with Hb, and for CpG on SLC29A4 (cg02632809), which is  
259 a common gene in mean corpuscular hemoglobin (MCH) and mean corpuscular volume  
260 (MCV).



261           Table 5 presents the CpG sites showing a suggestive effect for ESE but not for ESC,  
262   indicating that these CpG sites were associated with the trait in the ESE analysis only. These  
263   CpG sites were associated with environmental factors hidden by genetic factors, because their  
264   statistical significance became strong when corrected for the effects of genetic factors. Large  
265   increases in P-values were observed for several CpG sites on A2BP (cg00514665) and  
266   A2BP1 (cg03986562) in MCV, GTF2H4; VARS2 (cg16914989) in UA; and TRPM8  
267   (cg08343899) in ALP.

268

269

## 270 **Discussion**

271 In this study, we identified five clinical traits (ALP, UA, HDL, LDL, and T. chol)  
272 that were strongly affected by genetic factors.

273

### 274 **ALP**

275 ALP was the most inherited trait in the present study. Consistent with this, ALP also  
276 showed high heritability in a previous GWAS using a non-twin Japanese population (4).  
277 Strong associations of serum ALP and SNPs located in ABO and FUT1 genes were observed  
278 as genetic factors in previous GWAS targeting Japanese, Chinese, and European populations  
279 (9). In addition, the association between serum ALP levels and the ABO blood type has been  
280 reported in a biological study (10, 11). Therefore, we suggest that serum ALP levels are  
281 strongly regulated by genetic factors, which is consistent with our results.

282

### 283 **UA**

284 UA exhibited high heritability in our twin study and a previous GWAS using non-  
285 twin Japanese individuals (4). The heritability of UA ranged 39–63% in previous family  
286 studies (12, 13) and 46–80% in classical twin studies (14, 15). These results indicate that high  
287 heritability was observed in serum UA levels, and this high heritability was confirmed.

288

## **Metabolic traits**

Most metabolic traits were affected by genetic factors compared to other traits in our twin study. HDL, LDL, and T. chol were categorized as high-heritability traits, and triglyceride (TG) and blood sugar (BS) were categorized as moderate-heritability traits in our two methods. However, in a Japanese non-twin GWAS (4), the heritability of metabolic traits, except HDL, was not higher than that in our twin study. Their heritability has been reported in several studies: 16–74% for HDL, 47–100% for LDL, 35–72% for T.chol, and 19–81% for TG in twin and family studies (16), and 40–69% for HDL, 40–66% for LDL, 43% for T.chol, and 19–58% for TG in non-twin studies (17-19). These results indicate that heritability varies widely between studies; however, overall, the heritability of HDL, LDL, T. chol, and TG is considered high. In a study comparing the ICC between two types of MZ, some having grown up separately and others having grown up together, no difference was found in the ICC of HDL between the two MZ groups. In the case of T. chol and TG, the ICC of MZ who grew up together was higher than that of MZ who grew up separately (16). These results indicate that the serum levels of T. chol and TG may be affected by the growth environment and that MZ who grew up together present similar T. chol and TG levels. Therefore, T. chol and TG may show higher heritability in MZ who grew up together than in general individuals. The similarity of the environment of the MZ in their growing up is

considered to be the reason for the discrepancy between our twin study and a previous non-twin study (4).

### **Other traits**

All other traits were categorized as moderate- or low-heritability traits in our twin study, and most results were consistent with those of previous reports. For example, in the category of blood pressure, we targeted SBP, DBP, and MAP, and the genetic effects of SBP and MAP were categorized into the moderate-heritability class in our twin study. The heritability of SBP, DBP, and MAP has been calculated in numerous studies: 18–45% for SBP, 24–43% for DBP, and 33–34% for MAP (20-22), suggesting that these traits have considerable associations with genetic factors, and our results in the twin study are similar. However, some traits in our study were not consistent with those reported in previous studies. Although we classified RBC and MCH as low heritability traits and MCV as moderate-heritability traits, their heritability is at the top of all traits in a Japanese non-twin study (4). Strong effects of genetic factors on RBC, MCV, and MCH have been reported in several GWAS (23, 24). In addition, high heritability of RBC, MCV, and MCH was also observed in other twin studies using the traditional ACE method (25). Although the reasons for the discrepancy between our study and others are still unclear, the differences in the number of samples may be the cause.

