

Table S1. Serum Concentrations of Biomarkers According to the Presence of Physical Frailty and Sarcopenia (PF&S).

	PF&S (n=22)	nonPF&S (n=27)	P
IL1- β (pg/mL) (mean \pm SD)	0.811 \pm 0.325	1.2 \pm 0.553	0.008
IL6 (pg/mL) (mean \pm SD)	1.9 \pm 1.44	3.08 \pm 1.2	0.004
TNF- α (pg/mL) (median, IQR)	39.4 (7.34)	21.1 (23.3)	0.010
Activin A (pg/mL) (mean \pm SD)	435 \pm 107	415 \pm 87.0	0.471
ICAM-1 (pg/mL) (mean \pm SD)	362060 \pm 77143	299826 \pm 57260	0.002
Serpin E1 (pg/mL) (mean \pm SD)	120567 \pm 36221	110759 \pm 37346	0.402
TIMP-1 (pg/mL) (mean \pm SD)	256226 \pm 43488	211602 \pm 42576	<0.001
GFAP (pg/mL) (mean \pm SD)	151 \pm 106	180 \pm 54.6	0.23
GDF15 (pg/mL) (median, IQR)	1377 (945)	1284 (476)	0.24
FGF21 (pg/mL) (mean \pm SD)	432 \pm 207	372 \pm 254	0.385

Mean \pm standard deviation and median values (interquartile range) are reported for normal and non-normal distributed variables, respectively. Abbreviations: FGF21, fibroblast growth factor 21; GDF15, growth/differentiation factor 15; GFAP, glial fibrillary acidic protein; ICAM-1, intercellular adhesion molecule 1; IL, interleukin; IQR, interquartile range; SD, standard deviation; TIMP-1, tissue inhibitor matrix metalloproteinase 1; TNF- α , tumor necrosis factor- α .

Table S2. Correlation Analysis of Serum Markers of Inflammation, Mitochondrial Dysfunction, and Senescence in Participants with Physical Frailty and Sarcopenia (PF&S) and Non Physically Frail, Non Sarcopenic (nonPF&S) Controls.

IL6	r=0.746 P<0.001	—	—	—	—	—	—	—	—
TNF-α	r=0.437 P=0.026	r=0.319 P=0.112	—	—	—	—	—	—	—
ICAM-1	r=−0.475 P=0.019	r=−0.350 P=0.093	r=−0.223 P=0.296	—	—	—	—	—	—
Serpin E1	r=0.308 P=0.143	r=0.464 P=0.023	r=0.174 P=0.416	r=0.145 P=0.461	—	—	—	—	—
TIMP-1	r=−0.371 P=0.062	r=−0.150 P=0.465	r=−0.202 P=0.322	r=0.693 P<0.001	r=0.355 P=0.064	—	—	—	—
Activin A	r=−0.072 P=0.726	r=−0.181 P=0.376	r=0.080 P=0.699	r=0.286 P=0.140	r=−0.250 P=0.199	r=0.137 P=0.470	—	—	—
GFAP	r=0.240 P=0.259	r=0.024 P=0.910	r=0.199 P=0.351	r=0.206 P=0.323	r=0.223 P=0.284	r=0.283 P=0.153	r=−0.008 P=0.968	—	—
GDF15	r=−0.168 P=0.434	r=−0.196 P=0.359	r=0.03 P=0.890	r=0.436 P=0.026	r=−0.032 P=0.878	r=0.294 P=0.129	r=0.483 P=0.009	r=0.150 P=0.474	—
FGF21	r=−0.171 P=0.403	r=0.075 P=0.716	r=−0.091 P=0.658	r=0.072 P=0.737	r=0.390 P=0.060	r=0.165 P=0.421	r=0.138 P=0.501	r=−0.183 P=0.393	r=0.194 P=0.364

Abbreviations: FGF21, fibroblast growth factor 21; GDF15, growth/differentiation factor 15; GFAP, glial fibrillary acidic protein; ICAM-1, intercellular adhesion molecule 1; IL, interleukin; TIMP-1, tissue inhibitor matrix metalloproteinase 1; TNF- α , tumor necrosis factor- α .