

Natural molecules	miR affected	Disease	miR levels in patients	Treatment effect	Reference
17beta-estradiol (E2)	let-7a	FM	↓(Serum) ^[68]	Up-regulated	Bhat-Nakshatri P <i>et al.</i> , 2009 ^[128]
	let-7d	FM	↑(WBC ^{**}) ^[71]	Up-regulated	
	let-7i	FM	↑(WBC ^{**}) ^[71]	Up-regulated	
	miR-23a	FM	↓(CSF) ^[67] ↓(Serum) ^[70]	Up-regulated	
	miR-30b	FM	↓(CSF) ^[67] ↓(Serum) ^[68]	Up-regulated	
	miR-107	FM	↓(Serum) ^[68] ↑(WBC ^{**}) ^[71]	Up-regulated	
	miR-424	FM	↓(CSF) ^[67] ↑(Serum) ^[70]	Up-regulated	
	let-7b	FM	↓(CSF [*]) ^[67] ↑(WBC ^{**}) ^[71]	Up-regulated	
		ME/CFS	↑(PBMCs) ^[74]		
	miR-17-5p	FM	↑(WBC ^{**}) ^[71]	Up-regulated	
		ME/CFS	↓(NK cells) ^[72]		
	miR-30c	FM	↓(CSF [*]) ^[67]	Up-regulated	
		ME/CFS	↑(PBMCs) ^[74]		
	miR-1	FM	↓(Serum) ^[70] ↑(WBC ^{**}) ^[71]	Down-regulated	
	miR-526b	FM	↑(CSF [*]) ^[67]	Down-regulated	
	miR-27a	FM	↓(CSF [*]) ^[67]	Down-regulated	
		ME/CFS	↑(PBMCs) ^[74]		
	miR-143	FM	↓(CSF [*]) ^[67] ↓(PBMCs) ^[69]	Down-regulated	
		ME/CFS	↑(Plasma) ^[73]		
	miR-126	FM	↑(WBC ^{**}) ^[71]	Down-regulated	
ME/CFS		↓(Plasma) ^[73] ↑(PBMCs) ^[74]			
miR-27b	FM	↓(CSF [*]) ^[67]	Down-regulated		
	ME/CFS	↑(PBMCs) ^[74]			
let-7g	FM	↓(CSF [*]) ^[67]	Up-regulated		
	ME/CFS	↓(Plasma) ^[73]	Down-regulated		
miR-21	FM	↓(CSF [*]) ^[67] ↓(PBMCs) ^[69]	Up-regulated		
	ME/CFS	↓(NK cells/ CD8 ⁺) ^[72]	Down-regulated		
Dihydrotestosterone (DHT)	miR-29a	FM	↓(CSF [*]) ^[67]	Up-regulated	Waltering KK <i>et al.</i> , 2011 ^[131]
	miR-21	FM	↓(CSF [*]) ^[67] ↓(PBMCs) ^[69]	Up-regulated	
		ME/CFS	↓(NK cells/ CD8 ⁺) ^[72]		
	miR-22	FM	↑(WBC ^{**}) ^[71]	Up-regulated	
		ME/CFS	↑(PBMCs) ^[74]		
	miR-150*	FM	↓(CSF [*]) ^[67]	Down-regulated	
miR-221	FM	↑(WBC ^{**}) ^[71]	Down-regulated		