326

327     **Association between GRS and CpG sites**

328             The CpG sites observed in G9MTD1, ADCY7, and SDHAF1 exhibited no  
329     significant change in the relationship between methylation levels and traits before and after  
330     GRS correction, suggesting that methylation levels are regulated by environmental factors.  
331     RG9MTD1, which has been observed to be associated with T. chol and LDL, encodes the  
332     protein TRMT10C and is involved in the 5' processing of mitochondrial tRNA. It is essential  
333     for transcriptional processing, RNA modification, translation, and mitochondrial respiration  
334     and has been reported to be associated with mitochondrial metabolic diseases. No direct  
335     association between RG9MTD1 and T. chol or LDL levels has been reported. However,  
336     previous studies have suggested that mitochondrial dysfunction affects blood cholesterol (26)  
337     and that the regulation of TRMT10C expression may be related to blood cholesterol.  
338     ADCY7, which has been observed to be associated with Hb and Ht, encodes a membrane-  
339     bound adenylate cyclase that catalyzes the formation of cAMP from adenosine triphosphate  
340     (ATP). Although no association between this gene and Hb or Ht has been reported, numerous  
341     studies have shown an association between adenylate cyclase cAMP system activation and  
342     erythrocyte deformability (27, 28). SDHAF1, which has been observed to be associated with  
343     blood pressure, is related to the synthesis of succinate dehydrogenase (SDH) in the  
344     mitochondria, and no direct association with blood pressure has been reported. Mitochondrial

dysfunction has been reported to occur in several cardiovascular diseases, including atherosclerosis (29), may affect blood pressure. None of the genes have been reported to be directly associated with any trait, but previous studies have suggested that each gene may be associated with a trait, albeit not directly. MEGF6, which has been observed to be associated with Hb, is also known as EGFL3, and the protein EGFL3 encoded by this gene belongs to the epidermal growth factor EGF group. It induces a wide range of biological functions, such as proliferation, differentiation, apoptosis, adhesion, and migration, and has been reported to be associated with colorectal cancer, osteoporosis, and angiogenesis (30-32), but not with Hb.

We observed two regions, MEGF6 and SLC29A4, in which genetic factors may have masked the association between environmental factors and traits. ENT4, encoded by SLC29A4, is a member of the ENT family and plays an important role in the transport of nucleosides and their analogs. Although no association with blood pressure has been reported in humans, an association with blood pressure has been reported in mice (33). ENT4 is also highly expressed in the brain and is known to transport monoamine neurotransmitters (34). ENT4 transports adenosine and that adenosine lowers blood pressure (35, 36), which is consistent with the results observed in this study. Although we could not confirm the association between MEGF6 and Hb, an association between SLC29A4 and blood pressure has been reported and is consistent with the results observed in the present study. We

confirmed the association between the gene and the trait, which was not detectable before correction using GRS.

The regions that may have been false-positives due to genetic factors were A2BP1, GTF2H4, VARS2, and TRPM8. A2BP1, which has been associated with MCV, is a gene encoding RBFOX1. Mutations in RBFOX1 are associated with decreased SBP, and RBFOX1 has been reported to be expressed in organs and tissues, including brain tissue, atrial appendages, left ventricle of the heart, and skeletal muscle tissue, which may be related to blood pressure (37). Neither GTF2H4 nor VARS2, which are associated with UA, were found to be associated with UA. VARS2 has been reported to be in linkage disequilibrium with HIST1H2BF-HIST1H4E, which has been reported to be a susceptibility gene for gout through GWAS (38), and may behave like a trait related to gout-related traits such as UA. In TRPM8, no association with ALP has been reported. However, as TRPM8 has been reported to be highly expressed in odontoblasts (39) and ALP is used as an expression marker for odontoblasts (40, 41), an association between TRPM8 and ALP is likely. We found previous studies that have suggested trait associations in these genes. Most of these studies have reported associations with genomic variants in the corresponding gene regions, and we were unable to confirm the association with methylation. Therefore, we were unable to confirm whether the association between methylation and traits was a false positive due to genetic factors, as was hypothesized in this study.

