Electronic Supplementary Material (ESI) for Analytical Methods.

Saliva Sampling Strategies Affecting the Salivary Glucose Measurement

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Table S1. Baseline characteristics of subjects

Total recruited patients	74
Male	40 (54.05%)
Female	34 (45.95%)
Health conditions	
Healthy	74 (100 %)
Diabetic	0 (0 %)
Averaged age	36.5 ± 12.5 (24-49)
Body mass index (BMI)	27 ± 9 (18-36)
Body fat (%)	22.3± 2.3
Demography	
South China	23 (31.08 %)
North China	11 (14.86 %)
East China	26 (35.14 %)
Central China	14 (18.92 %)
Covid-19 Infection	
Recovered	63 (85.14%)
Currently Infected	1 (1.35%)
Not infected previously/Not sure	10 (13.51%)
Other diseases conditions	
Cardiovascular disease	6 (8.11 %)
Respiratory disease	2 (2.70 %)
Without recorded disease/Not Confirmed	66 (89.19 %)

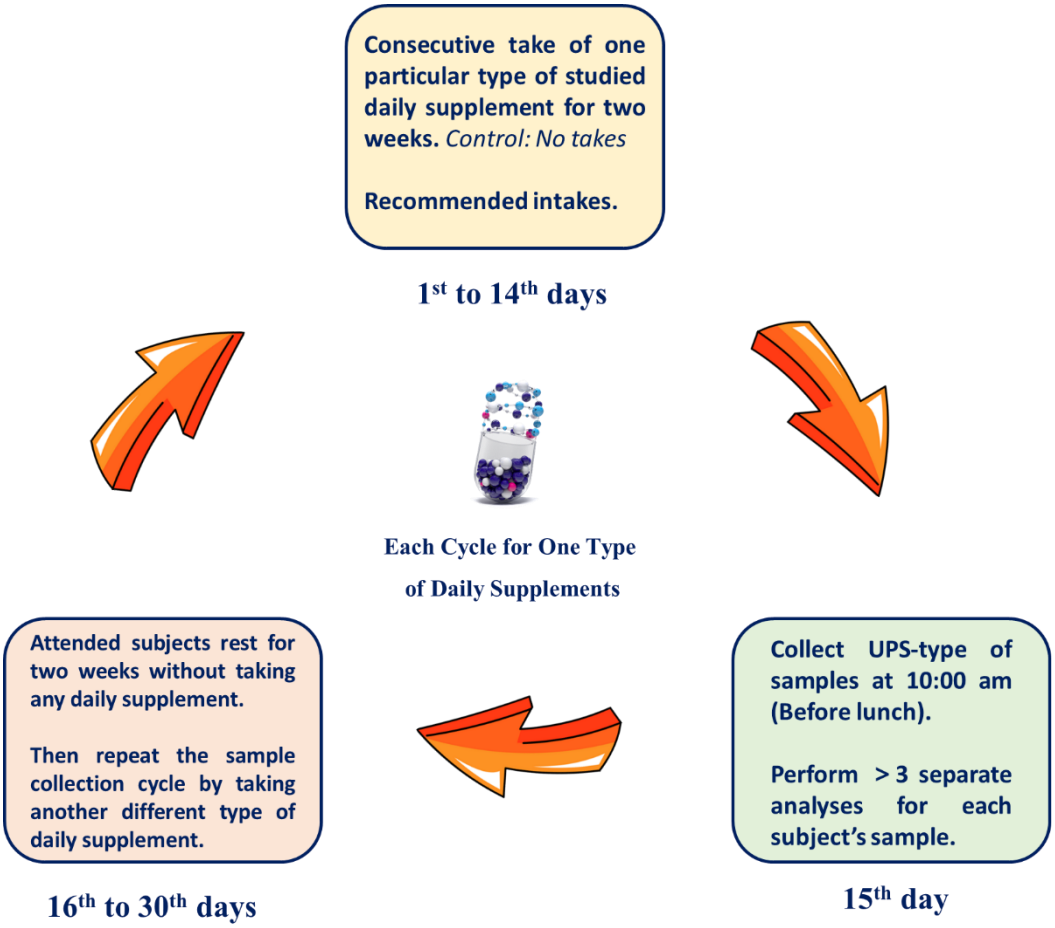

Figure S1. The saliva collection protocol for the study of daily supplements takes impacts.

