

**Supplemental Table 1.** Comparison of publications depicting cytokine fluctuation in ME/CFS and our long-COVID cytokine results.

Cytokine	Higher in ME/CFS	Lower in ME/CFS	No Change	Total Studies	Long-COVID
<b>Pro-inflammatory</b>					
IL-1b	<b>7 (28%)</b> [1-7]	0	18 (72%) [8-25]	25	<b>NC</b>
TNFa	<b>4 (15%)</b> [1, 2, 5, 21]	0	22 (85%) [4, 6-20, 22, 24-28]	26	<b>NC</b>
IL-6	<b>6 (24%)</b> [1, 4, 6, 7, 11, 29]	2 (8%) [2, 9]	17 (68%) [8, 10, 12-16, 18, 19, 21, 23, 24, 26, 30-33]	25	<b>Down</b>
<b>Anti-inflammatory</b>					
IL-10	<b>2 (13%)</b> [1, 2]	1 (6%) [9]	12 (81%) [4, 6-8, 11-16, 18, 28]	15	<b>NC</b>
IL-13	<b>1 (16%)</b> [1]	0	5 (84%) [6-9, 13-15]	6	<b>Down</b>
<b>Th1</b>					
IL-2	<b>2 (14%)</b> [11, 13]	0	12 (86%) [1, 4, 7-9, 13-15, 18, 21, 25, 34]	14	<b>Down</b>
IL-12	<b>3 (30%)</b> [1, 7, 11]	0	7 (70%) [6, 8, 9, 13-15, 18]	10	<b>NC</b>
IFN $\gamma$	<b>2 (13%)</b> [1, 11]	1 (6%) [2]	12 (81%) [6-10, 13-15, 22, 23, 25, 28]	15	<b>Down to 0</b>
<b>Th2</b>					
IL-5	1 (14%) [7]	1 (14%) [1]	5 (72%) [8, 9, 11, 13, 14]	7	<b>NC</b>
IL-4	<b>2 (18%)</b> [1, 7]	0	9 (82%) [8, 9, 11-16, 21]	11	<b>Down</b>
<b>Th17</b>					
IL-17	0	<b>2 (33%)</b> [1, 9]	4 (66%) [7, 8, 13, 14]	6	<b>Down</b>
<b>NK-cell attractant</b>					
IL-8	3 (23%) [2, 6, 14]	3 (23%) [1, 7, 9]	7 (54%) [8, 11-13, 15, 16, 29]	13	<b>Down to 0</b>

1 Adapted from Blundell *et al.* 2015[35]. There is no agreement regarding changes in cytokine  
2 levels associated with ME/CFS. Although studies that do report changes tend to report  
3 cytokines as being upregulated in ME/CFS as compared to our long-COVID cytokine data  
4 showing significant decreases in cytokine levels.

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