382

## 383 **Conclusion**

384           As a new application of twin studies, we first verified a prediction model of  
385 laboratory measurements established using a Japanese non-twin GWAS. The prediction  
386 model was verified, specifically for ALP, UA, and HDL, which were strongly affected by  
387 genetic factors. Additionally, we observed several methylation sites that may be related to  
388 these traits. It is likely that susceptible genes interact with each other to affect methylation  
389 levels. There is a limitation in our study. Missing heritability in GWAS is well known and  
390 this limitation in GWAS may underestimate genetic factors estimated by GRS. However,  
391 even considering this limitation, our method has the potential to identify trait-related  
392 methylation sites that have not yet been observed.

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Table 1. ICC and its difference before and after correction

Category	Trait	Sample N	Excluded N	ICC	ICC-GRS	Difference(normal - GRS)	Difference(normal - random)	Heritability
Metabolic	TC	528	0	0.608	0.588	0.021	0.001	high
	HDL-C	528	0	0.715	0.697	0.018	0.001	high
	LDL-C	528	0	0.582	0.562	0.020	0.001	high
	TG	518	4	0.586	0.571	0.014	0.001	moderate
	BS(GLU)	480	11	0.583	0.572	0.012	0.001	moderate
	HbA1c	500	9	0.715	0.709	0.006	0.002	moderate
Protein	TP	520	4	0.570	0.571	-0.001	0.001	low
	Alb	522	3	0.500	0.498	0.002	0.002	low
	NAP	516	6	0.735	0.734	0.000	0.003	low
	A/G	522	3	0.724	0.725	-0.001	0.001	low
Kidney-related	BUN(UN)	528	0	0.474	0.472	0.002	0.001	low
	sCr(CRE)	528	0	0.666	0.663	0.003	0.001	low
	eGFR	528	0	0.510	0.510	0.000	0.000	low
	UA	528	0	0.599	0.569	0.029	0.001	high
Electrolyte	Na	522	3	0.439	0.437	0.002	0.002	low
	K	526	1	0.318	0.308	0.010	0.000	moderate
	Cl	526	1	0.506	0.506	0.000	0.002	low
	Ca	526	0	0.484	0.481	0.004	0.001	low
	P	528	0	0.500	0.496	0.005	0.002	low
Liver-related	Tbil	506	5	0.579	0.577	0.003	0.004	low
	AST	502	11	0.483	0.482	0.000	0.001	low
	ALT	500	12	0.438	0.434	0.004	0.001	low
	ALP	508	8	0.712	0.682	0.030	0.002	high
	GGT	474	18	0.641	0.641	0.001	0.002	low
Other-biochemical	CK	500	11	0.535	0.535	0.000	0.001	low
	LDH(LD)	514	5	0.716	0.712	0.004	0.002	low
	CRP	434	42	0.440	0.437	0.003	0.003	low
Hematological	WBC	520	2	0.564	0.560	0.003	0.001	low
	Neutro	514	5	0.467	0.461	0.007	0.001	moderate
	Eosin	506	8	0.496	0.496	0.000	0.003	low
	Baso	506	3	0.618	0.616	0.002	0.003	low
	Mono	522	1	0.615	0.618	-0.003	0.001	low
	Lym	518	2	0.595	0.590	0.005	0.002	low
	RBC	522	1	0.712	0.711	0.000	0.001	low
	Hb	522	1	0.582	0.581	0.000	0.001	low
	Ht	522	1	0.607	0.607	0.000	0.002	low
	MCV	522	1	0.676	0.669	0.006	0.002	moderate
	MCH	514	4	0.637	0.633	0.004	0.001	low
	MCHC	520	2	0.665	0.661	0.004	0.000	low
	Plt	520	2	0.701	0.701	0.000	0.002	low
Blood-pressure	SBP	482	1	0.447	0.440	0.007	0.002	moderate
	DBP	482	1	0.579	0.577	0.003	0.002	low
	MAP	482	1	0.542	0.536	0.006	0.001	moderate
	PP	480	2	0.327	0.322	0.005	0.001	low

