**Table S9**

|  |  |  |
| --- | --- | --- |
| Metabolites [μM/l] | Elderly-Offspring of centenarians | Elderly-Offspring of non long-lived parents |
| Mean ± SD | Mean ± SD |
| LPC 16:0 | 175.9 ± 36.9 | 157.9 ± 38.4\*\* |
| LPC 16:1 | 4.66 ± 1.32 | 4.02 ± 1.67\*\* |
| LPC 18:0 | 56.3 ± 13.7 | 47.6 ± 11.8\*\* |
| LPC 18:1 | 39.1 ± 10.4 | 33.5 ± 9.55\*\* |
| LPC 18:2 | 42.5 ± 12.2 | 35.11 ± 11.6\*\* |
| Ser | 133.3 ± 23.0 | 121.8 ± 25.1\*\* |
| Phe | 68.2 ± 11.9 | 63.1 ± 11.3\* |
| PC-O 36:3 | 5.24 ± 1.35 | 4.77 ± 1.08\* |