### 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 $R^2$ | Test set MAE | Test set $R^2$ | 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)               |