Table 2. Average of differences within-pair and its amount of change between before and after GRS correction

Category	Trait	Sample N	Excluded N	Difference	Heritability
Metabolic	TC	528	0	0.017	high
	HDL-C	528	0	0.018	high
	LDL-C	528	0	0.016	high
	TG	518	4	0.012	moderate
	BS(GLU)	480	11	0.010	moderate
	HbA1c	500	9	0.003	low
Protein	TP	520	4	0.001	low
	Alb	522	3	0.002	low
	NAP	516	6	0.001	low
	A/G	522	3	-0.001	low
Kidney-related	BUN(UN)	528	0	0.001	low
	sCr(CRE)	528	0	0.003	low
	eGFR	528	0	-0.002	low
	UA	528	0	0.023	high
Electrolyte	Na	522	3	0.001	low
	K	526	1	0.006	moderate
	Cl	526	1	0.000	low
	Ca	526	0	0.002	low
	P	528	0	0.002	low
Liver-related	Tbil	506	5	0.001	low
	AST	502	11	0.000	low
	ALT	500	12	0.003	low
	ALP	508	8	0.023	high
	GGT	474	18	0.001	low
Other-biochemical	CK	500	11	0.000	low
	LDH(LD)	514	5	0.005	moderate
	CRP	434	42	0.000	low
Hematological	WBC	520	2	0.003	low
	Neutro	514	5	0.008	moderate
	Eosin	506	8	0.000	low
	Baso	506	3	0.003	low
	Mono	522	1	-0.004	low
	Lym	518	2	0.002	low
	RBC	522	1	0.001	low
	Hb	522	1	0.000	low
	Ht	522	1	0.000	low
	MCV	522	1	0.005	moderate
	MCH	514	4	0.002	low
	MCHC	520	2	0.003	low
	Plt	520	2	0.000	low
Blood-pressure	SBP	482	1	0.005	moderate
	DBP	482	1	0.002	low
	MAP	482	1	0.005	moderate
	PP	480	2	0.000	low
BMI	BMI	494	1	0.001	low

Table 3. CpGs with relatively strong associations with the trait and showing suggestive effect both for ESC and ESE

