**Table S13**

|  |  |  |  |  |
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|  |  | **Centenarians Females** | **Elderly****Females** | **Young****Females** |
| **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) | 10.1 ± 3.79\*\*\* | 7.01 ± 2.69 | 4.62 ± 1.24 |
| **PCS** | 2.34 (s), 7.21 (d),7.28 (d)) | 4.11 ± 1.55\*\*\* | 2.78 ± 1.37 | 2.02 ± 0.75 |
| **2-HB** | 7.87 (d), 7.49 (m), 7.02, 6.95 (m) | 1.63 ± 1.98\*\*\* | 0.49 ± 3.88 | 0.65 ± 0.07 |