**Supplemental Table 1**. Circulating microRNAs analyzed in different publications grouped according to the biological processes in which they are involved

|  |  |  |
| --- | --- | --- |
| **Metabolic pathway** | **Analyzed miRNAs** | **Reference** |
| Muscle function  (skeletal and cardiac muscle) | miR-21, miR-133a. | Baggish *et al*. (8) |
| miR-1, miR-133a, miR-133b, miR-206, miR-208b, miR-486, miR-499. | Aoi *et al*. (7) |
|  | miR-133. | Uhleman *et al*. (21) |
|  | miR-1, miR-133a, miR-206, miR-208b, miR-499. | Mooren *et al*. (18) |
|  | miR-1, miR-133a, miR-208a, and miR-499-5p. | Baggish *et al*. (9) |
|  | miR-1, miR-133a, and miR-206. | Gomes *et al*. (16) |
|  | miR-1, miR-26a, miR-29b, miR-30a, and miR-133a. | Clauss *et al*. (11) |
|  | miR-1, miR-133a, miR-133b, miR-208a, miR-208b, and miR-499. | Banzet *et al*. (10) |
|  | miR-1, miR-133a, miR-133b, miR-206, and miR-499. | Cui *et al*. (13) |
|  | miR-1, miR-133a, miR-133b, miR-208a, miR-208b, miR-378, miR-486 miR-499, and miR-940. | Xu *et al*. (27) |
| Inflammatory response | miR-21, miR-146a. | Baggish *et al*. (8) |
|  | miR-21, miR-155. | Mooren *et al*. (18) |
|  | miR-146a. | Baggish *et al*. (9) |
|  | 106 inflammation-related miRNAs. | de Gonzalo-Calvo *et al*. (15) |
|  | miR-21, miR-146a, miR-155. | Xu *et al*. (27) |
| Endothelial dysfunction | miR-126. | Uhlemann *et al*. (21) |
|  | miR-126. | Baggish *et al*. (9) |
|  | miR-21, miR-126, miR-146a, miR-150, and miR-210. | Van Craenenbroeck *et al*. (26) |
| Angiogenesis | miR-20a, miR-210, miR-221, miR-222, and miR-328. | Baggish *et al*. (8) |
|  | miR-126, miR-221, and miR-328. | Xu *et al*. (27) |
| Hypoxia | miR-21, miR-146a, and miR-210. | Baggish *et al*. (8) |
| Vascular function | miR-16, miR-21, and miR-126. | Wahl *et al*. (22) |
| Brain tissue | miR-134. | Baggish *et al*. (9) |
| Cellular proliferation | miR-16 and miR-122. | Cui *et al*. (13) |
| Ischemia | miR-21, miR-146a, and miR-210. | Xu *et al*. (27) |