Category	Trait	CpG_ID	Chr	Position	Gene	P_value
Metabolic	Tchol	cg22315683	3	101280662	RG9MTD1*	3.27E-07
	HDL	cg16187528	17	79609161	TSPAN10	1.41E-07
		cg10565662	8	2670187	NULL	1.21E-07
	LDL	cg20574900	3	101280596	RG9MTD1*	8.70E-07
		cg01537928	3	101280610	RG9MTD1*	8.27E-07
	TG	cg02032984	7	35490860	NULL	6.39E-08
	GLU	cg02895278	8	26195897	PPP2R2A	2.78E-06
	HbA1c	cg11245990	11	68621969	NULL	2.09E-07
Protein	TP	cg22176018	2	242867611	NULL	2.25E-11
		cg20888499	2	426252	NULL	4.98E-10
Kidney-related	UN	cg01689405	1	26370407	SLC30A2	9.99E-07
	CRE	cg15714227	5	2225482	NULL	3.06E-09
		cg22179059	6	29714945	LOC285830	2.83E-08
	UA	cg18823637	14	104789524	NULL	5.11E-07
		cg03590420	11	132662963	OPCML	2.31E-06
Electrolyte	Na	cg21755709	21	45149398	PDXK	2.39E-06
	K	cg26528484	2	103387474	TMEM182	2.80E-08
	Cl	cg01380194	11	72452482	ARAP1	1.66E-06
	Ca	cg23972915	14	104809218	NULL	6.52E-07
		cg13046524	20	48728642	UBE2V1;TMEM189-UBE2V1	1.29E-07
	P	cg04923746	1	211666304	RD3;RD3	1.29E-07
Liver-related	Tbil	cg20459037	17	9546550	WDR16	1.43E-06
	AST	cg05229454	17	80494379	FO XK2	2.00E-09
		cg24715928	15	61197517	RORA	4.49E-09
	ALT	ch.3.2133154F	3	107908987	IFT57	5.12E-08
		cg20954484	3	42727014	KBTBD5	3.85E-08
	ALP	cg13605646	20	57486019	GNAS	8.46E-08
		cg25210580	17	744036	NXN	1.47E-06
	GGT	cg15347434	6	37592871	NULL	2.72E-08
		cg03851878	15	23887710	NULL	1.87E-08
Other-biochemical	CK	cg13184225	1	201956029	RNPEP	3.86E-06
	LD	cg21984481	17	79567631	NPLOC4	3.51E-08
		cg21275932	21	46410877	NULL	7.94E-08
	CRP	cg19821297	19	12890029	NULL	3.78E-06
Hematological	RBC	cg06657096	9	140024858	NULL	1.60E-09
	Hb	cg23580000	16	50322156	ADCY7*	4.57E-11
		cg06741653	12	4351720	NULL	7.50E-11
		cg06897661	16	50322074	ADCY7*	2.50E-10
	Ht	cg23580000	16	50322156	ADCY7*	4.74E-10
	MCV	cg15004787	5	72802430	NULL	8.99E-10
		cg16285566	13	33682212	STARD13	9.35E-08
	MCH	cg00791764	4	53727839	RASL11B	2.59E-07
		cg08505111	5	98541783	NULL	4.53E-07
	MCHC	cg11891431	5	178209272	NULL	1.48E-08
		cg01375719	3	184298977	EPHB3	3.87E-08
	Plt	cg17656426	19	2137788	AP3D1	2.17E-08
		cg21175585	13	30095759	SLC7A1	7.13E-09
Blood-pressure	SBP	cg26643967	19	36485282	SDHAF1*	1.62E-07
		cg19389372	19	36485356	SDHAF1*	6.50E-07
		cg23895963	12	117471115	NULL	5.05E-07
	DBP	cg06638515	6	33169581	RXRB;SLC39A7	4.29E-08
		cg09027985	17	46973122	ATP5G1;ATP5G1	4.40E-08
	MAP	cg20361540	12	123380447	VPS37B	4.51E-07
		cg26643967	19	36485282	SDHAF1*	1.83E-07
	PP	cg16190718	6	31939106	DOM3Z;STK19	2.35E-07
BMI	BMI	cg21075784	19	54637076	NULL	1.42E-06

Table4. Top5 CpGs showing suggestive or significant effect for ESC but not for ESE, with the largest amount of P-values change between two values.

