



Supplementary Figure 1. Effect of bed rest on eosinophil count. Eosinophils were quantified at BDC-4, HDT20, HDT60 and R+13 from fasting blood samples collected within 30 min after waking, in EDTA, by the LaboSud Garonne laboratory (Accreditation 31 002 325 4, Labège, France) using a SYSMEX XN9100 (SYSMEX, Roissy, France). As no statistically significant differences between the control and cocktail groups were observed, individuals of both groups were pooled. $n = 20$. Horizontal bars indicate the median. No statistically significant differences were found using either one-way ANOVA or a linear mixed effects model analysis. BDC, baseline data collection; HDT, head-down tilt bed rest; R, recovery.