Supplementary Figure 1

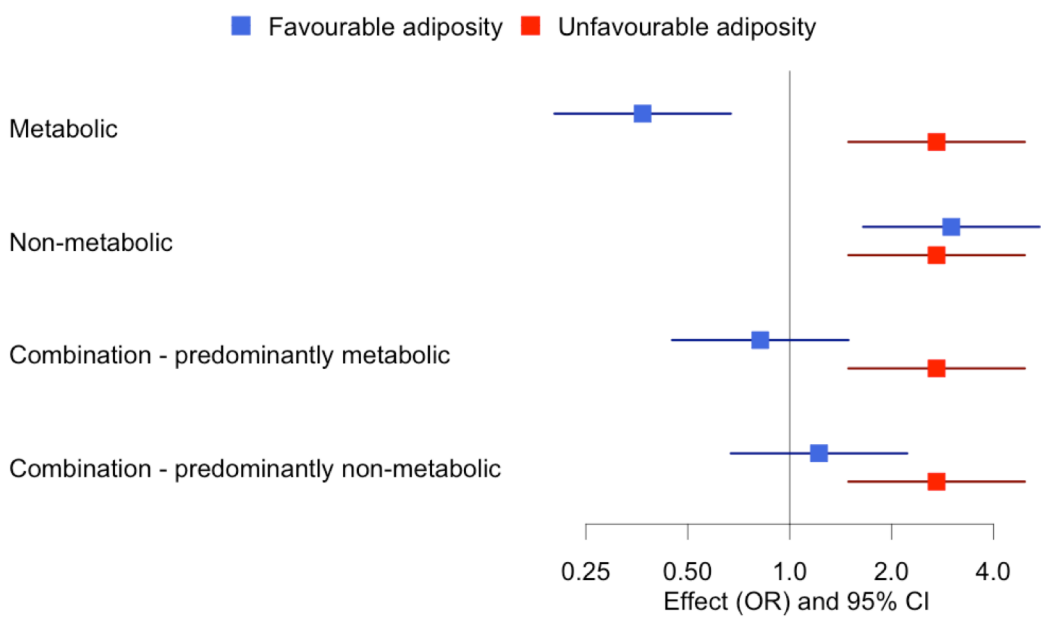
Step 1: Search literature for Mendelian randomisation studies of BMI and disease

Step 2: Perform Mendelian randomisation of BMI and body fat percentage with disease

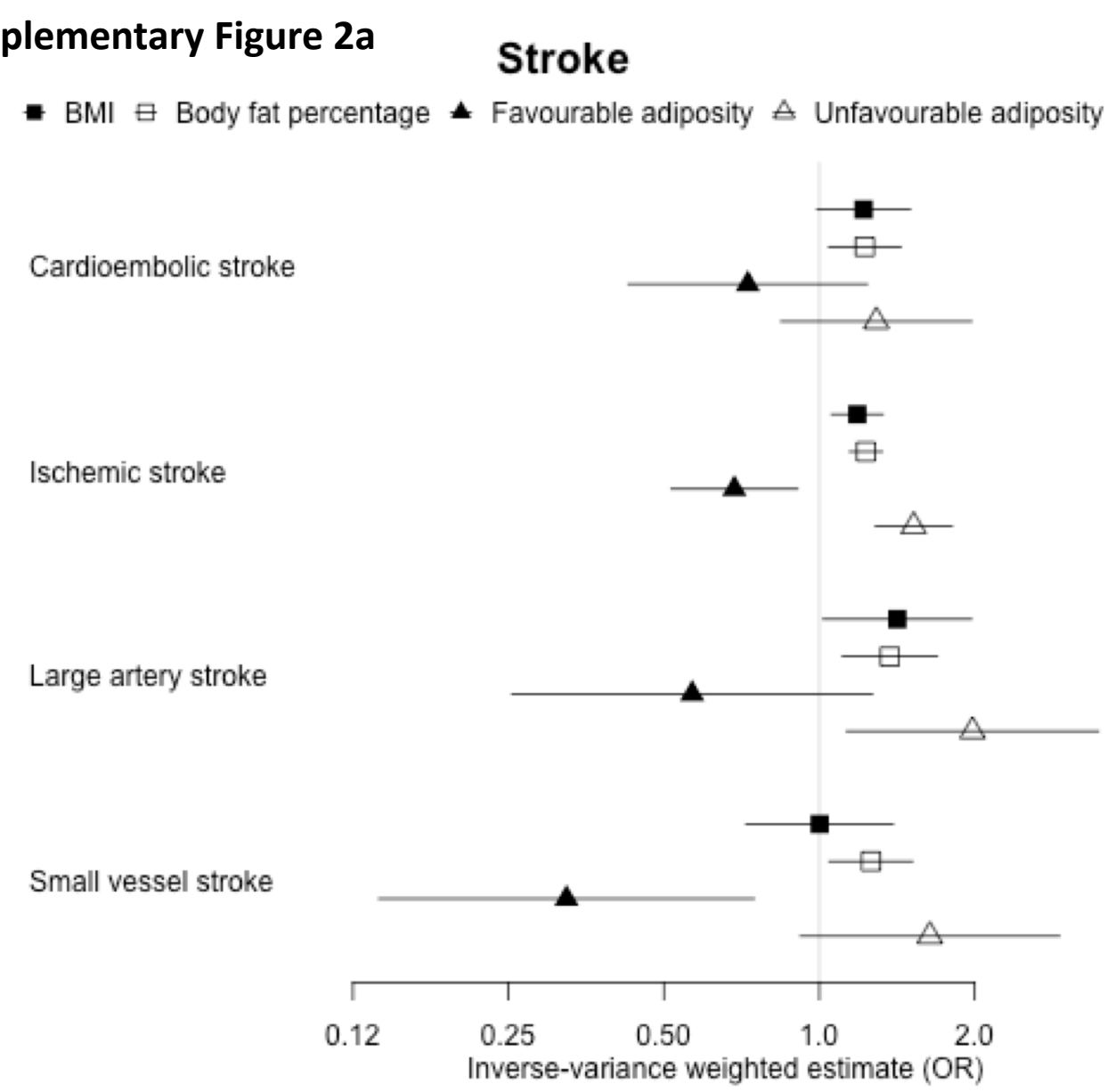
Step 3: Confirm whether causal effect was due to fat mass rather than fat free mass

