

**Table S1. Descriptive statistics of the whole TL and short TL among the age groups.**

		Age groups						
		40-50		45-50		50-55		
		Mean	SD	Mean	SD	Mean	SD	P-value <sup>a</sup>
TL								
	1st Quartile	8,642	1,507	8,548	1,290	8,498	1,276	0,964
	Median	10,429	1,566	10,220	1,423	10,361	1,346	0,908
	3rd Quartile	12,415	1,860	12,088	1,763	12,811	1,410	0,537
TLS								
	1st Quartile	6,525	1,333	6,462	1,075	6,161	1,281	0,741
	Median	7,238	1,382	7,184	1,155	6,937	1,206	0,826
	3rd Quartile	7,778	1,445	7,698	1,235	7,547	1,251	0,912

<sup>a</sup>P-values were derived from multiple linear regression of TL/TLS quartiles following adjustment of sex and supplements use.