Category	Trait	CpG_ID	Chr	Position	Gene	P(Measured)	P(Measured-GRS)	P(Measured-GRS)/P(Measured)
Metabolic	Tchol	cg11026954	2	132250549	FAM128A;LOC150776	3.32E-05	7.87E-06	2.37E-01
		cg08122652	3	122281939	PARP9	1.21E-05	4.00E-06	3.30E-01
		cg07791427	12	54402704	HOXC8	1.18E-05	4.32E-06	3.68E-01
	HDL	cg11341011	17	2632132		2.57E-04	5.77E-06	2.24E-02
		cg23470729	5	140725964	PCDHGA2;PCDHGA3;PCDHGA1	3.83E-05	1.49E-06	3.89E-02
		cg08045301	16	71887487	ATXN1L	1.86E-04	7.95E-06	4.28E-02
		cg08850438	16	89609646	SPG7	1.61E-04	7.79E-06	4.84E-02
		cg17547577	3	21265890		1.31E-04	8.25E-06	6.28E-02
	LDL	cg16283010	3	101280485	RG9MTD1	1.53E-05	5.66E-06	3.70E-01
	GLU	cg08247887	10	44394566		1.06E-05	2.02E-06	1.90E-01
	TP	cg25809722*	12	133121162	FBRSL1	2.91E-07	8.90E-08	3.06E-01
		cg01616956*	2	232393196	NMUR1	1.61E-07	6.07E-08	3.76E-01
Kidney-related	UN	cg09277709	19	46224285	FBXO46	1.74E-05	4.93E-06	2.82E-01
		cg21868798	1	199481399		2.57E-05	7.63E-06	2.96E-01
		cg15409616	14	106936446		2.48E-05	8.17E-06	3.29E-01
		cg11134777	7	1522211	INTS1	1.27E-05	4.26E-06	3.35E-01
		cg17438457	1	53094893		1.28E-05	4.50E-06	3.51E-01
	CRE	cg10724867	7	27218867	HOXA10	2.09E-05	1.20E-06	5.77E-02
		cg03534008	9	45763353		7.16E-05	6.00E-06	8.39E-02
		cg24360241	2	233370823		2.58E-05	2.57E-06	9.93E-02
		cg21287054	19	54928012	TTYH1	1.38E-05	1.42E-06	1.03E-01
		cg17453840	15	83317526	CPEB1	4.08E-05	4.64E-06	1.14E-01
	UA	cg22636722	17	78865263	RPTOR	3.04E-05	1.90E-06	6.26E-02
		cg06001976	X	3790470		2.69E-05	3.04E-06	1.13E-01
		cg02401352	15	89354338	ACAN	2.36E-05	7.00E-06	2.97E-01
		cg09874643	2	239362030		1.55E-05	6.05E-06	3.89E-01
	Tbil	cg05409752	6	28599165		7.90E-05	1.98E-06	2.51E-02
		cg12501004	12	117287232	RNFT2	4.14E-05	3.72E-06	8.99E-02
		cg01909160	1	3162066	PRDM16	4.97E-05	4.82E-06	9.70E-02
		cg10209474	16	9181903		3.37E-05	6.88E-06	2.05E-01
		cg09380555	13	53277872	LECT1	2.14E-05	5.46E-06	2.55E-01
	ALT	cg12252008	15	72448319		4.75E-05	7.51E-06	1.58E-01
		cg15811719	21	39047824	KCNJ6	1.21E-05	3.95E-06	3.25E-01
		cg05798111	16	68560845		7.77E-05	7.02E-06	9.03E-02
	ALP	cg06657028	6	30080495	TRIM31	2.36E-05	2.25E-06	9.52E-02
		cg16262034	5	628091	CEP72	3.27E-05	3.20E-06	9.77E-02
		cg25601713	10	92720690		3.46E-05	8.32E-06	2.41E-01
		cg22691639	1	81794767		2.70E-05	8.79E-06	3.25E-01
		cg02844892	6	31370412	MICA	2.95E-04	8.63E-06	2.93E-02
	GGT	cg27137258	16	2892782	TMPRSS8	2.70E-05	8.49E-07	3.14E-02
		cg04753836	14	65308247		4.98E-05	1.97E-06	3.97E-02
		cg21185936	6	29716247	LOC285830	7.86E-05	5.59E-06	7.11E-02
