

## Supporting information

Supp table 1. Basic characteristics.

	Placebo (n=7)		Resveratrol (n=9)	
	Pre	Post	Pre	Post
Age (years)	65.1±1.5		65.2±1.0	
Weight (kg)	78.3±3.0	78.7±3.2	83.9±2.7	84.1±3.1
Body mass index (kg·m <sup>-2</sup> )	25.2±0.9	25.5±1.0	26.1±0.6	26.2±0.9
Body fat (%)	26.2±0.5	28.7±0.5	26.7±1.5	27.4±1.4
Lean body mass (kg)	55.3±1.8	54.0±2.0	59.9±1.0	59.2±1.5
MAP (mmHg)	92.0±2.8	90.2±3.3	93.1±3.5	91.4±3.3
Fasting glucose (mM)	5.2±0.1	5.2±0.1	5.3±0.2	5.2±0.2
Total cholesterol (mM)	6.0±0.4	6.1±0.4	5.7±0.3	5.7±0.3
HDL (mM)	1.7±0.2	1.7±0.1	1.6±0.1	1.6±0.1
LDL (mM)	3.8±0.3	4.3±0.6	3.5±0.3	3.6±0.3
HDL/LDL ratio	0.5±0.04	0.4±0.05	0.5±0.05	0.4±0.05
Triglycerides (mM)	1.1±0.1	1.3±0.1	1.2±0.2	1.3±0.2

Supp table 1. Basic characteristics before (Pre) and after (Post) 8 weeks of placebo (n = 7) or resveratrol (RSV) (n = 9; 250 mg per day) supplementation. Values are presented as means ± SE. Mean arterial pressure (MAP), high density lipoproteins (HDL), low density lipoproteins (LDL).

Supp table 2. Plasma cytokines

	<u>Placebo</u>		<u>RSV</u>		<u>T-Placebo</u>		<u>T-RSV</u>	
	Pre	post	Pre	post	Pre	post	Pre	post
TNF $\alpha$ (pg/ml)	3.5±0.5	3.2±0.5	3.2±0.4	3.7±0.5	3.2±0.3	3.2±0.1	3.4±0.3	3.7±0.3
IL-6 (pg/ml)	2.0±0.4	2.5±0.6	2.3±0.3	2.5±0.3	2.4±0.5	2.0±0.3	2.8±0.4	3.0±0.4
CRP (mg/l)	1.6±0.4	1.7±0.2	2.6±0.8	2.6±0.7	1.1±0.1	1.1±0.1	3.0±0.7	2.4±0.7

Supp table 2. Plasma tumor necrosis factor (TNF) $\alpha$ , interleukin (IL)-6 and c-reactive protein (CRP) obtained from placebo (n = 7), resveratrol (RSV) (n = 9; 250 mg per day), exercise training and placebo (n = 13) and exercise training and RSV (n = 14; 250 mg per day) supplemented subjects pre and post 8 weeks of intervention. Values are presented as means ± SE.