|  |  |  |  |
| --- | --- | --- | --- |
| Parameter  | Total (*n*=15479) | Men (*n*=8381) | Women (*n*=7098) |
| Median (IQR) | Median (IQR) | Median (IQR) |
| Body surface area (m2) | 1.9 (1.8, 2.1) | 2.1 (1.9, 2.2) | 1.8 (1.6, 1.9) |
| ALM/height (kg/m) | 14.6 (12.0, 17.0) | 16.8 (15.3, 18.3) | 11.8 (10.7, 13.1) |
| ALM/height3 (kg/m3) | 4.9 (4.3, 5.5) | 5.3 (4.9, 5.8) | 4.3 (3.9, 4.8) |
| ALM/total body fat (kg/kg) | 1.4 (0.9, 2.0) | 1.8 (1.3, 2.4) | 1.0 (0.7, 1.3) |
| ALM/percent body fat (kg/%) | 1.1 (0.7, 1.6) | 1.5 (1.2, 2.0) | 0.7 (0.5, 0.8) |
| ALM/weight (kg/kg) | 0.3 (0.3, 0.4) | 0.4 (0.3, 0.4) | 0.3 (0.3, 0.3) |
| ALM/AFM (kg/kg) | 2.7 (1.8, 4.1) | 3.8 (2.9, 5.1) | 1.8 (1.4, 2.3) |
| ALM/BSA (kg/m2) | 13.0 (11.1, 14.7) | 14.5 (13.5, 15.4) | 11.0 (10.2, 11.9) |
| ALM/whole body total area (kg/m2) | 11.5 (9.9, 13.0) | 12.8 (11.9, 13.8) | 9.8 (9.0, 10.6) |
| ALM/whole body subtotal area (kg/m2) | 12.9 (11.1, 14.5) | 14.3 (13.4, 15.4) | 11.0 (10.2, 11.9) |

**Supplementary Data - Tables and Reference Charts Captions**

Supplementary Table 1. Participant characteristics.

Appendicular lean mass: ALM; Appendicular fat mass: AFM; Body surface area: BSA.

Supplementary Table 2. Percentiles [median (3rd, 97th)] of appendicular lean mass adjustments for men and women at specific ages.

|  |  |  |
| --- | --- | --- |
| Age | Men | Women |
| ALM/height(kg/m) | ALM/height3 (kg/m3) | ALM/FM (kg/kg) | ALM/%FM (kg/%) | ALM/height(kg/m) | ALM/height3 (kg/m3) | ALM/FM (kg/kg) | ALM/%FM (kg/%) |
| 20 | 16.7 (12.9, 21.5) | 5.15 (4.05, 6.66) | 2.24 (1.10, 4.58) | 1.79 (0.97, 3.65) | 11.9 (8.9, 15.7) | 4.32 (3.29, 5.66) | 1.10 (0.57, 2.28) | 0.72 (0.43, 1.44) |
| 30 | 16.9 (12.9, 22.4) | 5.33 (4.16, 7.04) | 1.89 (0.84, 4.53) | 1.57 (0.82, 3.82) | 11.9 (9.0, 15.9) | 4.35 (3.32, 5.77) | 1.03 (0.51, 2.37) | 0.69 (0.40, 1.45) |
| 40 | 16.8 (13.1, 21.9) | 5.32 (4.19, 6.93) | 1.68 (0.79, 3.94) | 1.45 (0.81, 3.25) | 11.9 (9.0, 16.1) | 4.38 (3.34, 5.88) | 0.94 (0.47, 2.33) | 0.66 (0.39, 1.40) |
| 50 | 16.6 (13.0, 21.2) | 5.27 (4.13, 6.76) | 1.55 (0.78, 3.40) | 1.36 (0.79, 2.81) | 11.6 (8.8, 16.0) | 4.33 (3.29, 5.88) | 0.84 (0.43, 2.13) | 0.60 (0.37, 1.24) |
| 60 | 15.9 (12.1, 20.1) | 5.10 (3.95, 6.45) | 1.40 (0.71, 3.04) | 1.21 (0.70, 2.38) | 11.2 (8.3, 15.2) | 4.19 (3.16, 5.73) | 0.73 (0.41, 1.66) | 0.52 (0.33, 1.02) |
| 70 | 14.8 (11.0, 18.4) | 4.87 (3.71, 6.11) | 1.24 (0.61, 2.81) | 1.05 (0.58, 2.00) | 10.6 (7.8, 14.4) | 4.04 (3.02, 5.56) | 0.62 (0.38, 1.27) | 0.45 (0.30, 0.82) |

Appendicular lean mass: ALM; Fat mass: FM.

