

Supplementary Table 1. Anthropometric, laboratory and clinical characteristics of women with pre-sarcopenia and sarcopenia

	Normal (n=63)	Pre- sarcopenia (n=68)	Sarcopenia (n=45)	#
Age (years)	72.1 ± 8.6	78.8 ± 7.5	80.1 ± 5.2	a,b
Height (cm)	152.0 ± 5.2	148.0 ± 6.0	145.0 ± 5.2	a,b
Weight (kg)	55.4 ± 6.4	48.4 ± 5.7	43.7 ± 6.3	a,b,c
BMI (kg/m <sup>2</sup> )	24.0 ± 2.5	22.2 ± 2.8	20.7 ± 2.9	a,b,c
FMI (kg/m <sup>2</sup> )	8.1 ± 2.0	7.2 ± 2.4	6.4 ± 2.4	b
SMI (kg/m <sup>2</sup> )	6.3 ± 0.5	5.6 ± 0.5	5.1 ± 0.4	a,b,c
Waist circumference (cm)	89.1 ± 7.7	86.0 ± 9.7	83.2 ± 9.5	b
Fat mass (kg)	18.7 ± 4.7	15.8 ± 5.2	13.5 ± 5.2	a,b
SM (kg)	14.6 ± 1.8	12.3 ± 1.3	10.8 ± 1.1	a,b,c
Grip strength (kg)	24.2 ± 3.4	19.2 ± 3.9	14.9 ± 2.6	a,b,c
PB glucose (mg/dL)	98 ± 23	101 ± 23	99 ± 43	
PB insulin (µU/mL)	7.4 ± 5.2	9.8 ± 9.4	7.0 ± 6.1	
PB triglycerides (mg/dL)	146 ± 91	139 ± 71	128 ± 66	
Cholesterol (mg/dL)	220 ± 33	223 ± 34	208 ± 26	c
HDL cholesterol (mg/dL)	65 ± 15	61 ± 14	64 ± 13	
Leptin (ng/mL)	8.7 ± 4.9	7.5 ± 4.6	6.6 ± 4.4	
Adiponectin (mg/L)	11.3 ± 5.1	14.9 ± 9.3	16.6 ± 7.9	a,b
Leukocytes (10 <sup>3</sup> /µL)	6.2 ± 1.6	6.0 ± 1.6	6.2 ± 1.6	
PAI-1 (ng/mL)	27 ± 13	23 ± 10	23 ± 11	
hsCRP (µg/dL)	88 ± 109	91 ± 129	74 ± 84	
TNF-α (pg/mL)	1.6 ± 1.3	1.7 ± 0.9	1.7 ± 0.8	
RBC (10 <sup>4</sup> /µL)	430 ± 33	419 ± 35	417 ± 39	
Hemoglobin (g/dL)	13.1 ± 1.1	12.7 ± 1.1	12.6 ± 1.0	b

Hematocrit (%)	41.5 ± 3.3	40.3 ± 3.4	40.4 ± 3.0	
Albumin (g/dL)	4.5 ± 0.2	4.4 ± 0.3	4.3 ± 0.3	b
Iron (µg/dL)	96 ± 27	91 ± 27	93 ± 28	
Copper (µg/dL)	108 ± 14	109 ± 15	111 ± 18	
Zinc (µg/dL)	78 ± 11	77 ± 11	74 ± 10	
Transthyretin (mg/dL)	29 ± 5	27 ± 5	26 ± 5	b
	0.1	0.1	0.1	
Creatinine (mg/dL)	0.69 ± 5	0.71 ± 7	0.66 ± 3	
eGFR (ml/min/1.73m <sup>2</sup> )	66 ± 15	63 ± 12	66 ± 13	
	15.	20.	26.	
Anemia (n, %)	10 , 9	14 , 6	12 , 7	0.35
CKD G3b (n, %)	4 , 6.3	4 , 5.9	4 , 8.9	0.58
Hyperadiponectinemi a (n, %)	5 , 7.9	14 , 6	15 , 3	0.00

Mean±SD or n, %. #: significantly different at p<0.05 or less by analysis of variance and then Bonferroni's multiple comparison procedures; a and b; normal versus pre-sarcopenia and sarcopenia, respectively, c; pre-sarcopenia versus sarcopenia. BMI; body mass index, FMI; fat mass index, SM; skeletal muscle mass, SMI: SM index, PB: post-breakfast, PAI-1: plasminogen activator-inhibitor-1, hsCRP: high-sensitivity C-reactive protein, TNF-α: tumor necrosis factor-α, eGFR: estimated glomerular filtration rate. CKD; chronic kidney disease, RBC, red blood cells.