Appendix 1 The number of female participants who completed the early follicular (EF), ovulatory (O) and mid-luteal (ML) phase as their first, second or third experimental visit. The order of visits was determined by which phase was identified first.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **EF**(n=11) | **O**(n=10\*) | **ML**(n=11) |
| 1st Visit | 7 | 2 | 2 |
| 2nd Visit | 2 | 6 | 3 |
| 3rd Visit | 2 | 2 | 6 |

\*One participant’s ovulatory phase (their 2nd Visit) was excluded after blood analysis of female sex hormones.