System	Type	Benefit (B)/Risk (R)	D+Q inferior	D+Q not inferior		D+Q superior
Aging & lifespan	↑ healthspan	B				2,25
Aging & lifespan	↑ life span	B				2,25
Markers of senescence	↓ markers of senescence (p16INK4a+, p21CIP1+, SABgal+ cells, p19Arf , p53)	B				2,25
CVS	↑ cardiac ischemic events	R	-2,25			
Hematological	↑ hematological toxicity (neutropenia, thrombocytopenia, anemia)	R	-2,25			
CNS	↑ cognition	B				2
CNS	↓ AB load	B				2
CNS	↑ improved cortical blood flow	B				2
CVS	↑ vasomotor/endothelial function	B				2
CVS	↓ intimal plaque calcification	B				2
Markers of senescence	↓ SASP factors, gene expression	B				2
Markers of senescence	↓ TAF cells (adipose tissue, aorta, liver)	B				2
Metabolic	↓ liver fat	B				2
CNS	↑ headache	R	-2			
CVS	↑ cardiac failure/dysfunction	R	-2			
Respiratory	↑ pleural effusion (also chylothorax)	R	-2			
CNS	↓ number of NFT- containing neurons	B				1,75
CNS	↓ ventricular volume pathology, cortical atrophy	B				1,75
CNS	↑ levels of neuronal proteins	B				1,75
CVS	↑ cardiac function (ejection fraction)	B				1,75
Markers of senescence	↓ number of "crown-like structures"	R				1,75
CVS	↑ pulmonary arterial hypertension	R	-1,75			
CVS	↑ arterial and venous occlusive events	R	-1,75			
CVS	↑ pericardial effusion or cardiac tamponade	R	-1,75			
GI	↑ GI symptoms	R	-1,75			
MS system	↑ osteonecrosis (jaw, femur)	R	-1,75			
Reproduction	↑ abnormal pregnancies	R	-1,75			
Respiratory	↑ dyspnea	R	-1,75			
CNS	↑ neurogenesis (elevated markers Dcx, CD133+, Nestin+)	B				1,5
Markers of senescence	↓ macrophages per adipocyte	B				1,5
Markers of senescence	↑ apoptosis of senescent cells	B				1,5
MS system	↑ physical function tests (distance, speed, chair-stands)	B				1,5
MS system	↑ bone strength (improved microarchitecture, fewer osteoclasts)	B				1,25
Respiratory	↑ lung compliance in IPF model	B				1,25
Respiratory	↓ airway resistance	B				1,25
Respiratory	↓ loss of body weight following lung injury	B				1,25
Skin	↓ radiation-induced skin ulcers and accelerated healing	B				1,25
CNS	↓ obesity-related anxiety behavior	B				1
CVS	↓ systolic blood pressure	B				1
CVS	↓ senescence in vascular smooth muscle cells	B				1
CVS	↑ proliferating cardiomyocytes in the aged heart (activates CPCs)	B				1
Genes	↑ SIRT1 & thioredoxin expression	B				1
Immune	↓ WBC in bronchoalveolar lavage	B				1
Immune	↓ ROS production	B				1
Markers of senescence	↑ number of primary adipocyte progenitors	B				1
Markers of senescence	↑ telomere length	B				1
Markers of senescence	↑ cell proliferative potential	B				1
Markers of senescence	↓ DNA damage response markers	B				1
Markers of senescence	↓ heterochromatin disorganization in premature aging hMSC	B				1
Markers of senescence	↓ senescent HUVECs (Q)	B				1
Markers of senescence	↓ senescent lung fibroblasts, mouse embryonic fibroblasts	B				1
Markers of senescence	↓ senescent preadipocytes (D)	B				1
Markers of senescence	↓ senescent bone-marrow-derived MSC (Q, D+Q)	B				1
Markers of senescence	↓ senescent human dermal fibroblasts	B				1
Metabolic	↑ metabolic function (glucose tolerance, insulin sensitivity)	B				1
MS system	↓ physical dysfunction	B				1
MS system	↑ endurance on treadmill test, time exhaustion, work	B				1
MS system	↑ sense of "lightness in the joints"	B				1
Renal	↓ microalbuminuria/ACR	B				1
Renal	↑ podocyte function	B				1
Renal	↓ fibrosis	B				1
Renal	↑ cortical oxygenation	B				1
Renal	↓ plasma creatinine	B				1
Reproductive system	↓ uterine miR34c (profibrotic factor)	B				1
Cell death	no effect on senescent cells (Q)	R		0		
CNS	↑ stroke	R		-1		
Cell death	↑ death of non-senescent cells (Q)	R		-1		
CNS	↑ neuropathy	R		-1		
CVS	↑ syncope	R		-1		
CVS	↑ chest pain	R		-1		
CVS	↑ hypotension	R		-1		
Eye	↑ eye disorder/optic neuropathy	R		-1		
Immune	↓ T cell function and production of proinflammatory cytokines	R		-1		
Immune	↑ anti-nuclear antibodies	R		-1		
Immune	↑ infection (pneumonia, UTI)	R		-1		
Immune	↑ fever/chills	R		-1		
Immune	↑ follicular hyperplasia/lymphadenopathy	R		-1		
Immune	↑ TTP/HUS	R		-1		
Immune	↑ panniculitis (painful subcutaneous nodules)	R		-1		
Metabolic	↑ hepatitis/elevation of liver enzymes	R		-1		
Metabolic	↑ electrolyte imbalance	R		-1		
Metabolic	↑ lipids (LDL, TG, cholesterol)	R		-1		
Metabolic	↑ glucose levels/ decreased glucose tolerance	R		-1		
MS system	↑ myalgia	R		-1		
MS system	↑ skeletal/joint pain	R		-1		
MS system	↑ muscle cramps	R		-1		
Respiratory	↑ pulmonary edema	R		-1		
Respiratory	↑ bronchial wall thickening	R		-1		
Respiratory	↑ hypoxia	R		-1		
Skin	↑ skin and/or hair hyper/hypopigmentation	R		-1		
Skin	↑ alopecia	R		-1		