Table 1. Mean values for patient parameters

	Total (n = 66)
Age, years	75.8 ± 6.2
BMI, kg/m^2	22.8 ± 2.8
Walking speed, m/s	1.42 ± 0.31
Hand-grip strength, kgf	22.9 ± 4.3
Body fat percentage, %	33.5 ± 6.1
Body fat volume, kg	17.8 ± 5.2
SMI, kg/m^2	6.04 ± 0.60
eGFR, mL/min/1.73m^2	67.0 ± 13.4
Hb, g/dL	13.1 ± 1.1
Fe, μg/dL	99.2 ± 3.7
hsCRP, mg/L	0.11 ± 0.26
Alb, g/dL	4.4 ± 0.2
GDF-15, pg/mL	1015 ± 499

Table 2. Correlation matrix of relationships of patient parameters with serum GDF-15, hsCRP and Hb

	GDF-15	hsCRP	Hb
Age	0.486 (<0.001)***	0.028 (0.826)	-0.042 (0.737)
BMI	0.043 (0.732)	0.356 (0.003)**	0.462 (<0.001)***
Walking speed	-0.363 (0.003)**	-0.035 (0.786)	0.103 (0.419)
Hand-grip strength	-0.160 (0.199)	-0.143 (0.251)	0.257 (0.037)*
Body fat percentage	0.186 (0.135)	0.446 (<0.001)***	0.331 (0.007)**
Body fat volume	0.093 (0.459)	0.459 (<0.001)***	0.415 (0.001)**
SMI	-0.131 (0.296)	0.120 (0.336)	0.481 (<0.001)***
eGFR	-0.535 (<0.001)***	0.001 (0.996)	0.055 (0.659)
Hb	-0.202 (0.104)	0.244 (0.048)*	-
Fe	-0.316 (0.010)*	-0.280 (0.023)*	0.496 (<0.001)***
hsCRP	0.067 (0.595)	-	0.244 (0.048)*
Alb	-0.039 (0.755)	-0.287 (0.019)*	0.261 (0.034)*
GDF-15	-	0.067 (0.595)	-0.202 (0.104)

Table 3. Multiple linear regression analysis of relationship between serum GDF-15 level and clinical parameters in healthy older females

A: Multiple linear regression analysis of GDF-15 and clinical data
Dependent variable: log (GDF-15)

	Model 1	Model 2	Model 3
Independent variable	β-value (*p*)	β-value (*p*)	β-value (*p*)
eGFR (log)	-0.518 (<0.001)***	-0.453 (<0.001)***	-0.423 (<0.001)***
SMI	-0.023 (0.858)	0.101 (0.435)	0.005 (0.972)
Walking speed	-0.060 (0.589)	0.070 (0.553)	0.087 (0.463)
Hand-grip strength	-0.167 (0.160)	-0.123 (0.279)	-0.092 (0.431)
Hb	-0.245 (0.044)*	-0.323 (0.007)**	-0.363 (0.004)**
Alb (log)	-0.012 (0.910)	-0.008 (0.941)	-0.002 (0.987)

B: Multiple linear regression analysis of eGFR and clinical data
Dependent variable: log (eGFR)

	Model 1	Model 2	Model 3
Independent variable	β-value (*p*)	β-value (*p*)	β-value (*p*)
GDF-15 (log)	-0.523 (<0.001)***	-0.515 (<0.001)***	-0.479 (<0.001)***
SMI	-0.113 (0.373)	-0.121 (0.379)	-0.007 (0.968)
Walking speed	0.229 (0.039)*	0.220 (0.075)	0.192 (0.124)
Hand-grip strength	-0.227 (0.056)	-0.228 (0.057)	-0.256 (0.036)*
Hb	-0.031 (0.804)	-0.024 (0.860)	0.032 (0.820)
Alb (log)	0.019 (0.865)	0.018 (0.868)	0.011 (0.920)

C: Multiple linear regression analysis of Hb and clinical data
Dependent variable: Hb

	Model 1	Model 2	Model 3
Independent variable	β-value (*p*)	β-value (*p*)	β-value (*p*)
GDF-15 (log)	-0.284 (0.044)*	-0.374 (0.007)**	-0.380 (0.004)**
SMI	0.386 (0.003)**	0.474 (<0.001)***	0.194 (0.226)
Walking speed	-0.035 (0.772)	-0.103 (0.412)	-0.137 (0.256)
Hand-grip strength	-0.008 (0.952)	0.020 (0.868)	0.087 (0.468)
eGFR (log)	-0.035 (0.804)	-0.024 (0.860)	0.030 (0.820)
Alb (log)	0.144 (0.217)	0.131 (0.237)	0.130 (0.217)

Model 1, unadjusted; Model 2, adjusted by age; Model 3, adjusted by age and BMI.