**SUPPLEMENTARY TABLE**

Supplementary Table 1. Relative telomere length, telomerase and shelterin gene expression in PBMCs and solid organs.

| Cell/Tissue | Young | Old |
|-------------|-------|-----|
| **RTL** mRNA expression | | |
| PBMCs | 0.88 ± 0.15 | 0.92 ± 0.11 |
| Spleen | 0.83 ± 0.14 | 0.88 ± 0.21 | 0.11 ± 0.03 | 0.13 ± 0.06 |
| Liver | 0.99 ± 0.16** | 0.91 ± 0.09 | 3.55 ± 1.92** | 3.99 ± 2.33** |
| Kidney | 0.96 ± 0.13$^*$ | 0.91 ± 0.11 | 0.52 ± 0.23** | 0.5 ± 0.12** |
| Muscle | 1.08 ± 0.30** | 0.96 ± 0.14 | 0.09 ± 0.05 | 0.21 ± 0.20$^*$ |
| Aorta | 0.98 ± 0.15$^*$ | 0.76 ± 0.11*** | 0.24 ± 0.20** | 0.2 ± 0.12$^*$ |
| Intestine | 0.64 ± 0.26*** | 0.71 ± 0.27*** | 0.04 ± 0.03** | 0.05 ± 0.04** |
| Brain | 0.84 ± 0.09 | 0.88 ± 0.17 | 0.21 ± 0.16$^*$ | 0.16 ± 0.08 |
| Lung | 0.76 ± 0.14*** | 0.85 ± 0.14*** | 0.14 ± 0.07 | 0.16 ± 0.04 |
| Visceral fat | 0.83 ± 0.14 | 0.92 ± 0.16$^*$ | 0.15 ± 0.03*** | 0.26 ± 0.09*** |
| **TERT** mRNA expression | | |
| PBMCs | 4.21 ± 2.91 | 4.26 ± 1.65 | 1.38 ± 0.53 | 1.85 ± 0.53*** |
| Spleen | 8.52 ± 4.50*** | 19.08 ± 15.30*** | 3.95 ± 2.24*** | 6.84 ± 3.24*** |
| Liver | 3.55 ± 1.92** | 3.99 ± 2.33** | 5.46 ± 2.01 | 7.54 ± 3.13*** |
| Kidney | 4.29 ± 1.19*** | 3.76 ± 1.00*** | 3.95 ± 2.24** | 6.84 ± 3.24*** |
| Muscle | 6.12 ± 2.88 | 7.89 ± 3.63*** | 4.46 ± 1.18*** | 5.04 ± 1.82*** |
| Aorta | 1.83 ± 1.30*** | 1.28 ± 0.75*** | 2.23 ± 1.06** | 1.35 ± 0.37*** |
| Intestine | 1.24 ± 0.91*** | 1.25 ± 0.77*** | 0.68 ± 0.28*** | 0.70 ± 0.54*** |
| Brain | 5.93 ± 2.19** | 5.28 ± 2.00 | 7.59 ± 3.34*** | 5.79 ± 2.18*** |
| Lung | 8.33 ± 4.20*** | 4.19 ± 2.30*** | 1.99 ± 0.69*** | 2.79 ± 1.01*** |
| Visceral fat | 1.4 ± 0.41** | 3.26 ± 2.03*** | 1.93 ± 0.46** | 2.22 ± 0.56$^*$ |

Data are presented as means ± SD; significant differences were highlighted between young and adult animals ($^*$), and vs. PBMCs for RTL (†) or spleen for gene expression analysis (‡) in either young or adult animals. $^*p < 0.05$, $^**p < 0.01$, $^***p < 0.001$ vs. young; $^†p < 0.05$, $^‡p < 0.01$, $^§§p < 0.001$ vs. reference tissue.