Supplementary Table 3. Percentiles [median (3rd, 97th)] of appendicular lean mass adjustments for men and women at specific ages.

|  |  |  |
| --- | --- | --- |
| Age | Men | Women |
| ALM/weight (kg/kg) | ALM/AFM (kg/kg) | ALM/BSA (kg/m2) | ALM/WBTA (kg/m2) | ALM/WBSTA (kg/ m2) | ALM/weight (kg/kg) | ALM/AFM (kg/kg) | ALM/BSA (kg/m2) | ALM/WBTA (kg/m2) | ALM/WBSTA (kg/m2) |
| 20 | 0.37 (0.31, 0.42) | 4.47 (2.15, 9.29) | 14.9 (12.5, 17.6) | 12.6 (10.5, 15.4) | 14.2 (11.8, 17.2) | 0.30 (0.24, 0.36) | 1.95 (1.06, 4.13) | 11.4 (9.2, 13.8) | 9.9 (7.8, 12.4) | 11.2 (8.9, 13.9) |
| 30 | 0.36 (0.28, 0.42) | 3.94 (1.82, 9.42) | 14.7 (12.1, 17.8) | 12.9 (10.5, 16.4) | 14.5 (11.9, 18.3) | 0.29 (0.22, 0.36) | 1.83 (0.98, 4.15) | 11.2 (9.0, 13.7) | 9.9 (7.8, 12.5) | 11.1 (8.9, 14.0) |
| 40 | 0.35 (0.27, 0.41) | 3.68 (1.80, 8.38) | 14.4 (12.0, 17.3) | 12.9 (10.6, 16.2) | 14.4 (11.9, 18.0) | 0.28 (0.21, 0.36) | 1.71 (0.91, 4.08) | 11.0 (8.9, 13.5) | 9.8 (7.8, 12.5) | 11.0 (8.8, 14.0) |
| 50 | 0.34 (0.27, 0.39) | 3.55 (1.82, 7.63) | 14.1 (11.8, 16.7) | 12.7 (10.4, 15.6) | 14.1 (11.6, 17.3) | 0.27 (0.20, 0.35) | 1.57 (0.86, 3.80) | 10.7 (8.6, 13.1) | 9.6 (7.6, 12.4) | 10.8 (8.6, 13.9) |
| 60 | 0.32 (0.25, 0.38) | 3.35 (1.71, 7.21) | 13.6 (11.1, 15.9) | 12.1 (9.8, 14.8) | 13.5 (11.0, 16.4) | 0.25 (0.19, 0.33) | 1.42 (0.84, 3.11) | 10.1 (8.1, 12.5) | 9.3 (7.4, 12.1) | 10.5 (8.3, 13.6) |
| 70 | 0.31 (0.23, 0.38) | 3.05 (1.51, 6.86) | 12.8 (10.2, 14.9) | 11.5 (9.1, 13.9) | 12.8 (10.2, 15.4) | 0.24 (0.18, 0.31) | 1.28 (0.81, 2.51) | 9.5 (7.6, 11.8) | 9.0 (7.0, 11.7) | 10.1 (7.9, 13.1) |

Appendicular lean mass: ALM; Appendicular fat mass: AFM; Body surface area: BSA. Whole body total area: WBTA; Whole body subtotal area: WBSTA.

# **Supplementary Reference Chart Captions**

Chart 1. Age- and sex-specific reference ranges for total lean mass (kg).

Chart 2. Age- and sex-specific reference ranges for appendicular lean mass (kg).

Chart 3. Age- and sex-specific reference ranges for appendicular lean mass adjusted for height squared (ALM/height2).

Chart 4. Age- and sex-specific reference ranges for total body fat (kg).

Chart 5. Age- and sex-specific reference ranges for precent body fat (%).

Chart 6. Age- and sex-specific reference ranges for total body fat adjusted for height squared (kg/m2).

Chart 7. Age- and sex-specific reference ranges for appendicular fat mass (kg).

Chart 8. Age- and sex-specific reference ranges for android fat (kg).

Chart 9. Age- and sex-specific reference ranges for gynoid fat (kg).