

**ESM Figure 3.** Frequency of IL-21<sup>+</sup> memory T cells is correlated with the frequency of circulating Tfh cells. Frequency of IL-21<sup>+</sup> memory T cells was measured in cryopreserved PBMCs from 46 donors collected at the same visit where the frequency of circulating Tfh cells (defined as the frequency of PD-1<sup>+</sup>CCR6<sup>-</sup> cells out of CXCR5<sup>+</sup> CD45RA<sup>-</sup> CD4<sup>+</sup> T cells) was assessed in whole blood. IL-21<sup>+</sup> frequency was measured by intracellular flow cytometry following in vitro stimulation with phorbol-12-myristate-13-acetate (PMA) and ionomycin. All samples were processed in a single batch. *P* value was calculated using a linear regression analysis.