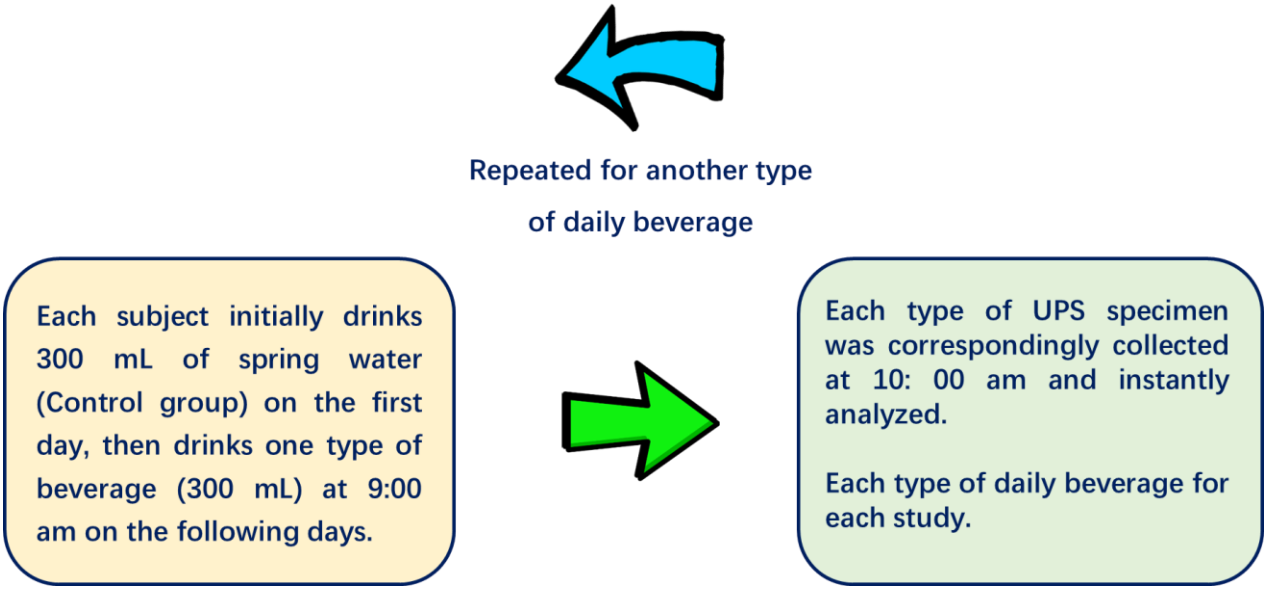

Figure S2. The saliva collection protocol for the study of daily beverage drinking impacts.

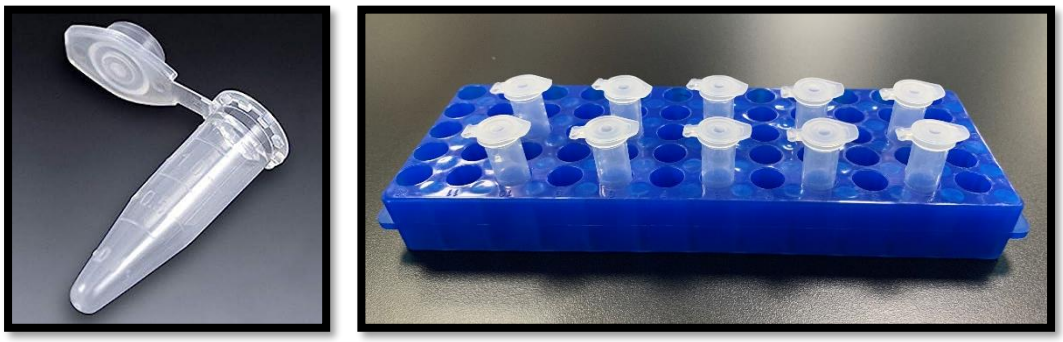

Figure S3. Pictures show the 2 mL centrifuge tube for sample storage and the storage placement/orientation in the study of storage stability.

