

**Table S3.** Demographic data stratified by sex and age

	Male			Female		
	20s (n=100) <sup>a)</sup>	50s (n=100)	p-value	20s (n=100)	50s (n=98)	p-value
Age (yr)	26.5±2.2	55.0±2.9		25.9±2.5	53.8±2.7	
Height (cm)	174.8±5.7	169.6±6.1	<0.001*	159.6±4.9	158.1±3.7	0.012*
Weight (kg)	76.6±10.5	71.3±10.2	<0.001*	53.9±6.3	58.3±6.8	<0.001*
BMI (kg/m <sup>2</sup> )	25.0±3.0	24.7±2.9	0.474	21.1±2.1	23.3±2.5	<0.001*
SLM (kg)	55.1±5.5	50.7±6.3	<0.001*	34.9±3.5	36.2±3.2	0.005*
BFM (kg)	18.0±6.9	17.4±5.4	0.507	16.7±4.4	19.85±5.5	<0.001*
SMM (kg)	33.1±3.5	30.1±4.0	<0.001*	19.9±2.2	20.7±2.0	0.010*
Skin temperature (°C)	36.0±0.5	36.1±0.3	0.039*	35.9±0.4	36.1±0.3	0.017*

Values are presented as mean±standard deviation.

BMI, body mass index; SLM, soft lean mass; BFM, body fat mass; SMM, skeletal muscle mass.

\*p<0.05 for Student t-test.

<sup>a)</sup>The total number is the number of nerve conduction studies, counting each limb separately.