Step 4: Perform Mendelian randomisation of metabolically favourable and unfavourable adiposity with disease

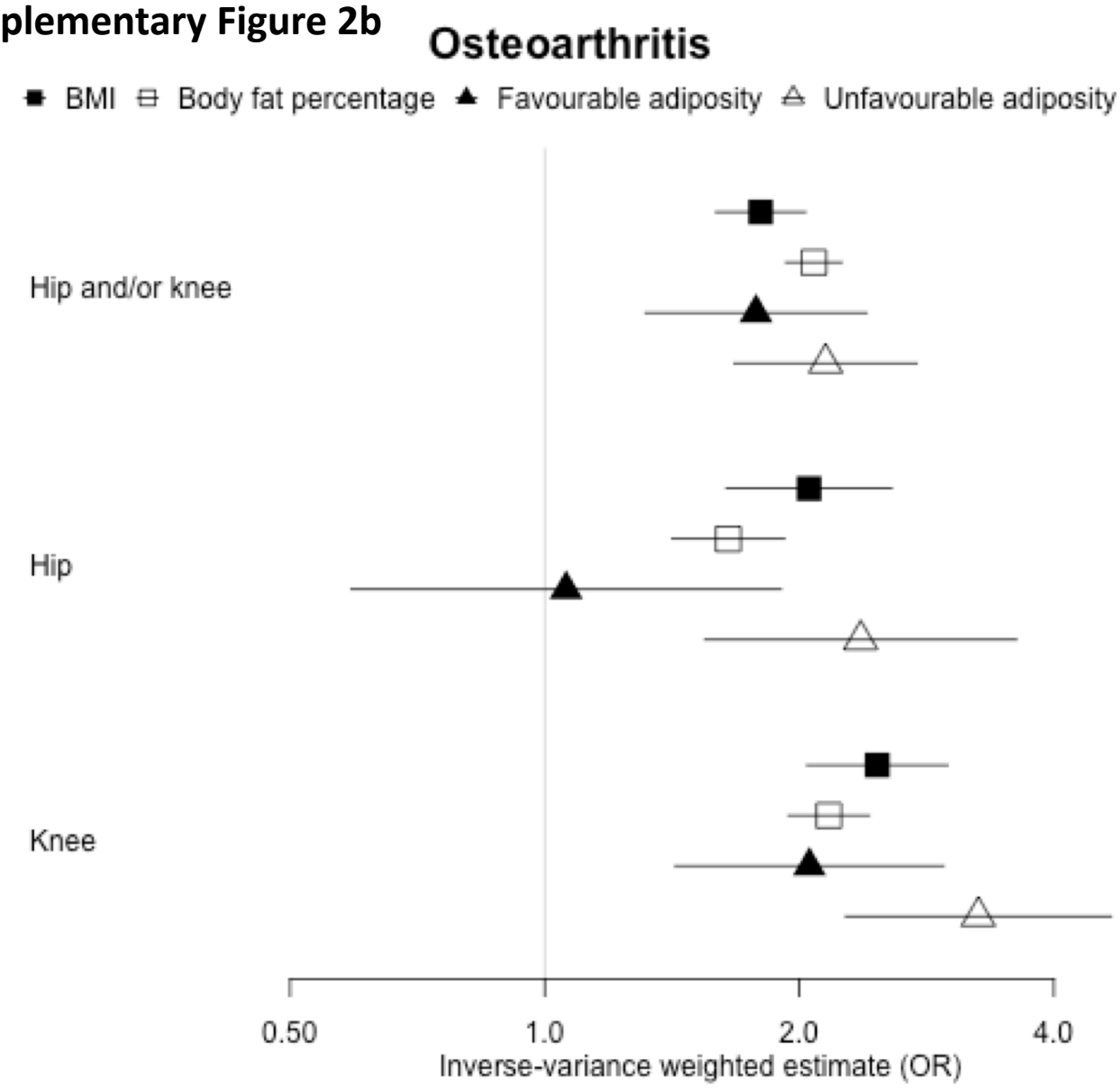
Step 5: Identify whether evidence of metabolic, non-metabolic, combination (predominantly metabolic) or combination (predominantly non-metabolic) causal effect



