

**Supplementary Table 2.** Summary statistics of the biomarkers used to calculate the BHS. These include six physiological systems and results are presented for men (A) and women (B), and for each age group separately.

Biomarkers	Age class															
	20-40 years old				41-52 years old				53-64 years old				65-79 years old			
	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)
<i>Endocrine System</i>																
Dehydroepiandrosterone (DHEA-S) (µmol/L)	6.7	8.92	10.8	31 (3.28)	4.2	6.21	7.77	27 (2.74)	2.8	4.45	5.7	22 (2.14)	1.7	3.02	3.9	39 (3.78)
Testosterone (nmol/L)	11.5	16.14	19.9	31 (3.28)	11	14.74	18.3	29 (2.94)	11.97	15.52	18.6	30 (2.91)	11.7	15.84	19.3	59 (5.72)
<i>Metabolic System</i>																
Glycosylated hemoglobin (HbA1c) (mmol/mol)	31	33.65	36	71 (7.51)	33	36.45	38	84 (8.53)	35	38.19	40	83 (8.06)	36	40.07	42	114 (11.06)
serum High-Density-Lipoprotein (HDL) (mmol/L)	1.1	1.36	1.6	26 (2.75)	1.1	1.35	1.6	30 (3.05)	1.1	1.4	1.6	30 (2.91)	1.1	1.4	1.6	43 (4.17)
Low-Density-Lipoprotein (LDL) (mmol/L)	2.32	2.99	3.55	29 (3.07)	2.69	3.38	3.99	39 (3.96)	2.47	3.16	3.84	36 (3.5)	1.92	2.66	3.28	44 (4.27)
unfasted Triglycerides (TG) (mmol/L)	1.1	1.96	2.4	25 (2.64)	1.4	2.3	2.9	37 (3.76)	1.3	2.13	2.6	29 (2.82)	1.2	1.87	2.3	40 (3.88)
<i>Cardio-vascular System</i>																
Systolic blood pressure (SBP) (mmHg)	118.5	125.75	132.5	208 (21.99)	120.62	129.19	136	195 (19.8)	122.5	132.94	141.5	181 (17.57)	122.5	133.69	143.5	133 (12.9)
Diastolic blood pressure (DBP) (mmHg)	65	72.27	78.5	208 (21.99)	71	78.12	84	197 (20)	70	77.75	84	181 (17.57)	65	71.9	78	130 (12.61)
Pulses (beats/min)	59.5	67.27	74	210 (22.2)	60.5	68.4	75	195 (19.8)	60	67.67	74.5	182 (17.67)	58.5	66.19	72.5	130 (12.61)
<i>Inflammatory/Immune System</i>																
Fibrinogen (g/L)	2.1	2.45	2.8	26 (2.75)	2.3	2.67	3	34 (3.45)	2.4	2.79	3.1	20 (1.94)	2.6	2.92	3.2	40 (3.88)
C-reactive protein (CRP) (mg/L)	0.5	1.94	2	71 (7.51)	0.7	2.28	2.5	54 (5.48)	0.8	2.55	2.8	42 (4.08)	0.8	2.93	3.4	52 (5.04)
Insulin Growth Factor 1 (IGF-1) (nmol/L)	18	22.26	26	34 (3.59)	15	18.44	21	34 (3.45)	14	16.79	20	26 (2.52)	12	15.47	18	40 (3.88)
<i>Liver Function</i>																
Alanine transaminase (ALT) (U/L)	23	35.4	42.25	38 (4.02)	25	36.9	44	40 (4.06)	23	33.69	38	32 (3.11)	20	27.61	32	48 (4.66)
Aspartate transaminase (AST) (U/L)	27	33.1	37	69 (7.29)	28	33.59	37	77 (7.82)	27	32.9	36	76 (7.38)	26	31.45	35	84 (8.15)
Gamma glutamyltransferase (GGT) (U/L)	18	35.65	41	28 (2.96)	22	42.83	51	36 (3.65)	23	43.48	51	46 (4.47)	21	37.77	44	48 (4.66)
<i>Kidney Function</i>																
Creatinine (enzymatic) (µmol/L)	75	82.14	89	18 (1.9)	76	84.14	92	23 (2.34)	74	84.12	92	26 (2.52)	77	88.64	97	48 (4.66)

