**Table S11**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Centenarians** | **Elderly** | **Young** |
| **Peak Integral (a.u.)** | **Chemical shift** | **Mean ± SD** | **Mean ± SD** | **Mean ± SD** |
| **PAG** | 7.43 (m), 7.36 (m)  4.18 (m), 2.27 (t),  2.11 (m) | 9.93 ± 3.72\*\*\* | 6.62 ± 2.59 | 5.89 ± 2.35 |
| **PCS** | 2.34 (s), 7.21 (d),  7.28 (d)) | 4.06 ± 1.53\*\*\* | 2.62 ± 1.22 | 2.32 ± 0.85 |
| **2-HB** | 7.87 (d), 7.49 (m), 7.02, 6.95 (m) | 1.60 ± 2.16\*\*\* | 0.51 ± 0.92 | 0.46 ± 0.05 |