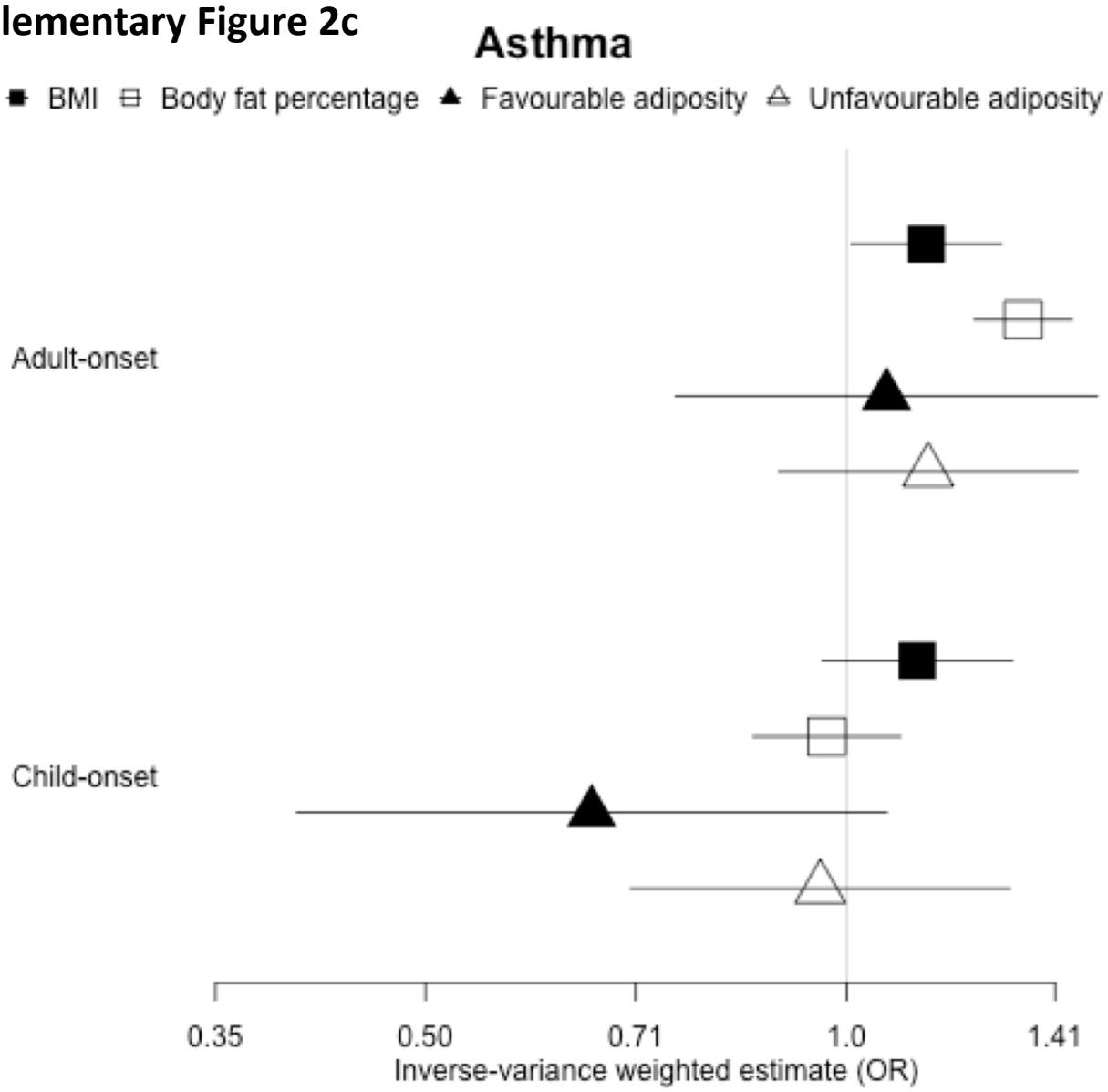
Supplementary Figure 2a



