

SUPPLEMENTARY TABLE

Supplementary Table 1. Comparison of overfit of epigenetic clock building approaches.

Clock building approach	Number of CpGs included	Training set MAE	Training set R²	Test set MAE	Test set R²	Overfit? (t-test p-value)
Elastic net	52	3.9	0.99	60.9	0.76	Yes (0.011)
Linear model	10	32.6	0.89	61.1	0.72	Yes (0.021)
PCA	304	48.7	0.77	73.9	0.64	No (0.072)