

Additional file 1

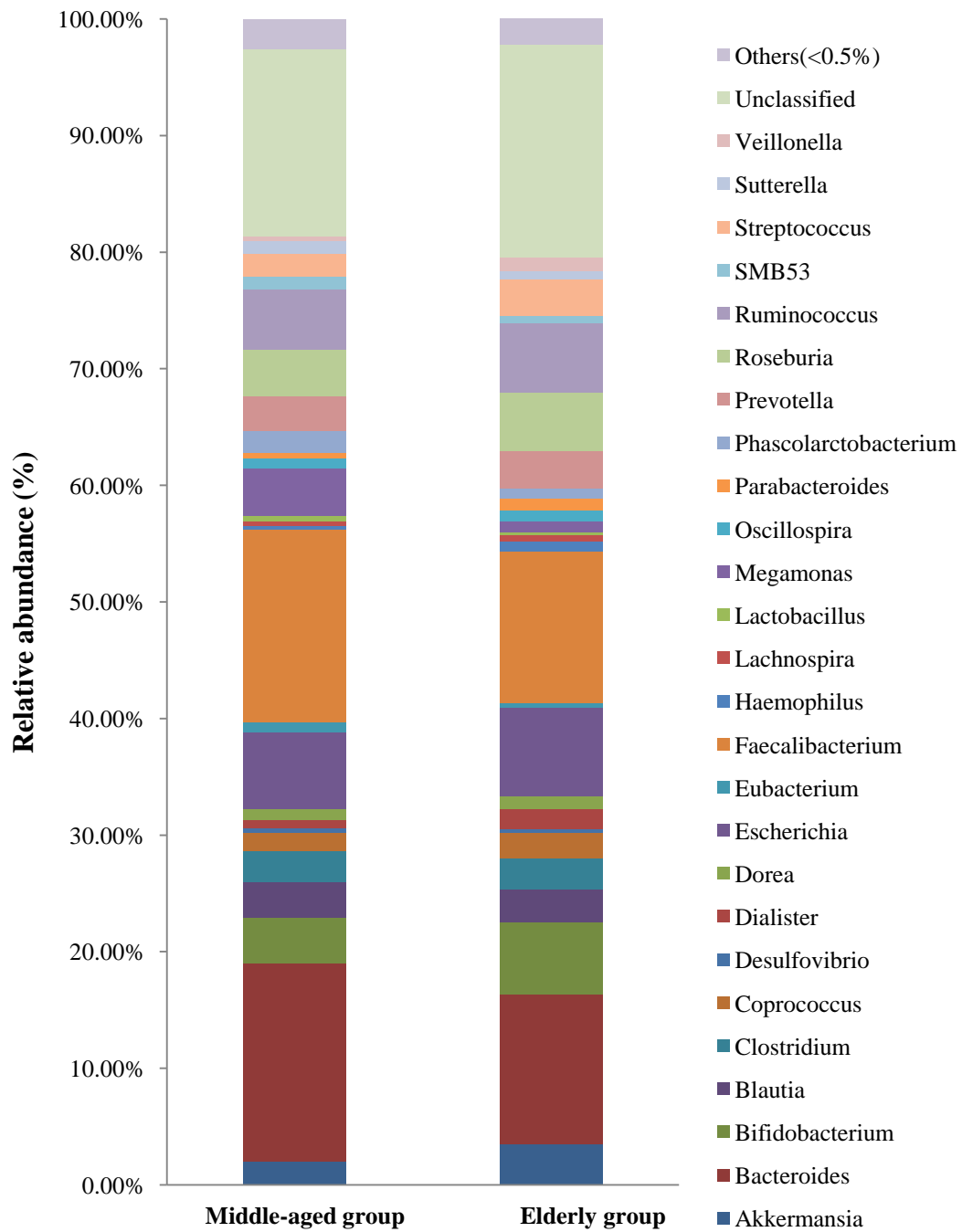
Table S1. Serum indices and normal range

Indicators	Middle-aged group	Elderly group	Normal range
Age(year)	54.13±3.32	64.70±3.93	---
GLU(mmol/L)	6.19±1.45	5.89±0.90	<6.1mmol/L
HbA1c(%)	5.97±1.10	5.86±0.86	<7.0%
SSP (mmHg)	126.59±17.13	124.72±14.88	≤140mmHg
DBP (mmHg)	76.11±11.14	75.88±10.32	≤90mmHg
TC (mmol/L)	5.45±0.95	5.36±0.91	2.9-6.0mmol/L
TG (mmol/L)	1.43±0.80	1.57±1.07	0.39-1.76mmol/L
HDL (mmol/L)	1.47±0.53	1.40±0.42	1.29-1.55 mmol/L
LDL (mmol/L)	2.99±0.86	3.23±0.99	<3.37mmol/L
UA (μmol/L)	364.68±84.56	371.17±90.57	90-420umol/L
BUN (mmol/L)	5.54±1.37	5.49±1.44	3.2-7.1mmol/L
SCR (μmol/L)	101.58±25.94	113.16±30.63	44-133 μmol/L
IgA (mg/mL)	2.38±0.99	2.59±0.97	76 -3.90 mg/mL
IgG (mg/mL)	13.97±2.38	14.03±2.19	6 -16 mg/mL
IgM (mg/mL)	1.25±0.45	1.16±0.49	0.40-3.45 mg/mL
CD3+ T cell counts	1257.50±453.29	1296.12±395.65	≥615
CD4+ T cell % (%)	55.06±11.00	53.47±10.96	——
CD8+ T cell % (%)	40.62±10.05	42.62±10.40	——
CD4+/CD8+	1.53±0.75	1.38±0.58	1.4 ~2.0

Values presented as mean±SD, normal ranges cited from "Type 2 Diabetes Prevention Guide (2016 Edition, China)", "Guide of dyslipidemia prevention and treatment (2016 Edition)", "Hypertension Prevention Guide (2016 Edition)" and "Establishment of reference range of peripheral blood T cell subsets in healthy people", "Percentage of Chinese people's lymphatic range" etc.

GLU: glucose; SSP: systolic pressure; DBP: diastolic pressure; TC: total cholesterol;
 TG: Triglyceride; HDL-C: High-density lipoprotein; LDL-C: Low-density lipoprotein;
 UA: Uric acid; BUN: Blood urea nitrogen; SCR: serum creatinine.

Figure S1. Composition of gut microbiota at the genus level



Genera with relative abundance greater than 0.5% are presented. Some unclassified genera are grouped as 'Unclassified'. The lower abundant genera are grouped as 'Others'.