Estrogen	<u>miR-143</u>	FM	↓(CSF*) ^[67] / ↓(PBMCs) ^[69]	Down-regulated	Yu X <i>et al.</i> , 2012 ^[132]	
		ME/CFS	↑(Plasma) ^[73]			
	<u>miR-16</u>	FM	↓(CSF*) ^[67]	Down-regulated		
		ME/CFS	↓(Plasma) ^[73]			
Glucose	miR-23b	FM	↓(CSF*) ^[67]	Up-regulated	Feng B <i>et al.</i> , 2014 ^[133]	
	miR-133a	FM	↓(Serum) ^[70]	Up-regulated		
	miR-150	FM	↓(CSF*) ^[67]	Up-regulated		
	miR-381	ME/CFS	↑(Plasma) ^[73]	Up-regulated		
	miR-450b-5p	ME/CFS	↑(Plasma) ^[73]	Up-regulated		
	<u>miR-1</u>	FM	↓(Serum) ^[70] ↑(WBC**) ^[71]	Down-regulated		
		miR-34c-5p	FM			↓(CSF*) ^[67]
	miR-182	FM	↓(CSF*) ^[67]	Down-regulated		
	miR-346	FM	↓(Serum) ^[70]	Down-regulated		
	miR-526b	FM	↑(CSF*) ^[67]	Down-regulated		
	miR-616	FM	↑(CSF*) ^[67]	Down-regulated		
	miR-708	FM	↓(CSF*) ^[67]	Down-regulated		
	<u>miR-199a-5p</u>	FM	↑(WBC**) ^[71]	Down-regulated		
		ME/CFS	↑(PBMCs) ^[74]			
	miR-29a	FM	↓(CSF*) ^[67]	Down-regulated		Du B <i>et al.</i> , 2010 ^[134]
	miR-29c	FM	↓(CSF*) ^[67]	Down-regulated		
miR-195	FM	↓(CSF*) ^[67]	Down-regulated			
miR-374b	FM	↓(Serum) ^[68]	Down-regulated			
<u>miR-16</u>	FM	↓(CSF*) ^[67]	Down-regulated			
	ME/CFS	↓(Plasma) ^[73]				
Oleic acid	miR-181a-5p	ME/CFS	↑(PBMCs) ^[74]	Up-regulated	Gil-Zamorano J <i>et al.</i> , 2014 ^[108]	
Palmitic acid	<u>miR-1</u>	FM	↓(Serum) ^[70] ↑(WBC**) ^[71]	Up-regulated	Gil-Zamorano J <i>et al.</i> , 2014 ^[108]	
		miR-106b	ME/CFS			↓(NK cells) ^[72]
Progesterone	<u>miR-21</u>	FM	↓(CSF*) ^[67] ↓(PBMCs) ^[69]	Up-regulated	Bae J <i>et al.</i> , 2012 ^[135]	
		ME/CFS	↓(NK cells/ CD8+) ^[72]			
	miR-27b*	FM	↓(CSF*) ^[67]	Up-regulated	Cochrane DR <i>et al.</i> , 2012 ^[136]	
		ME/CFS	↑(PBMCs) ^[74]			
	miR-30c-1*	ME/CFS	↑(PBMCs) ^[74]	Up-regulated		
	miR-20a	FM	↓(CSF*) ^[67]	Down-regulated		
			↓(Serum) ^[70]			
	<u>miR-30b</u>	FM	↓(CSF*) ^[67] ↓(Serum) ^[68]	Down-regulated		
	miR-101	FM	↓(CSF*) ^[67]	Down-regulated		
	miR-130a	FM	↑(WBC**) ^[71]	Down-regulated		
	miR-301a	FM	↑(WBC**) ^[71]	Down-regulated		
	miR-29c	FM	↓(CSF*) ^[67]	Down-regulated		
miR-19b	FM	↓(CSF*) ^[67]	Down-regulated			
	ME/CFS	↑(PBMCs) ^[74]				
miR-324-5p	ME/CFS	↑(PBMCs) ^[74]	Down-regulated			

	miR-370	ME/CFS	↑(Plasma) [73]	Down-regulated	Bae J et al., 2012 ^[135] ; Cochrane DR et al., 2012 ^[136]
Testosterone	miR-29a	FM	↓(CSF*) [67]	Up-regulated	Wang WL et al., 2011 ^[137]
Vitamin D3	let-7a	FM	↓(Serum) [68]	Up-regulated	Jorde R et al., 2012 ^[138]
	let-7d	FM	↑(WBC**) [71]	Up-regulated	
	miR-221	FM	↑(WBC**) [71]	Up-regulated	
	miR-374b	FM	↓(Serum) [68]	Up-regulated	
	miR-338-3p	FM	↓(PBMCs) [69]	Up-regulated	
	miR-99b	FM	↓(CSF*) [67]	Up-regulated	
		ME/CFS	↑(PBMCs) [74]		
	<u>miR-26a</u>	FM	↓(CSF*) [67]	Up-regulated	
		ME/CFS	↓(Plasma) [73]		
	<u>miR-146a</u>	FM	↑(WBC**) [71]	Up-regulated	
		ME/CFS	↓(NK cells) [72]		
	miR-191	ME/CFS	↓(NK cells) [72]	Up-regulated	
			↑(PBMCs) [74]		
	<u>miR-331-3p</u>	FM	↑(WBC**) [71]	Up-regulated	
		ME/CFS	↑(Plasma) [73]		
	miR-339-5p	FM	↑(WBC**) [71]	Up-regulated	
		ME/CFS	↑(WBC**) [71]		
	miR-151-3p	ME/CFS	↑(PBMCs) [74]	Up-regulated	
miR-424	FM	↓(CSF*) [67]	Down-regulated		
		↑(Serum) [70]			
<u>miR-22</u>	FM	↑(WBC**) [71]	Down-regulated		
	ME/CFS	↑(PBMCs) [74]			
miR-324-5p	ME/CFS	↑(PBMCs) [74]	Down-regulated		
miR-106b	ME/CFS	↓(NK cells) [72]	Down-regulated		

Bolded miRs correspond to miRs DE according to more than one FM or ME/CFS study. Underlined miRs correspond to miRs DE in both, FM and ME/CFS studies.