**Table S1**. Results [median and interquartile range (X\_25-75)] concerning of systemic cytokine concentration (IL-6, IL-8, IL-10, IL-12p70, TNF-, and IFN-) and also the ratio between IL-6/IL-10, IL-8/IL-10, IL-12p70/IL-10, TNF-/IL-10, IFN-/IL-10. In addition, the data obtained in 2019, 2021 and 2022.

|  |  |
| --- | --- |
| Variables |  Volunteer Groups |
| Older women (n=18) | Older men (n=7) |
| 2019 | 2021 | 2022 | 2019 | 2021 | 2022 |
| IL-6(pg/mL)  | 7.63(6.46-10.59) | 4.48(3.98-5.60) | 5.81(3.89-7.09) | 7.17(6.04-7.90) | 6.88(4.42-7.76) | 6.53(5.13-12.42) |
| IL-8(pg/mL)  | 237.2(34.52-465.0) | 238.9(175.6-326.7) | 126.6(102-141.7) | 200.2(180.0-212.6) | 313.8(145.5-367.8) | 179.6(126.9-261.9) |
| IL-10(pg/mL)  | 7.27(5.66-9.16) | 2.80(2.36-3.11) | 4.82(3.40-8.07) | 5.93(5.28-7.27) | 2.08(1.85-4.24) | 4.48(3.96-4.56) |
| IL-12p70 (pg/mL)  | 7.59(6.11-10.17) | 2.65(1.37-3.98) | 11.31(0.1-33.83) | 6.39(6.04-10.91) | 2.92(1.31-5.92) | 9.69(0.01-23.17) |
| TNF-(pg/mL)  | 9.72(7.26-20.07) | 7.62(5.05-20.87) | 8.07(5.03-13.26) | 8.66(7.78-31.51) | 4.85(3.95-8.96) | 7.32(4.20-17.83) |
| IFN-(pg/mL)  | 12.78(9.27-36.79) | 8.75(6.40-30.92) | 13.28(12.41-15.66) | 10.26(8.17-32.03) | 5.43(4.52-20.64) | 14.83(12.28-21.45) |
| IL-6/IL-10 | 1.19(0.92-1.40) | 1.80(1.45-2.15) | 1.15(0.89-1.47) | 1.14(1.09-1.25) | 2.22(1.44-3.51) | 1.30(1.14-2.77) |
| IL-8/IL-10 | 34.52(3.41-53.38) | 88.02(64.54-96.10) | 28.65(17.59-41.99) | 35.10(11.41-41.25) | 93.04(76.14-99.19) | 39.39(17.43-47.75) |
| IL-12p70/IL10 | 1.14(0.99-1.49) | 1.08(0.90-1.28) | 1.78(0.01-15.66) | 1.08(1.04-1.22) | 1.33(0.70-1.49) | 1.74(0.01-8.49) |
| TNF-/IL-10 | 1.33(1.13-1.70) | 3.09(1.75-8.92) | 1.44(0.92-3.08) | 1.61(1.46-4.33) | 2.19(1.90-2.47) | 1.30(1.06-2.75) |
| IFN-/IL-10 | 2.09(1.53-3.69) | 3.36(2.65-4.56) | 2.70(1.48-3.43) | 1.94(1.38-5.74) | 2.86(2.39-5.04) | 3.25(1.79-3.48) |