**Suppl. Table 1.** Univariate and multivariate analysis (ANOVA) of telomere length according to age and group in young and elderly participants.

| **Telomere length** | | **Univariate analysis** | | | | **Multivariate analysis** | | | |
|---|---|---|---|---|---|---|---|---|---|
| ***Young*** | | ***Coef.*** | ***SE*** | ***t*** | ***p-value*** | ***Coef.*** | ***SE*** | ***t*** | ***p-value*** |
| MNC | Age | -0.002 | 0.066 | -0.03 | 0.974 | 0.078 | 0.079 | 1.12 | 0.266 |
| | Group | -0.907 | 0.376 | -2.41 | **0.019** | -1.110 | 0.417 | -2.66 | **0.010** |
| Lymphocytes | Age | 0.016 | 0.088 | 0.18 | 0.856 | 0.116 | 0.093 | 1.25 | 0.216 |
| | Group | -1.081 | 0.503 | -2.15 | **0.036** | -1.383 | 0.555 | -2.49 | **0.016** |
| Monocytes | Age | 0.022 | 0.062 | 0.36 | 0.722 | 0.047 | 0.069 | 0.68 | 0.498 |
| | Group | -0.221 | 0.370 | -0.60 | 0.552 | -0.343 | 0.413 | -0.83 | 0.409 |
| ***Elderly*** | | | | | | | | | |
| MNC | Age | -0.032 | 0.028 | -1.16 | 0.251 | -0.032 | 0.029 | -1.10 | 0.276 |
| | Group | -0.077 | 0.230 | -0.34 | 0.737 | -0.006 | 0.238 | -0.03 | 0.979 |
| Lymphocytes | Age | -0.045 | 0.029 | -1.54 | 0.127 | -0.043 | 0.030 | -1.41 | 0.163 |
| | Group | -0.155 | 0.239 | -0.65 | 0.520 | -0.060 | 0.247 | -0.24 | 0.808 |
| Monocytes | Age | -0.006 | 0.028 | -0.21 | 0.835 | 0.002 | 0.029 | 0.08 | 0.934 |
| | Group | -0.244 | 0.227 | -1.07 | 0.287 | -0.249 | 0.238 | -1.05 | 0.299 |

The multivariate analysis is corrected for age.

**Suppl. Table 2.** Univariate and multivariate analysis (ANOVA) of mitochondrial copy number according to age and group in young and elderly participants.

| **mtDNA copy number** | | **Univariate analysis** | | | | **Multivariate analysis** | | | |
|---|---|---|---|---|---|---|---|---|---|
| ***Young*** | | ***Coef.*** | ***SE*** | ***t*** | ***p-value*** | ***Coef.*** | ***SE*** | ***t*** | ***p-value*** |
| MNC | Age | -6.254 | 10.852 | -0.58 | 0.567 | 6.680 | 11.478 | 0.58 | 0.563 |
| | Group | -160.801 | 61.398 | -2.62 | **0.011** | -178.100 | 68.538 | -2.60 | **0.012** |
| Lymphocytes | Age | -9.290 | 9.321 | -1.00 | 0.323 | 0.858 | 9.957 | 0.09 | 0.932 |
| | Group | -137.513 | 53.107 | -2.59 | **0.012** | -139.735 | 59.458 | -2.35 | **0.022** |
| Monocytes | Age | -1.783 | 5.074 | -0.35 | 0.727 | -3.415 | 5.660 | -0.60 | 0.549 |
| | Group | 13.637 | 30.280 | 0.45 | 0.654 | 22.481 | 33.793 | 0.67 | 0.509 |
| ***Elderly*** | | | | | | | | | |
| MNC | Age | -7.889 | 9.242 | -0.85 | 0.396 | -11.556 | 9.535 | -1.21 | 0.230 |
| | Group | 84.614 | 75.407 | 1.12 | 0.266 | 110.366 | 78.095 | 1.41 | 0.162 |
| Lymphocytes | Age | -7.469 | 10.029 | -0.74 | 0.459 | -13.135 | 10.187 | -1.29 | 0.202 |
| | Group | 141.287 | 80.679 | 1.75 | 0.084 | 170.559 | 83.437 | 2.04 | **0.045** |
| Monocytes | Age | -2.040 | 3.551 | -0.57 | 0.568 | -1.135 | 3.695 | -0.31 | 0.760 |
| | Group | -29.750 | 28.928 | -1.03 | 0.307 | -27.219 | 30.264 | -0.90 | 0.372 |

The multivariate analysis is corrected for age.

