Supplementary Table S4: Upregulation of interleukin 1ß (IL1ß), interleukin 6 (IL6), and C-C motif chemokine ligand 20 (CCL20) after stimulation of PBMC of healthy individuals with cereal fractions.

IL1ß	V1	V2	V3	V4	V5	V6	V7
1901-1910 al/glo	223.33±67.18	7.66	27.34	292.94	35.06	125.30	18.30
1901-1910 glu [a)]	116.86±30.95	9.76	46.01	54.81	53.84	43.82	16.89
1901-1910 glia	49.69±1.51	6.33	34.37	54.51	6.15	21.60	34.85
1941-1950 al/glo	413.77±46.56	30.41	84.10	1449.86	101.12	259.07	27.83
1941-1950 glu	19.07±1.46	60.59	68.66	118.43	58.47	63.47	23.04
1941-1950 glia	97.69±3.03	62.36	28.32	157.63	13.77	163.24	31.24
1951-1960 al/glo	114.65±46.07	5.19	11.24	41.94	18.66	103.73	13.54
1951-1960 glu	27.02±22.41	28.71	56.38	25.96	62.82	101.23	5.12
1951-1960 glia	33.61±19.30	22.87	29.74	31.75	5.12	23.09	21.74
1961-1970 al/glo	58.26±26.81	4.08	8.83	55.76	8.16	25.75	5.20
1961-1970 glu	6.74±5.35	9.74	19.50	26.24	6.17	7.01	1.07
1961-1970 glia	7.48±5.45	5.77	15.67	23.54	2.14	11.65	3.97
einkorn al/glo	282.10±3.83	14.31	30.87	716.04	53.14	72.50	16.69
einkorn glu	18.67±10.73	39.52	78.81	209.69	16.11	48.82	23.27
einkorn glia	209.77±110.72	80.21	32.50	2167.08	55.03	148.88	17.40
emmer al/glo	18.69±4.73	3.94	10.62	156.36	11.41	15.48	6.52
emmer glu	2.29±1.16	25.70	12.00	22.94	2.97	5.92	2.46
emmer glia	3.53±0.30	2.33	23.67	17.00	1.56	4.72	8.36
spelt al/glo	285.63±39.62	20.71	41.02	2606.61	69.02	139.28	30.92
spelt glu [a)]	62.44±0.84	16.90	57.60	419.87	50.45	147.80	41.28
spelt glia	92.25±10.23	28.27	24.03	602.29	21.80	91.28	25.69
rye al/glo	68.58±39.12	2.93	10.69	54.90	8.95	47.02	8.45
rye glu	4.03±1.19	9.15	13.69	13.75	3.15	2.88	0.78
rye secalin	4.16±0.23	0.98	0.65	13.02	1.84	3.82	0.76

IL6	V1	V2	V3	V4	V5	V6	V7
1901-1910 al/glo	402.05±231.14	207.10	814.65	85.67	274.09	258.35	199.72
1901-1910 glu [a)]	389.04±316.16	129.63	1874.79	24.01	649.86	197.89	376.41
1901-1910 glia	44.69±7.64	8.74	407.12	9.50	35.41	58.32	346.11
1941-1950 al/glo	3387.33±1837.06	2858.72	3693.95	2220.46	931.74	1743.25	549.08
1941-1950 glu	9.79±1.99	160.77	2086.38	10.33	79.25	242.06	249.29
1941-1950 glia	202.32±29.42	539.19	380.78	36.69	80.18	224.24	239.20
1951-1960 al/glo	172.12±51.90	92.11	296.37	14.58	204.97	174.12	120.84
1951-1960 glu	67.66±57.41	226.86	2147.91	15.58	632.11	326.54	86.29
1951-1960 glia	50.32±33.75	105.18	262.69	4.37	20.71	22.96	212.79
1961-1970 al/glo	65.59±34.20	51.61	249.27	7.87	84.74	84.45	37.93
1961-1970 glu	6.33±1.54	33.70	366.13	3.44	26.08	8.12	3.51
1961-1970 glia	5.93±2.96	5.07	89.28	1.75	19.56	14.41	20.62
einkorn al/glo	885.10±285.45	702.35	818.93	143.65	404.88	334.00	273.53
einkorn glu	5.78±0.47	29.49	880.34	1.52	63.58	44.21	60.99
einkorn glia	1024.68±358.40	827.74	605.21	547.06	615.02	668.67	308.69
emmer al/glo	10.50±4.20	35.07	222.95	5.46	41.31	39.96	60.29
emmer glu	4.97±4.10	66.00	134.09	4.75	2.58	18.37	14.45
emmer glia	5.54±2.17	4.83	143.52	1.86	1.68	13.43	98.70
spelt al/glo	1196.47±486.30	1034.96	1320.54	552.40	585.02	734.16	492.31
spelt glu [a)]	266.06±148.85	523.94	2500.53	79.74	556.55	1591.50	1148.95
spelt glia	133.47±43.69	130.06	427.38	59.81	179.44	352.68	440.73
rye al/glo	76.25±47.87	22.59	302.84	8.78	70.17	97.28	73.32
rye glu	6.78±4.65	21.92	194.22	3.85	8.45	5.24	3.18
rye secalin	2.43±0.74	1.24	5.30	4.50	2.92	20.81	3.71

