

Supplementary information

Blood–brain barrier permeability of adipokines and myokines

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Supplementary Information

Adipokine and/or myokine	CSF to serum ratio ($\times 10^{-3}$)	Percentage CSF quantity in relation to peripheral blood	References
Meteorin-like protein	1400	~ equal quantity	(1)
FGF-21	350	~ 1/10	(2)
Nesfatin1	330	~ 1/10	(3)
GDF15	306	~ 1/10	(4)
Visfatin	120	~ 1/10	(5)
Irisin	(78) - 115	~ 1/10	(6)
CTRP-3	110	~ 1/10	(7)
Chemerin	96.3	~ 1/100	(8)
PEDF	42.3	~ 1/100	(9)
Clusterin	29.6	~ 1/100	(9)
Adipsin	27	~ 1/100	(10)
Progranulin	16.3	~ 1/100	(11)
RBP4	8.2	~ 1/1000	(9)
Resistin	4.4	~ 1/1000	(11,12)
Leptin*	1.6 - 3.9 (12.0-27.5)	~ 1/1000	(13-16)
Adiponectin	0.4 - 0.7	~ 1/1000	(2,12,14,17)

Supplementary Table 1: Specific CSF to serum ratios of classical adipokines and myokines in humans are given at a glance and were derived from an extensive literature analysis. The percentage of CSF quantity in relation to peripheral blood serum is suggested to be used for a novel classification of adipokines and myokines regarding their blood-brain-barrier permeability. * strongly dependent on body mass index, gender and investigated cohorts.

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