

**Urine preparation:** A total of 500  $\mu\text{L}$  of urine was mixed with 50  $\mu\text{L}$  of PBS/D<sub>2</sub>O buffer (pH 7.4, 1.5 M, containing 0.05% TSP) using vortexing to ensure thorough mixing. The mixture was then centrifuged at 10,000 rpm for 10 min at 4°C. After centrifugation, 500  $\mu\text{L}$  of the supernatant was transferred into a 5 mm NMR tube for further analysis.