Table S3: Turn Down - Turn Up Platelet Rich Plasma protocol per Machado *et al.* [1].

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| **Turn Down-Turn Up PRP Protocol - Double Spin - Closed System:** |
| 1. Collect the desired volume (8.5 ml) through peripheral venous access, directly into the vacuum tube with ACD (1.5 ml). 2. Equalize the remaining vacuum in the tube. 3. Centrifuge at 200G for 15 minutes with the tube cap facing down (figure 1 from the article). 4. Remove the tube from the centrifuge carefully, maintain a facing down position, without turning the tube. 5. Under aseptic technique, aspirate 3.5ml of the hematic layer through the rubber cap. 6. Turn the tube to an upright position (cap facing up). 7. Centrifuge at 1600G for 10 minutes, with the lid facing up. 8. Under aseptic technique, aspirate 3.5 ml of the superior portion of the material (platelet poor plasma, PPP). 9. Aspirate the desired amount of PRP (1-2 ml) from the lower portion of the centrifuged. |

1. Machado ES, Leite R, Dos Santos CC *et al*. Turn down - turn up: a simple and low-cost protocol for preparing platelet-rich plasma*.* *Clinics (Sao Paulo)* 74 e1132 (2019).