

**Supplementary table 1. Coefficient of the metabolic and inflammation score
for the health space in Experiment 1**

Metabolic score		Inflammation score	
(Intercept)	1.0318	(Intercept)	0.9998
gender	.	EGF_0_2_diff	-0.0040
age	.	EGF_0_6_diff	.
Glucose_0_1_diff	-0.0360	Eotaxin_0_2_diff	.
Glucose_0_2_diff	.	Eotaxin_0_6_diff	.
Insulin_0_1_diff	-0.0328	FGF2_0_2_diff	.
Insulin_0_2_diff	.	FGF2_0_6_diff	.
TG_0_2_diff	.	GCSF_0_2_diff	-0.0305
TG_0_6_diff	.	GCSF_0_6_diff	-0.0409
FFA_0_2_diff	.	GMCSF_0_2_diff	.
FFA_0_6_diff	.	GMCSF_0_6_diff	.
ApoB_0_2_diff	0.2384	GRO_0_2_diff	.
ApoB_0_6_diff	.	GRO_0_6_diff	.
HDL_0_2_diff	-0.0564	IFNa2_0_2_diff	-0.0532
HDL_0_6_diff	-0.1308	IFNa2_0_6_diff	.
LDL_0_2_diff	.	IFNv_0_2_diff	0.1494
LDL_0_6_diff	-0.0309	IFNv_0_6_diff	-0.2418
ox-LDL_0_2_diff	.	IL17A_0_2_diff	0.0293
ox-LDL_0_6_diff	.	IL17A_0_6_diff	0.0054
MDA(pla)_0_1_diff	.	IP10_0_2_diff	-0.0174
MDA(pla)_0_2_diff	0.1099	IP10_0_6_diff	.
MDA(pla)_0_4_diff	.	MCP1_0_2_diff	.
MDA(pla)_0_6_diff	.	MCP1_0_6_diff	0.0342
CRP_0_2_diff	.	MDC_0_2_diff	.
CRP_0_6_diff	.	MDC_0_6_diff	.
Basophil_0_1_diff	0.1138	MIP1a_0_2_diff	-0.1639
Basophil_0_2_diff	.	MIP1a_0_6_diff	.
Basophil_0_4_diff	0.0392	MIP1b_0_2_diff	.

Basophil_0_6_diff	.	MIP1b_0_6_diff	.
Eosinophil_0_1_diff	.	sCD40L_0_2_diff	.
Eosinophil_0_2_diff	.	sCD40L_0_6_diff	-0.0494
Eosinophil_0_4_diff	0.0030	TNFA_0_2_diff	-0.0195
Eosinophil_0_6_diff	.	TNFA_0_6_diff	.
Lymphocyte_0_1_diff	.		
Lymphocyte_0_2_diff	-0.0509		
Lymphocyte_0_4_diff	.		
Lymphocyte_0_6_diff	.		
Monocyte_0_1_diff	0.0079		
Monocyte_0_2_diff	.		
Monocyte_0_4_diff	.		
Monocyte_0_6_diff	.		
Neutrophil_0_1_diff	.		
Neutrophil_0_2_diff	0.0056		
Neutrophil_0_4_diff	.		
Neutrophil_0_6_diff	.		
Neutrophil_0_6_diff	.		
RFS_0	.		
Weight_0	.		
BMI_0	.		

**Supplementary table 2. Coefficient of the metabolic and inflammation score
for the health space in Experiment 2**

Metabolic score		Inflammation score	
(Intercept)	1.0155	(Intercept)	0.9998
gender	.	EGF_0_2_diff	0.0896
age	.	EGF_0_6_diff	-0.0521
Glucose_0_30_diff	.	Eotaxin_0_2_diff	0.1356
Glucose_0_1_diff	.	Eotaxin_0_6_diff	-0.2962
Glucose_0_2_diff	.	FGF2_0_2_diff	0.0745
Insulin_0_30_diff	-0.0466	FGF2_0_6_diff	0.0801
Insulin_0_1_diff	0.0137	Fractalkine_0_2_diff	.
Insulin_0_2_diff	.	Fractalkine_0_6_diff	0.2055
TG_0_1_diff	0.1911	GMCSF_0_2_diff	0.0240
TG_0_2_diff	0.0115	GMCSF_0_6_diff	0.2326
TG_0_6_diff	0.0110	GRO_0_2_diff	0.0730
ox-LDL_0_1_diff	-0.0111	GRO_0_6_diff	0.1038
ox-LDL_0_2_diff	.	IFNa2_0_2_diff	.
ox-LDL_0_6_diff	.	IFNa2_0_6_diff	0.1431
MDA(pla)_0_1_diff	.	IFNv_0_2_diff	-0.1589
MDA(pla)_0_2_diff	.	IFNv_0_6_diff	0.0013
MDA(pla)_0_6_diff	.	IL12P70_0_2_diff	.
MDA(rbc)_0_1_diff	.	IL12P70_0_6_diff	-0.3112
MDA(rbc)_0_2_diff	.	IL15_0_2_diff	-0.0246
MDA(rbc)_0_6_diff	0.0872	IL15_0_6_diff	0.2662
MDA(urine)_0_2_diff	.	IL17A_0_2_diff	0.1084
MDA(urine)_0_6_diff	-0.0881	IL17A_0_6_diff	0.0005
ROS(mnc)_0_1_diff	0.0903	IL1RA_0_2_diff	.
ROS(mnc)_0_2_diff	0.0331	IL1RA_0_6_diff	.
ROS(mnc)_0_6_diff	.	IL5_0_2_diff	-0.1406
ROS(pla)_0_1_diff	.	IL5_0_6_diff	.
ROS(pla)_0_2_diff	.	IL8_0_2_diff	.
ROS(pla)_0_6_diff	0.0954	IL8_0_6_diff	0.2744

RFS_0	.	IP10_0_2_diff	0.2046
Weight_0	.	IP10_0_6_diff	.
BMI_0	.	MCP1_0_2_diff	.
		MCP1_0_6_diff	0.0513
		MCP3_0_2_diff	-0.0019
		MCP3_0_6_diff	-0.2212
		MDC_0_2_diff	0.0870
		MDC_0_6_diff	.
		MIP1a_0_2_diff	-0.1550
		MIP1a_0_6_diff	-0.1400
		MIP1b_0_2_diff	0.1322
		MIP1b_0_6_diff	.
		sCD40L_0_2_diff	0.0087
		sCD40L_0_6_diff	0.0691
		TGFa_0_2_diff	-0.2025
		TGFa_0_6_diff	.
		TNFa_0_2_diff	.
		TNFa_0_6_diff	-0.1311
		VEGF_0_2_diff	0.2156
		VEGF_0_6_diff	-0.0484
