

Supplemental Table. Non-exchangeable protons attribution of ALA and PBG in urine

	Proton	δ (ppm)	Integration	Multiplicity
ALA				
	H4	2.51	2H	t , J=6.7 Hz
	H5	2.81	2H	t, J=6.7 Hz
	H8	4.11	2H	s
PBG				
	H6	2.41	2H	t, J=7.6 Hz
	H7	2.66	2H	t, J=7.6 Hz
	H10	3.41	2H	s
	H13	4.16	2H	s
	H2	6.69	1H	s