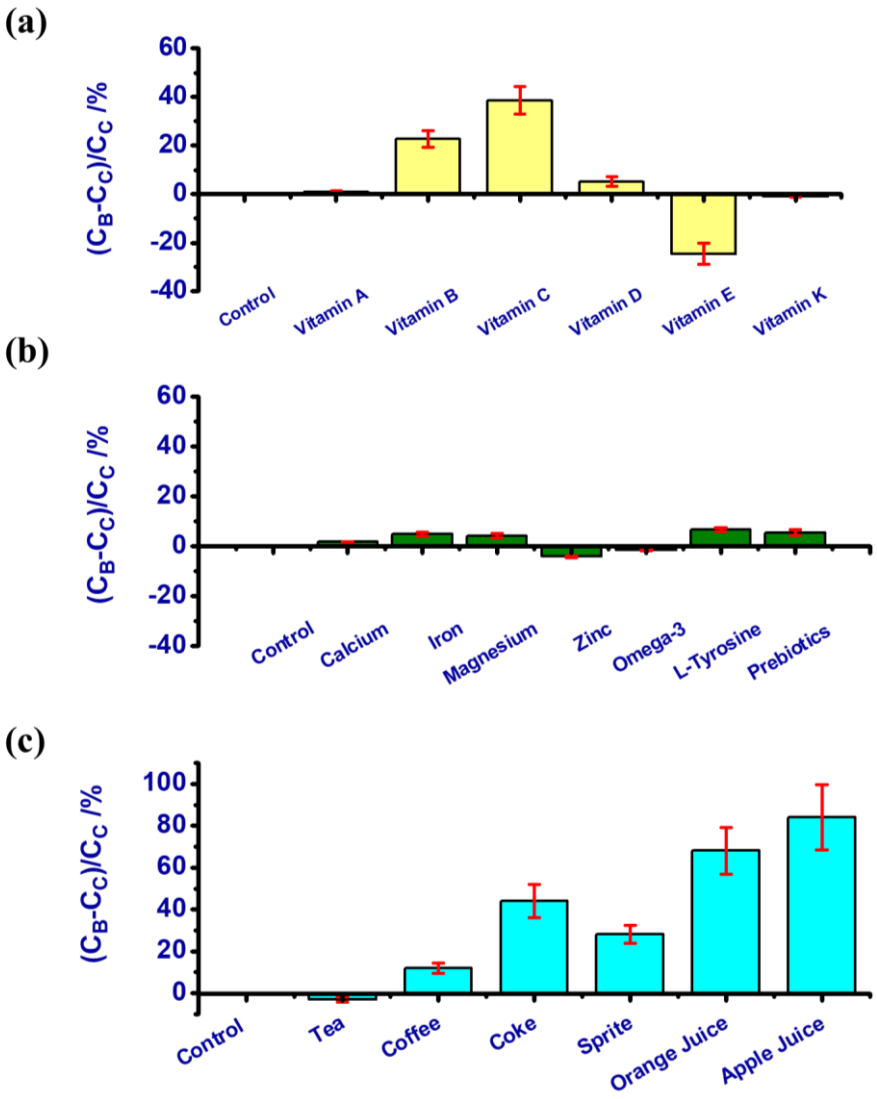

Figure S4. (a) The effect of daily vitamins (A, B, C, D, E, and K) takes on SGM analysis relative to the control group (changes in %), control group: 300mL of spring water. (b) The effect of daily supplements (calcium, iron, magnesium, zinc, omega-3, L-tyrosine, and prebiotics) takes on SGM analysis relative to the control group (changes in %), control group: 300mL of spring water. (c) The effect of beverage drinks (tea, coffee, coke, sprite, orange juice, and apple juice) on SGM analysis relative to the control group (changes in %), control group: 300mL of spring water.

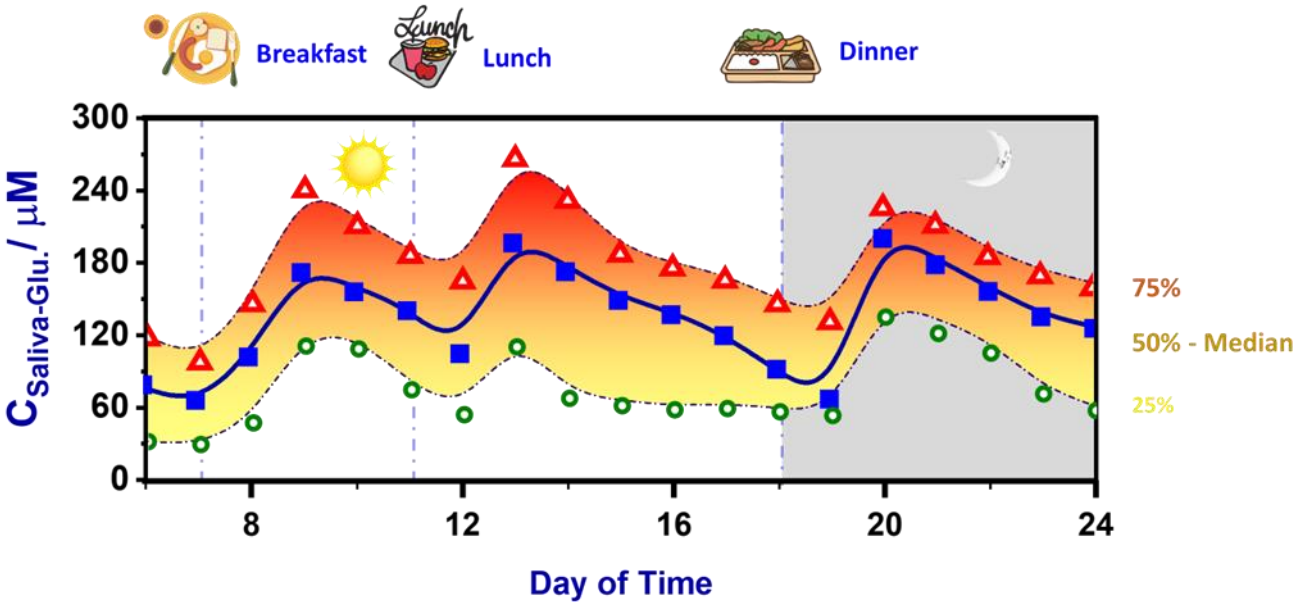

Figure S5. Continuous SGM during the time 6:00 am to 12:00 am (the next day). Without further clarification, each subject takes a seem-alike typical diet and collects saliva samples (UPS type) every 30 mins for instant analysis. Breakfast time: 7:00 am, lunchtime: 11:00 am, dinner time: 6:00 pm. The triangle, square, and circular dots represent the acquired actual data for every 30 mins.