**Supplemental Table 1. Spearman correlation of selected variables at baseline in 24 healthy adults, aged 50-69 y[1]**

| | BMI | Serum CML | Urinary CML | IL-6 | CRP | VCAM-1 | TNFα-RI | TNFα-RII | sRAGE | esRAGE | Fasting glucose |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Age** | $r = -0.238$ | $r = 0.407*$ | $r = -0.007$ | $r = -0.154$ | $r = -0.320$ | $r = -0.301$ | $r = -0.226$ | $r = 0.167$ | $r = -0.036$ | $r = 0.126$ | $r = 0.184$ |
| **BMI** | | $r = -0.498*$ | $r = 0.114$ | $r = 0.518**$ | $r = 0.662**$ | $r = -0.249$ | $r = -0.178$ | $r = -0.238$ | $r = -0.240$ | $r = 0.002$ | $r = 0.197$ |
| **Serum CML** | | | $r = -0.301$ | $r = -0.260$ | $r = -0.316$ | $r = 0.115$ | $r = 0.196$ | $r = 0.309$ | $r = -0.070$ | $r = -0.112$ | $r = -0.015$ |
| **Urinary CML** | | | | $r = -0.136$ | $r = -0.083$ | $r = -0.390$ | $r = -0.249$ | $r = -0.023$ | $r = 0.353$ | $r = -0.184$ | $r = -0.103$ |
| **IL-6** | | | | | $r = 0.36$ | $r = 0.078$ | $r = 0.081$ | $r = -0.064$ | $r = -0.355$ | $r = -0.363$ | $r = 0.058$ |
| **CRP** | | | | | | $r = -0.258$ | $r = 0.137$ | $r = 0.032$ | $r = -0.084$ | $r = -0.057$ | $r = 0.017$ |
| **VCAM-1** | | | | | | | $r = 0.445*$ | $r = -0.199$ | $r = 0.084$ | $r = -0.328$ | $r = -0.144$ |
| **TNFα-R1** | | | | | | | | $r = 0.027$ | $r = -0.175$ | $r = -0.358$ | $r = -0.182$ |
| **TNFα-RII** | | | | | | | | | $r = 0.215$ | $r = 0.071$ | $r = -0.401$ |
| **sRAGE** | | | | | | | | | | $r = 0.614**$ | $r = 0.034$ |
| **esRAGE** | | | | | | | | | | | $r = 0.272$ |

[1]IL-6, interleukin 6; CRP, C-reactive protein; VCAM-1, vascular cell adhesion molecule 1; TNF-α R1, tumor necrosis factor-α receptor 1; TNF-α R2, tumor necrosis factor-α receptor 2; sRAGE, secretory receptor for advanced glycation end products; esRAGE, endogenous secretory receptor for advanced glycation endproducts

*P <0.05

**P<0.01