Supplementary Table 11. Eight biomarkers which are associated with all types of ages

Biomarker	Name	Role of inflammation	Age-association
CXCL9	Chemokine (C-X-C motif) ligand 9, Monokine induced by gamma interferon (MIG)	Proinflammatory chemokine → Th1 recruitment	Increases with age[1,2] Inflammaging[3] CVDs[4]
VEGFA	Vascular endothelial growth factor A	Stimulation of migration of monocytes	Decreased angiogenesis[5]
CCL2	C-C motif ligand 2, Monocyte Chemoattractant Protein 1 (MCP-1)	The strongest factor in attracting monocytes	Increases with age[6] Osteoarthritis[7,8] Alzheimer's disease[9] CVDs[10]
		Egress and migration of cells from the hematopoietic organs	
IL27	Interleukin 27	Anti-inflammatory → IL10↑	Violation of the mechanisms of anti-inflammatory action with age[11]
		Expressed by antigen presenting cells → induces differentiation of the diverse populations of T cells	
CCL11	C-C motif chemokine 11, Eosinophil chemotactic protein and eotaxin-1	Eosinophil recruitment →allergic responses	Increases with age[12] Suppresses neurogenesis[13] Stimulates neurodegeneration and dementia[12]
PDGFB	Platelet-derived growth factor subunit B	No information	Neutralization of neurotoxins Functioning of the blood-brain barrier[14] Stimulating osteoblastoenesis[15]
IL18	Interleukin 18, Interferon-gamma inducing factor	Acts on CD4, CD8 T cells and NK cells to induce IFNγ production, type II interferon →Activating the macrophages	Oncology[16,17] Atherosclerosis[18] Metabolic syndrome[19] Allergy[18]
		Differentiation of naive T cells into Th2 cells	
		Stimulates mast cells and basophils	
		Activating apoptosis	

IL6	Interleukin 6	Acute phase protein	Increases with age[20] Atherosclerosis[21] CVDs Inflammaging[20,22]
		The production of neutrophils in the bone marrow	
		The growth of B cells	

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