**Suppl. Table 3.** Univariate and multivariate analysis (ANOVA) of mitochondrial function according to age and group in young and elderly participants.

| **Mitochondrial function** | | **Univariate analysis** | | | | **Multivariate analysis** | | | |
|---|---|---|---|---|---|---|---|---|---|
| ***Young*** | | ***Coef.*** | ***SE*** | ***t*** | ***p-value*** | ***Coef.*** | ***SE*** | ***t*** | ***p-value*** |
| MNC | | | | | | | | | |
| PGC-1α | Age | -0.000 | 0.000 | -1.30 | 0.199 | -0.000 | 0.000 | -0.66 | 0.511 |
| | Group | -0.000 | 0.000 | -1.64 | 0.107 | -0.000 | 0.000 | -1.18 | 0.242 |
| PGC-1β | Age | -0.000 | 0.001 | -0.26 | 0.798 | 0.000 | 0.001 | 0.26 | 0.795 |
| | Group | -0.007 | 0.006 | -1.14 | 0.258 | -0.008 | 0.007 | -1.14 | 0.261 |
| Lymphocytes | | | | | | | | | |
| PGC-1α | Age | -0.000 | 0.000 | -1.33 | 0.189 | -0.000 | 0.000 | -1.20 | 0.236 |
| | Group | -0.000 | 0.000 | -0.55 | 0.585 | 0.000 | 0.000 | 0.02 | 0.982 |
| PGC-1β | Age | -0.000 | 0.001 | -0.09 | 0.929 | 0.000 | 0.001 | 0.20 | 0.839 |
| | Group | -0.003 | 0.005 | -0.64 | 0.527 | -0.004 | 0.006 | -0.66 | 0.514 |
| Monocytes | | | | | | | | | |
| PGC-1α | Age | -0.000 | 0.000 | -0.32 | 0.751 | -0.000 | 0.000 | -0.39 | 0.698 |
| | Group | 0.000 | 0.000 | 0.08 | 0.935 | 0.000 | 0.000 | 0.24 | 0.809 |
| PGC-1β | Age | 0.000 | 0.000 | 0.87 | 0.390 | 0.000 | 0.001 | 0.39 | 0.700 |
| | Group | 0.003 | 0.003 | 1.20 | 0.235 | 0.003 | 0.003 | 0.91 | 0.369 |
| ***Elderly*** | | | | | | | | | |
| MNC | | | | | | | | | |
| PGC-1α | Age | -0.000 | 0.000 | -1.44 | 0.154 | -0.000 | 0.000 | -0.93 | 0.354 |
| | Group | -0.000 | 0.000 | -2.08 | **0.041** | -0.000 | 0.000 | -1.75 | 0.085 |
| PGC-1β | Age | -0.001 | 0.001 | -1.42 | 0.162 | -0.001 | 0.001 | -0.91 | 0.365 |
| | Group | -0.010 | 0.005 | -2.05 | **0.044** | -0.009 | 0.005 | -1.72 | 0.089 |
| Lymphocytes | | | | | | | | | |
| PGC-1α | Age | -0.000 | 0.000 | -1.34 | 0.186 | -0.000 | 0.000 | -0.64 | 0.526 |
| | Group | -0.000 | 0.000 | -2.87 | **0.006** | -0.000 | 0.000 | -2.57 | **0.012** |
| PGC-1β | Age | -0.001 | 0.000 | -1.65 | 0.104 | -0.000 | 0.000 | -1.22 | 0.228 |
| | Group | -0.005 | 0.003 | -1.79 | 0.077 | -0.004 | 0.003 | -1.40 | 0.166 |
| Monocytes | | | | | | | | | |
| PGC-1α | Age | 0.000 | 0.000 | 0.17 | 0.865 | 0.000 | 0.000 | 0.25 | 0.806 |
| | Group | -0.000 | 0.000 | -0.25 | 0.802 | -0.000 | 0.000 | -0.31 | 0.760 |
| PGC-1β | Age | 0.000 | 0.000 | 0.21 | 0.830 | 0.000 | 0.000 | 0.15 | 0.882 |
| | Group | 0.000 | 0.001 | 0.26 | 0.795 | 0.000 | 0.001 | 0.21 | 0.835 |

The multivariate analysis is corrected for age.