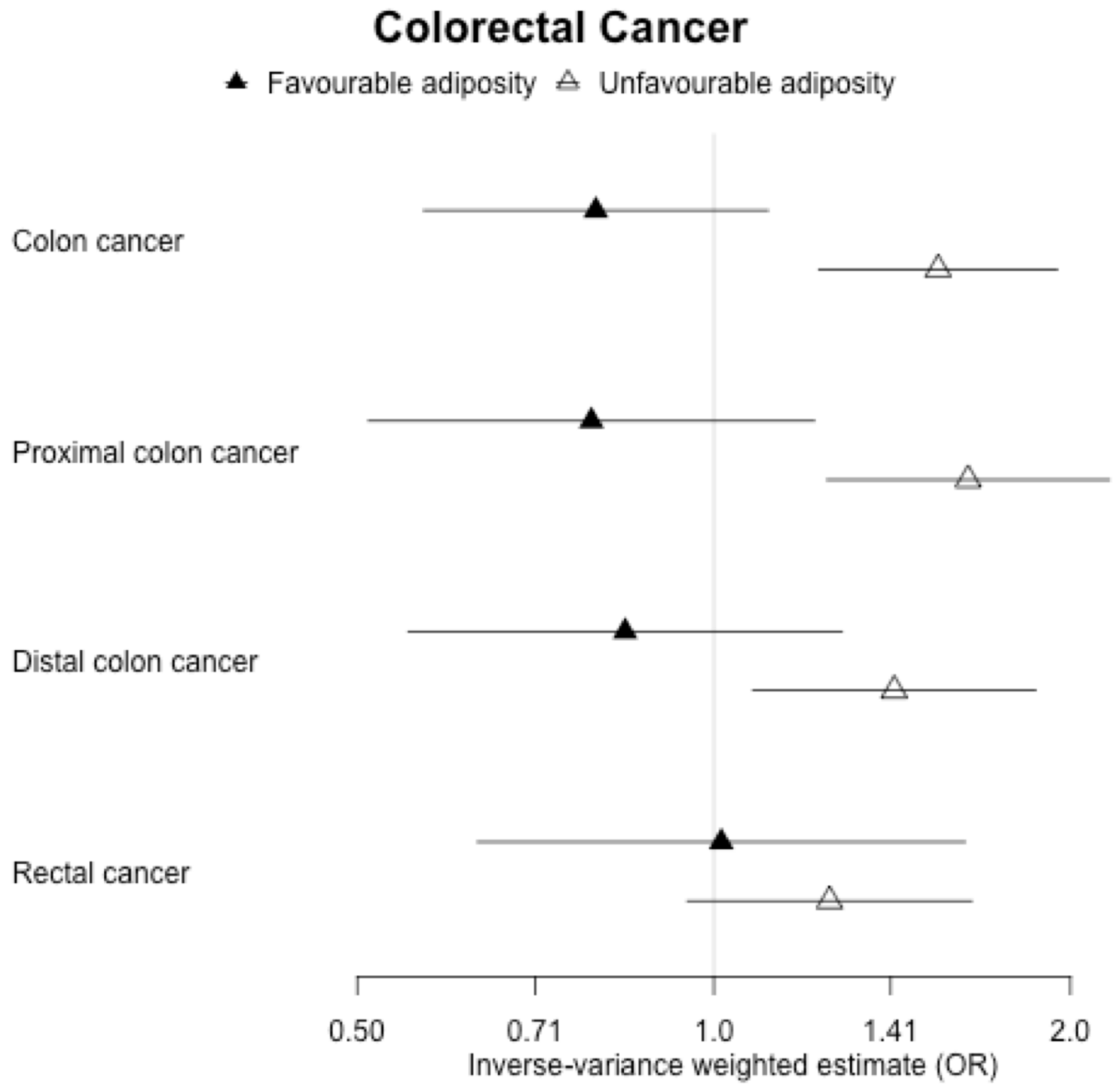
Supplementary Figure 2b



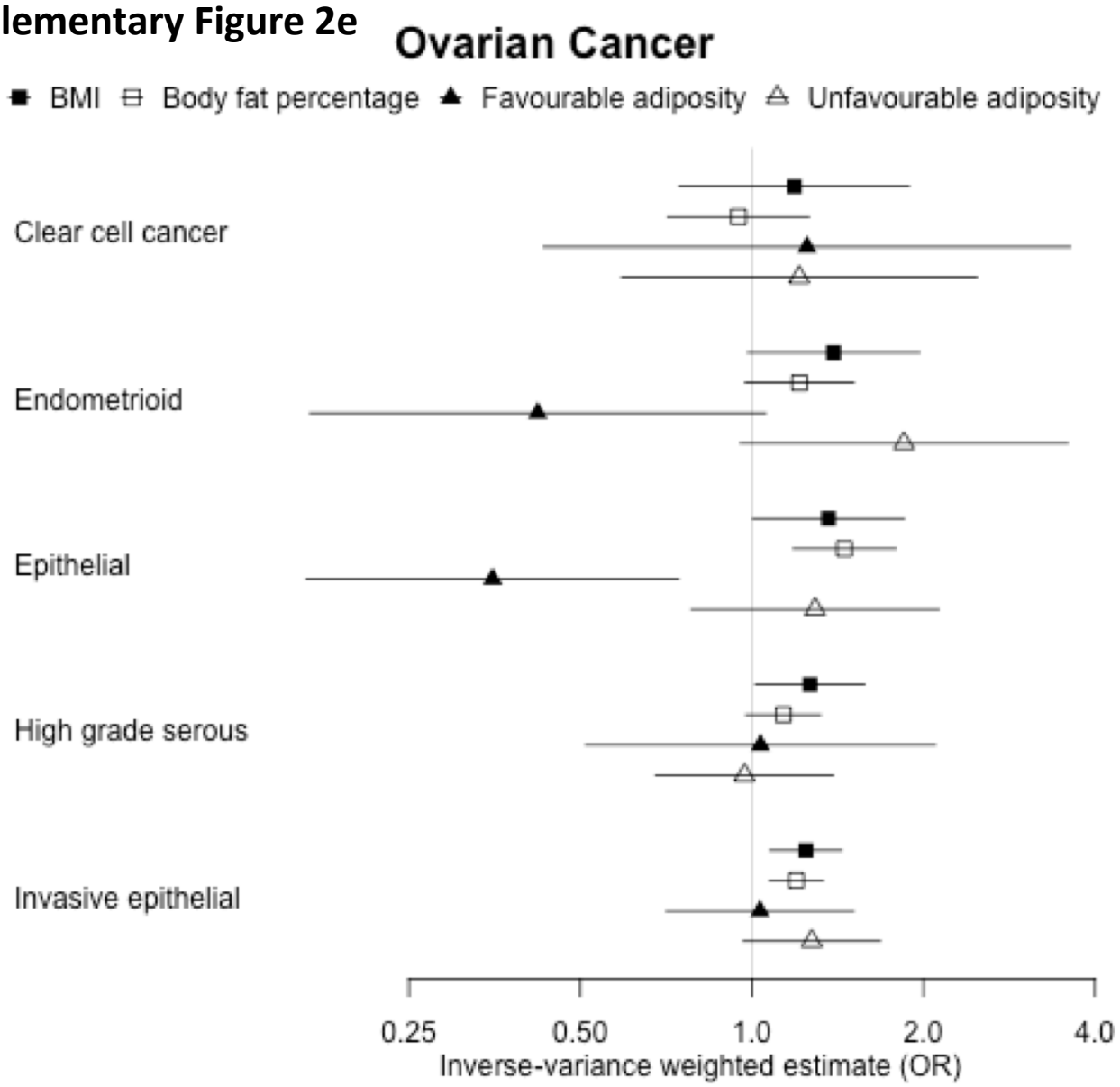
