

**Supplementary material 2.** Serum biomarkers under investigation as mechanistic markers of the effects of Remote Ischaemic Conditioning in Stroke.

Serum Biomarker	Study
S100B	RIPAT (NCT02162654) <sup>26</sup> , ERVAS <sup>58</sup>
NSE	RIPAT (NCT02162654) <sup>26</sup> , ERVAS <sup>58</sup>
GFAP	RIPAT (NCT02162654) <sup>26</sup>
MMP-9	RIPAT (NCT02162654) <sup>26</sup> , rTPA-RIC (NCT02886390), PICASSO (NCT03208166)
BDNF	RICAMIS (NCT03740971) <sup>55</sup>
VEGF	RICAMIS (NCT03740971) <sup>55</sup> , TRIPCAIS (NCT03218293), EPIC-sICAS (NCT02323425),
HIF-1 $\alpha$	RICAMIS (NCT03740971) <sup>55</sup>
TNF- $\alpha$	RICAMIS (NCT03740971) <sup>55</sup>
IL-1 $\beta$	RICAMIS (NCT03740971) <sup>55</sup>
IL-4	
IL-6	RICAMIS (NCT03740971) <sup>55</sup> , rTPA-RIC (NCT02886390), RIC-SIID (NCT04069546)
IL-10	PICASSO (NCT03208166)
TLR-2	RIC-SIID (NCT04069546)
MicroRNA	RESIST (NCT03481777)
HS-CRP	rTPA-RIC (NCT02886390), PICASSO (NCT03208166)
bFGF	TRIPCAIS (NCT03218293), EPIC-sICAS (NCT02323425)
TEG-MA	ChiCTR-INR-17012308
Platelet reactivity	NCT03635177
Epinephrine	NCT04039399
Norepinephrine	NCT04039399
Nitrite	PICASSO (NCT03208166)
ICAM-1	ChiCTR-1900026034
Endothelin-1	ChiCTR-1900026034

S100B – S100 calcium-binding protein B

NSE – Neuron-Specific Enolase

GFAP – Glial Fibrillary Acidic Protein

MMP-9 – Matrix metalloproteinase-9

BDNF – Brain-derived neurotrophic factor

VEGF – Vascular Endothelial Growth Factor

HIF-1 $\alpha$  – Hypoxia-inducible Factor 1-Alpha

TNF $\alpha$  – Tumour Necrosis Factor Alpha

IL-1 $\beta$  – Interleukin 1 Beta

IL-4 – Interleukin 4

IL-6 – Interleukin 6

IL-10 – Interleukin 10

TLR-2 – Toll-like Receptor 2

HS-CRP – High Sensitivity C Reactive Protein

bFGF – Basic Fibroblast Growth Factor

TEG-MA – Thromboelastography

ICAM-1 – Intracellular Adhesion Molecule 1