

**Supplementary Table 3.** Multivariable Mendelian randomization estimates for the association of genetically proxied appendicular lean mass (adjusted for fat mass) with AD after adjustment for genetic predictors of height. Results from fixed-effects meta-analysis are displayed in the last row. CI: confidence interval; IVW: inverse-variance weighted.

<b>Cohort</b>	<b>Beta [95% CI]</b>	<b>P value</b>
UKB (682 total SNPs)	0.91 [0.80-1.05]	0.19
FinnGen (679 total SNPs)	0.86 [0.72-1.03]	0.11
Meta-analysis	0.90 [0.80-0.997]	0.04