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	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)	1 <sup>st</sup> Qu.	Mean	3 <sup>rd</sup> Qu.	Missing (%)
<i>Endocrine System</i>																
Dehydroepiandrosterone (DHEA-S) (µmol/L)	3.5	5.49	7	60 (4.51)	2.5	4	5.2	36 (2.58)	1.6	2.78	3.6	36 (2.84)	1.1	2.09	2.7	34 (3.08)
<i>Metabolic System</i>																
Glycosylated hemoglobin (HbA1c) (mmol/mol)	31	33.37	35	117 (8.8)	32	35.01	37	120 (8.6)	35	37.73	40	115 (9.07)	36	39.21	41	124 (11.24)
serum High-Density-Lipoprotein (HDL) (mmol/L)	1.3	1.61	1.9	41 (3.08)	1.4	1.69	2	33 (2.37)	1.4	1.75	2	39 (3.08)	1.4	1.72	2	28 (2.54)
Low-Density-Lipoprotein (LDL) (mmol/L)	2.16	2.7	3.16	47 (3.53)	2.5	3.1	3.64	39 (2.8)	2.75	3.4	4.03	52 (4.1)	2.41	3.18	3.92	33 (2.99)

unfasted Triglycerides (TG) (mmol/L)	0.8	1.29	1.6	45 (3.38)	0.9	1.51	1.9	38 (2.72)	1.1	1.73	2.2	48 (3.79)	1.2	1.75	2.1	30 (2.72)
<i>Cardio-vascular System</i>																
Systolic blood pressure (SBP) (mmHg)	106	113.14	119.5	270 (20.3)	109	119.17	127.5	262 (18.78)	115.75	127.43	137.5	213 (16.8)	121.62	133.21	143.88	149 (13.51)
Diastolic blood pressure (DBP) (mmHg)	63	69.96	76	270 (20.3)	67	74.13	81	262 (18.78)	68.5	75.05	82	214 (16.88)	65	71.6	78.25	148 (13.42)
Pulses (beats/min)	64	71	77.5	270 (20.3)	63	69.75	76	263 (18.85)	63	69.55	75.5	213 (16.8)	62.5	69.27	75.5	148 (13.42)
<i>Inflammatory/Immune System</i>																
Fibrinogen (g/L)	2.3	2.66	3	47 (3.53)	2.4	2.76	3	36 (2.58)	2.5	2.91	3.27	42 (3.31)	2.6	3	3.3	37 (3.35)
C-reactive protein (CRP) (mg/L)	0.6	2.93	3.3	87 (6.54)	0.6	2.62	2.9	77 (5.52)	0.8	3.24	3.8	70 (5.52)	0.9	3.34	3.88	53 (4.81)
Insulin Growth Factor 1 (IGF-1) (nmol/L)	18	22.73	27	58 (4.36)	14	17.86	21	41 (2.94)	12	15.13	18	40 (3.15)	11	14.24	17	30 (2.72)
<i>Liver Function</i>																
Alanine transaminase (ALT) (U/L)	15	21.79	25	56 (4.21)	16	22.77	26	59 (4.23)	19	25.55	30	56 (4.42)	18	23.92	27	35 (3.17)
Aspartate transaminase (AST) (U/L)	23	26.69	29	108 (8.12)	23	27.45	30	99 (7.1)	25	29.15	32	96 (7.57)	25	29.29	32	70 (6.35)
Gamma glutamyltransferase (GGT) (U/L)	12	20.61	23	49 (3.68)	13	24.37	28	51 (3.66)	16	29.54	34	58 (4.57)	16	27.86	32.75	41 (3.72)
<i>Liver Function</i>																
Creatinine (enzymatic) (μmol/L)	58	64.62	71	36 (2.71)	59	66.65	73	36 (2.58)	59	67.16	73	33 (2.6)	61	70.41	77	41 (3.72)