		cg11693285	10	131927345		5.58E-05	4.78E-06	8.56E-02
Other-biochemical	CK	cg07777347	3	194361833	LSG1	8.12E-05	5.73E-06	7.05E-02
		cg08479073	1	207038584	IL20	6.51E-05	7.28E-06	1.12E-01
	LD	cg23797887	11	18477753	LDHAL6A	4.41E-05	7.19E-06	1.63E-01
		cg11277090	17	72848048	GRIN2C	1.23E-05	2.72E-06	2.22E-01
		cg24553547	17	19247920	MIR1180;B9D1	1.38E-05	4.78E-06	3.46E-01
	CRP	cg09115646	10	2978687		1.50E-05	4.25E-06	2.84E-01
Hematological	RBC	cg06734816*	6	116422381	NT5DC1	4.55E-07	2.07E-08	4.56E-02
		cg03356760*	6	37665051	MDGA1	1.10E-06	5.79E-08	5.25E-02
		cg08318587*	2	216484453		1.29E-06	7.41E-08	5.75E-02
		cg24528447*	5	92918517	NR2F1	1.52E-06	8.77E-08	5.77E-02
		cg15988010*	4	166033722	TMEM192	8.04E-07	6.46E-08	8.03E-02
	Hb	cg20277126*	1	3507151	MEGF6	1.32E-07	3.43E-08	2.60E-01
	Ht	cg18500431*	7	1709489		4.56E-07	5.07E-08	1.11E-01
		cg06665941*	21	34602869	IFNAR2	4.66E-07	5.44E-08	1.17E-01
		cg17157516*	1	35332203	DLGAP3	4.25E-07	5.73E-08	1.35E-01
		cg02538199*	9	37034277	PAX5	3.90E-07	5.35E-08	1.37E-01
		cg27660165*	1	156784036	SH2D2A	3.91E-07	5.61E-08	1.43E-01
	MCV	cg21028156	X	2743660		2.30E-04	4.17E-06	1.81E-02
		cg01820213	14	104645063	KIF26A	1.28E-04	2.93E-06	2.29E-02
		cg24923509	10	102498399		3.73E-05	1.53E-06	4.11E-02
		cg02632809	7	5336811	SLC29A4	8.72E-05	7.12E-06	8.16E-02
		cg14345882	6	26364793	BTN3A2	2.16E-05	1.85E-06	8.56E-02
	MCH	cg14548802	9	137675380	COL5A1	3.54E-05	7.61E-07	2.15E-02
		cg07361759	1	32688314	C1orf91;EIF3I	3.91E-04	9.31E-06	2.38E-02
		cg13791713	21	40720916	HMGNI	6.48E-05	1.70E-06	2.63E-02
		cg02632809	7	5336811	SLC29A4	3.90E-05	1.06E-06	2.72E-02
		cg10263003	2	235766844		4.41E-05	1.56E-06	3.54E-02
	MCHC	cg00731395	7	5265623	WPI2	2.83E-05	2.37E-06	8.37E-02
		cg21124940	19	4090224		8.32E-05	9.54E-06	1.15E-01
		cg15427520	11	35252384	CD44	1.90E-05	2.65E-06	1.40E-01
		cg21685427	20	42187356	SGK2	6.02E-05	8.54E-06	1.42E-01
		cg18565023	17	32503	DOC2B	6.45E-05	9.69E-06	1.50E-01
	Plt	cg21180703	9	90273181	DAPK1	4.61E-05	1.61E-06	3.50E-02
		cg04121415	3	38325566		4.00E-05	1.48E-06	3.71E-02
		cg16734017	1	3385914	ARHGEF16	1.22E-04	6.26E-06	5.14E-02
		cg07909498	4	79627477		3.76E-05	2.16E-06	5.74E-02
		cg22125220	1	3748957	KIAA0562	7.53E-05	4.56E-06	6.06E-02
Blood-pressure	MAP	cg09027985*	17	46973122	ATP5G1	2.44E-07	5.90E-08	2.42E-01
		cg10223982	19	4302995	TMIGD2	1.97E-05	5.62E-06	2.86E-01
		cg23780110	2	26045244	ASXL2	1.94E-05	7.67E-06	3.95E-01
BMI	BMI	cg23059452	9	86983432	SLC28A3	3.87E-05	4.77E-06	1.23E-01
		cg26175729	7	150726136	ABC8	2.82E-05	7.21E-06	2.55E-01

