Legends to the Supplementary Figures

Figure S1. Protein content of p-eNOS ser1177, Bcl-xL and IκBa in control and trained pancreatic islets exposed to IL-1β + IFN-γ. Pancreatic islets from control or trained mice were cultivated in vitro in the presence or absence of inflammatory cytokines (IL-1β + IFN-γ) for 48 h. After this period, islets were collected and used for western blotting analysis. Protein content for p-eNOS ser1177 (A), Bcl-xL (B) and IκBa (C). The results are the mean ± S.E.M. values normalized by the housekeeping protein α-tubulin (n= 5). *P< 0.05 or ***P< 0.001 vs. Control or as the indicated group. ANOVA followed by paired t-test with Bonferroni’s correction.

Figure S2. Protein content of p-eNOS ser 1177, Bcl-xL and IκBa in pancreatic islets and INS-1E cells incubated with serum from control or trained mice followed the exposure to IL-1β + IFN-γ, and protein content of p-eNOS ser 1177, Bcl-2, Bcl-xL and ratio between BAX/Bcl-2 in MIN6 cells pre-incubated with conditioned medium followed the exposure to IL-1β + IFN-γ. Control islets and INS-1E cells were pre-incubated with conditioned medium and with serum from control or trained mice for 48 h and exposed to IL-1β + IFN-γ for 48 h (for islets) or 24 h (for INS-1E cells). MIN6 cells were pre-incubated with conditioned medium from control or trained C2C12 cells for 48 h followed incubation with IL-1β + IFN-γ for 8 h. After this period, islets and cells were collected for western blotting analysis. Protein content for p-eNOS ser1177 (A, D and G), Bcl-xL (B, E and I), IκBa (C and F) and Bcl-2 (H). Ratio between BAX/Bcl-2 (J). The results are the mean ± S.E.M. values normalized by the housekeeping protein α-tubulin (n= 4-9). *P< 0.05 or **P< 0.01 vs. Conditioned Control or as the indicated group. ANOVA followed by paired t-test with Bonferroni’s correction.

Figure S3. Protein content of p-eNOS ser 1177, Bcl-2 and Bcl-xL in pancreatic islets and INS-1E cells pre-incubated with IL6 followed the exposure to IL-1β + IFN-γ. Pancreatic islets and INS-1E cells were pre-incubated with IL6 (200 ng/mL for islets and 80 ng/mL for INS-1E) followed the incubation with IL-1β + IFN-γ. Subsequently, islets and cells were collected and used for western blotting analysis. Protein content for p-eNOS ser 1177(A), Bcl-2 (B) and Bcl-xL (C). Ratio between BAX/Bcl-2 (D). The results are the mean ± S.E.M. values normalized by the housekeeping protein α-tubulin (n= 5-6). *P< 0.05 vs. Control or as the indicated group. ANOVA followed by paired t-test with Bonferroni’s correction.

Figure S4. Protein content of p-eNOS ser 1177, Bcl-2, Bcl-xL, IκBa and BAX/Bcl-2 ratio in pancreatic islets, INS-1E and MIN6 cells pre-incubated with conditioned medium with serum from trained mice or conditioned medium from C2C12 trained cells followed the exposure to IL-1β + IFN-γ in the presence of IL6 inhibitor tocilizumab. Pancreatic islets, INS-1E and MIN6 cells were pre-exposed to IL6 inhibitor tocilizumab (100 µg/mL) for 1 h before 48 h of incubation with conditioned medium with serum from trained mice or conditioned medium from C2C12 trained cells. IL-1β + IFN-γ were added to the medium for 48 h (for islets) or 24 h (for INS-1E and MIN6 cells). After this treatment period, islets and cells were collected and used for western blotting analysis. Protein content for p-eNOS ser 1177(A), Bcl-2 (B), Bcl-xL (C) and IκBa (D). Ratio between BAX/Bcl-2 (E). The results are the mean ± S.E.M. values normalized by the housekeeping protein α-tubulin (n= 4-6). *P< 0.05 or **P< 0.01 vs. Conditioned Control or as the indicated group. ANOVA followed by paired t-test with Bonferroni’s correction.