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| ***Supplemental Table 1.*** *Estimated marginal mean cytokine concentrations (pg/mL) after back transformation, at baseline and day 1 to day 4, for IBD walkers and non-IBD walkers* |
|  | **Baseline** | **Day 1** | **Day 2** | **Day 3** | **Day 4** |
| IL-6 |  |  |  |  |  |
| IBD walkers | 0.74 ±0.11 | 5.75 ±1.08 | 4.08 ±0.72 | 2.37 ±0.48 | 2.31 ±0.40 |
| Non-IBD walkers | 0.63 ±0.09 | 6.18 ±1.13 | 3.88 ±0.67 | 2.75 ±0.53 | 2.46 ±0.40 |
| IL-8 |  |  |  |  |  |
| IBD walkers | 6.09 ±0.67 | 8.34 ±0.80 | 7.88 ±0.71 | 7.91 ±0.68 | 7.01 ±0.61 |
| Non-IBD walkers | 5.15 ±0.54 | 6.03 ±0.57 | 6.53 ±0.58 | 6.28 ±0.51 | 6.17 ±0.51 |
| IL-10 |  |  |  |  |  |
| IBD walkers | 0.22 ±0.02 | 0.53 ±0.08 | 0.25 ±0.05 | 0.30 ±0.04 | 0.27 ±0.05 |
| Non-IBD walkers | 0.21 ±0.02 | 0.34 ±0.05 | 0.29 ±0.05 | 0.25 ±0.03 | 0.24 ± 0.03 |
| IL-1β |  |  |  |  |  |
| IBD walkers | 0.15 ±0.02 | 0.13 ±0.02 | 0.15 ±0.02 | 0.17 ±0.02 | 0.12 ±0.02 |
| Non-IBD walkers | 0.13 ±0.02 | 0.10 ±0.01 | 0.15 ±0.02 | 0.12 ±0.01 | 0.12 ±0.02 |
| TNF-α |  |  |  |  |  |
| IBD walkers | 1.62 ±0.14 | 1.54 ±0.14 | 1.69 ±0.16 | 1.75 ±0.18 | 1.64 ±0.15 |
| Non-IBD walkers | 1.81 ±0.15 | 1.66 ±0.15 | 1.89 ±0.18 | 1.82 ±0.18 | 1.85 ±0.16 |
| Cytokine concentrations are presented in picogram per millilitre. Data are presented as mean ± standard error and were derived from a linear mixed model analysis. All statistical tests were performed on the log10 scale. Hereafter, data were back transformed for presentation in this table.Abbreviations: IBD: inflammatory bowel disease, IL: interleukin, TNF: tumor necrosis factor |