Table5. Top5 CpGs showing suggestive or significant effect for ESE but not for ESC, with the largest amount of P-values change between two values.

Category	Trait	CpG_ID	Chr	Position	Gene	P(Measured)	P(Measured-GRS)	P(Measured-GRS)/P(Measured)	
Metabolic	HDL	cg11651932	8	1327546		1.45E-06	2.29E-04		158
		cg11115976	17	80997086	B3GNTL1	1.83E-07	1.70E-05		92
		cg00443543	17	1645410	SERPINF2	7.35E-06	7.90E-05		11
	LDL	cg25019526	6	236559		1.90E-06	3.08E-04		162
		cg01672042	16	49623820	ZNF423	8.86E-07	2.21E-05		25
	TG	cg12657416	9	139607421	FAM69B	5.19E-06	6.31E-05		12
		cg20486551	13	29329226		1.66E-06	1.84E-05		11
	HbA1c	cg22325292	17	80708367	FN3K	1.43E-06	1.93E-05		14
		cg00809820	17	80708513	TBCD;FN3K	1.40E-06	1.64E-05		12
Kidney-related	UA	cg16914989	6	30881764	GTF2H4;VAR2	9.76E-06	8.33E-04		85
		cg15393936	10	15354631	FAM171A1	1.17E-06	5.48E-05		47
Liver-related	Tbil	cg01579172	8	122068905		6.17E-06	2.70E-04		44
	ALP	cg08343899	2	234847554	TRPM8	1.98E-06	1.18E-04		59
		cg06241101	17	77895684		1.45E-06	5.64E-05		39
		cg12848457	10	52566320		8.05E-06	2.51E-04		31
		cg00853940	2	234847683	TRPM8	9.79E-06	3.00E-04		31
		cg13224161	6	33141279	COL11A2	1.40E-06	3.05E-05		22
	GGT	cg10189962	2	175192878		8.78E-06	9.67E-05		11
		cg11458473	7	1424047		8.45E-06	9.05E-05		11
Other-biochemical	LD	cg07387044	8	145170347	KIAA1875	7.55E-07	1.08E-05		14
		cg17965690*	19	10736049	SLC44A2;SLC44A2	1.59E-08	2.11E-07		13
Hematological	MCV	cg00514665*	16	7703812	A2BP	1.01E-08	1.78E-06		177
		cg03986562	16	7703893	A2BP1	6.05E-07	6.41E-05		106
		cg08368788	7	94537033	PPP1R9A	8.19E-06	1.97E-04		24
		cg10395519	6	151412304	MTHFD1L	1.26E-06	3.01E-05		24
	MCH	cg02717117	2	55458694	C2orf63;RPS27A	1.62E-06	3.30E-05		20
	Plt	cg07686394	11	69448444		4.70E-06	3.43E-04		73
		cg19084794	8	96086565		2.40E-06	9.45E-05		39
		cg23036452	1	203644735	ATP2B4	8.73E-06	2.81E-04		32
		cg05693864	5	844184	ZDHHC11	7.88E-07	2.01E-05		25
		cg20944315	1	200839460		2.98E-06	6.95E-05		23

## Figure Legends

### Figure 1

GRS correction was used to evaluate the genetic and environmental effects on each trait. (A)  
Schematic representation of the procedure for evaluating the effects of genetic and  
environmental factors using within-pair differences before and after GRS correction. (B)  
Distribution of ICC differences for each trait between before and after GRS correction. (C)  
Distribution of GRS-corrected and random-corrected superimposed in each trait. (D)  
Distribution of average within-pair differences in each trait between before and after GRS  
correction.