CCL20	V1	V2	V3	V4	V5	V6	V7
1901-1910 al/glo	73.34±18.89	44.62	223.45	26.89	17.32	29.24	11.14
1901-1910 glu [a)]	96.26±62.08	34.41	502.99	4.87	27.12	20.84	9.35
1901-1910 glia	16.04±1.98	7.34	348.24	6.95	4.49	15.82	26.23
1941-1950 al/glo	576.11±407.72	339.67	558.62	318.30	53.31	245.02	18.22
1941-1950 glu	2.31±1.04	37.67	331.50	5.78	13.40	13.93	11.74
1941-1950 glia	29.72±8.74	353.18	362.20	20.58	9.27	90.49	21.10
1951-1960 al/glo	39.54±3.99	15.24	89.04	4.78	10.62	20.79	3.78
1951-1960 glu	6.76±3.63	76.86	580.71	5.64	28.61	51.37	4.51
1951-1960 glia	26.29±22.91	64.65	301.83	4.91	4.38	17.17	23.14
1961-1970 al/glo	19.69±4.59	7.27	54.30	3.15	5.85	12.26	2.56
1961-1970 glu	3.09±2.48	26.97	257.46	2.13	2.01	4.06	1.17
1961-1970 glia	5.91±3.21	15.12	137.72	1.70	2.21	3.10	5.27
einkorn al/glo	101.54±38.79	105.73	176.45	26.85	30.49	37.22	9.83
einkorn glu	1.28±0.41	22.19	280.54	0.88	7.20	8.01	7.94
einkorn glia	135.98±12.34	271.57	271.32	57.51	29.78	66.47	14.62
emmer al/glo	6.73±4.62	6.16	109.69	1.70	8.78	10.40	10.20
emmer glu	0.79±0.39	30.60	84.67	0.23	1.44	9.19	4.82
emmer glia	3.17±1.52	9.12	127.15	1.43	2.89	8.34	22.24
spelt al/glo	177.07±103.89	114.14	328.74	108.00	39.09	117.09	29.09
spelt glu [a)]	58.45±14.60	75.10	817.62	15.22	28.45	85.42	28.85
spelt glia	30.59±5.35	61.88	419.03	13.15	28.43	161.62	56.49
rye al/glo	34.54±16.31	8.27	98.20	3.54	5.08	11.42	4.60
rye glu	2.20±1.56	16.49	229.73	0.87	1.63	2.23	1.28
rye secalin	1.87±0.56	1.46	2.55	1.57	1.79	3.20	1.21

Gene expression is shown after stimulation of PBMC of healthy subjects with peptic-tryptic digest (PT) of albumin/globulin fractions (al/glo) (0.1mg/ml), glutenins (glu) (0.5mg/ml) and wheat gliadins (glia) (0.5 mg/ml) or rye secalin (0.5 mg/ml) compared to medium control without stimulants. Fold-change analysis was done with $2^{-\Delta\Delta Ct}$ method using GAPDH for housekeeping gene. a) Stimulation with only 0.25 mg/ml of glutenins. For person V1, two independent biological replicates could be done due to the availability of PBMC. Data are performed in replicates and presented as mean±SD.