Table S1: Sequences of primers used for RT-qPCR to assess expression of the indicated genes

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| --- | --- | --- |
| Gene  | Forward primer (5’ to 3’)  | Reverse primer (5’ to 3’)  |
| Cyclophilin A | TTCCTCCTTTCACAGAATTATTCCA | CCGCCAGTGCCATTATGG |
| Beta-2-microglobulin | CTTTCTGGTGCTTGTCTCACTGA | GTATGTTCGGCTTCCCATTCTC |
| 18S  | AGTTAGCATGCCAGAGTCTCG | TGCATGGCCGTTCTTAGTTG |
| RPLP0 | GGACCCGAGAAGACCTCCTT | GCACATCACTCAGAATTTCAATGG |
| MuRF1 | CTTCCTCTCAAGTGCCAAGCA | GTGTTCTAAGTCCAGAGTAAAGTAGTCCAT |
| Atrogin-1 | CAGCAGCTGAATAGCATCCAGAT | TCTGCATGATGTTCAGTTGTAAGC |
| SMART  | CACAGGGATGTCTGCTACTC | ACACAGTTGTAGCCGTACCTC  |
| FoXO1 | AAGAGCGTGCCCTACTTCAAGGATA | CCATGGACGCAGCTCTTCTC |
| LC3B | GAGCAGCACCCCACCAAGAT | CGTGGTCAGGCACCAGGAA |
| p62/SQSTM1 | GAATGTGGGGGAGAGTGTGG | TCTTCTGTGCCTGTGCTGGA |
| Gabarapl | CCCTCCCACCAGTGCTACCAT | TCATCACTGTAGGCCACATACAGAAAA |
| Bnip3 | AGGTTTTCCTTCCATCTCTGTTACTG | TGTGTGAACAGAAGTCAGATCCAAA |
| REDD1 | TCGGCGCTTCACTACTGACC | CCTAACACCCACCCCATTCC |

Table S2: Antibodies used for western blot

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| Antibody  | Cat. number  | Antibody | Cat. number |
| p-FoXO1 (Thr24)  | #9464 | p-S6 (S235/236)  | #4856 |
| FoXO1  | #2880 | S6 | #2217 |
| LC3B  | #2775 | p-p70S6 (Thr389)  | #9205 |
| p-ULK1 (S757)  | #6888 | p70S6 | #9202 |
| ULK1  | #8054 | p-mTOR (S2448) | #2971 |
| p62/sqstm | #5114 | mTOR | #2983 |
| p-4EBP1 (S65)  | #9451 | p-Akt (S473)  | #9271 |
| p-4EBP1 (Thr37/46)  | #9459 | Akt  | #9272 |
| 4EBP1  | #9452 |  |  |