**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) |