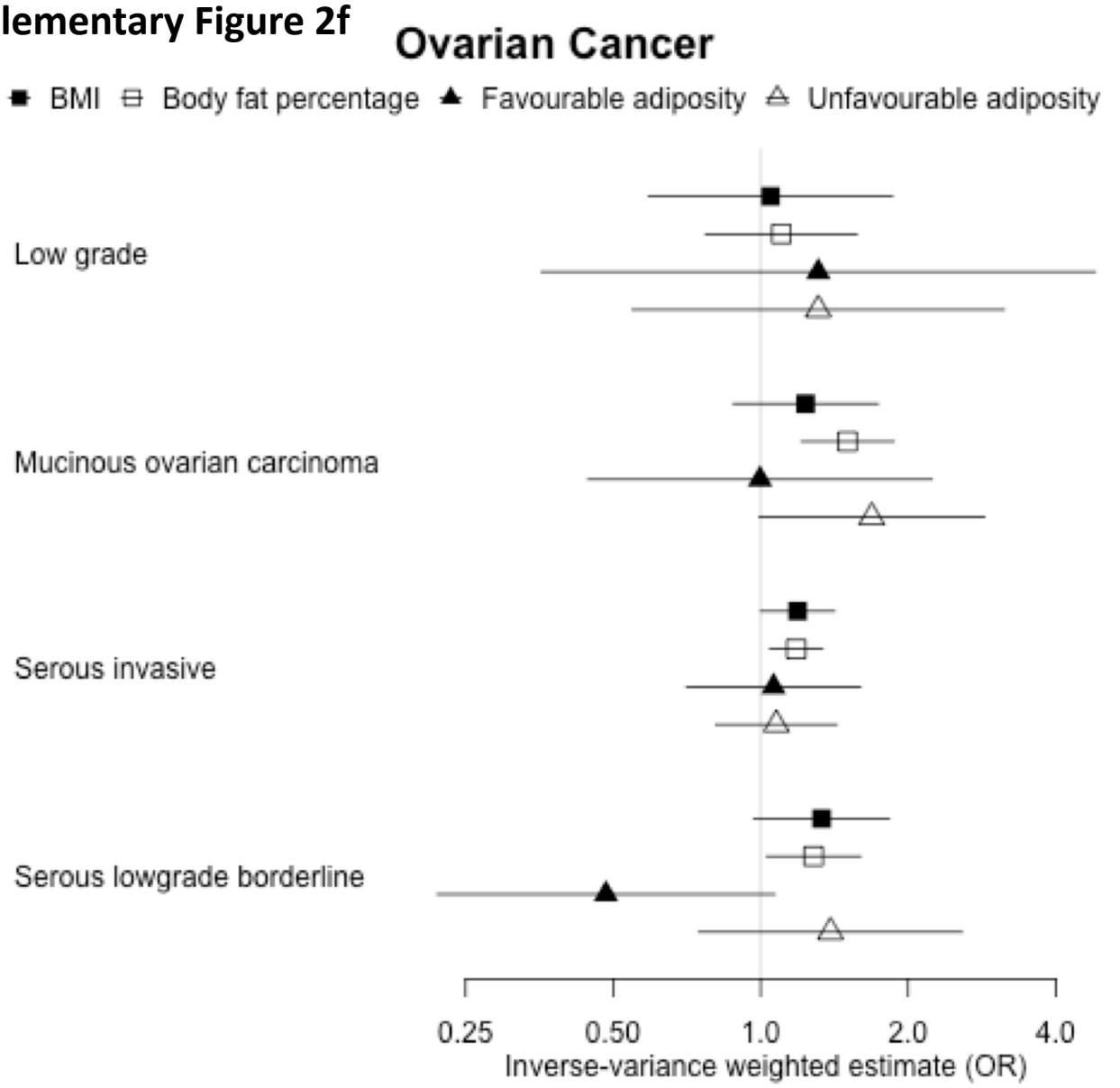
Supplementary Figure 2c



Supplementary Figure 2d



Supplementary Figure 2e



Supplementary Figure 2f