# Supplementary Method 1

Specially, when screening the instrumental variables for 35 clinical biomarkers, we used a genome-wide significance threshold (*P* < 5×10⁻⁸). Additionally, we set the single-nucleotide polymorphism (SNP)-specific threshold of the coefficient of determination r² below 0.001, and the width of the linkage disequilibrium region to be greater than 10,000 kilobases (kb). We calculated the F value of the instrumental variable SNPs and excluded the instrumental variables with an F statistic less than 10 to mitigate the bias caused by weak instrumental variables.