

**Table S1.** T cell subpopulations (mean  $\pm$  SD) of all participants.

T cell subpopulations	
CD4/CD8 ratio	3.96 $\pm$ 2.45
<b>CD4+ T cells [% CD3+]</b>	70.78 $\pm$ 9.86
naïve cells [% CD4+]	41.35 $\pm$ 14.49
Central Memory cells [% CD4+]	39.98 $\pm$ 9.31
Effector Memory cells [% CD4+]	17.12 $\pm$ 8.19
EMRA cells [% CD4+]	1.71 $\pm$ 1.41
<b>CD8+ T cells [% CD3+]</b>	22.33 $\pm$ 8.94
naïve cells [% CD8+]	27.14 $\pm$ 16.38
Central Memory cells [% CD8+]	3.39 $\pm$ 2.45
Effector Memory cells [% CD8+]	43.77 $\pm$ 14.63
EMRA cells [% CD8+]	25.76 $\pm$ 15.91
<b>Regulatory T cells [% CD3+]</b>	6.05 $\pm$ 1.65

**Table S2.** Cytokine and adipokine levels (mean  $\pm$  SD) of all participants.

Cytokines/adipokines	
CX3CL1/Fractalkine [pg/ml]	4116.9 $\pm$ 249.5
IL-1 $\beta$ [pg/ml]	2.34 $\pm$ 2.40
IL-1ra [pg/ml]	360.20 $\pm$ 338.36
IL-6 [pg/ml]	1.22 $\pm$ 1.38
IL-10 [pg/ml]	0.48 $\pm$ 0.42
IL-15 [pg/ml]	2.30 $\pm$ 2.50
TNF- $\alpha$ [pg/ml]	2.56 $\pm$ 1.59
Adiponectin [pg/ml]	39.98 $\pm$ 9.31
Resitin [pg/ml]	17.12 $\pm$ 8.19

**Table S3.** Tryptophan metabolites (mean  $\pm$  SD) of all participants.

Tryptophan metabolites	
Tryptophan (TRP) [ $\mu$ mol/L]	50.23 $\pm$ 15.11
Kynurenine (KYN) [ $\mu$ mol/L]	1.36 $\pm$ 0.38
Quinolinic acid (QA) [ $\mu$ mol/L]	0.42 $\pm$ 0.11
Kynurenic acid (KYNA) [ $\mu$ mol/L]	0.033 $\pm$ 0.013
KYN/TRP	0.028 $\pm$ 0.009
QA/KYN	0.323 $\pm$ 0.075
KYNA/KYN	0.025 $\pm$ 0.007
QA/KA	14.029 $\pm$ 6.674