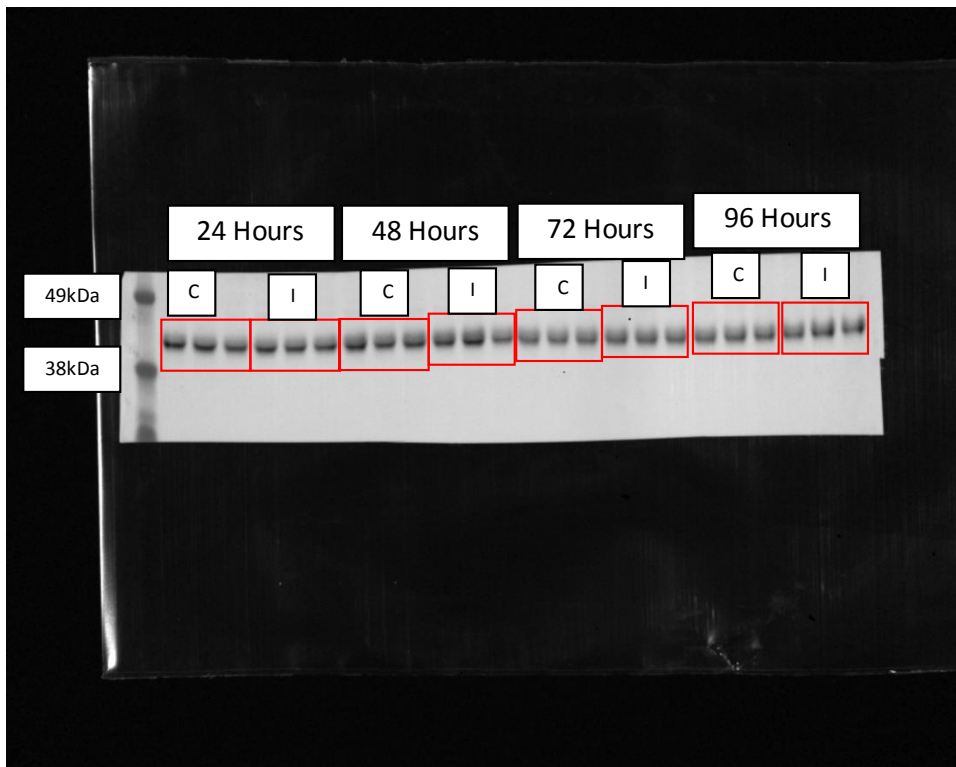
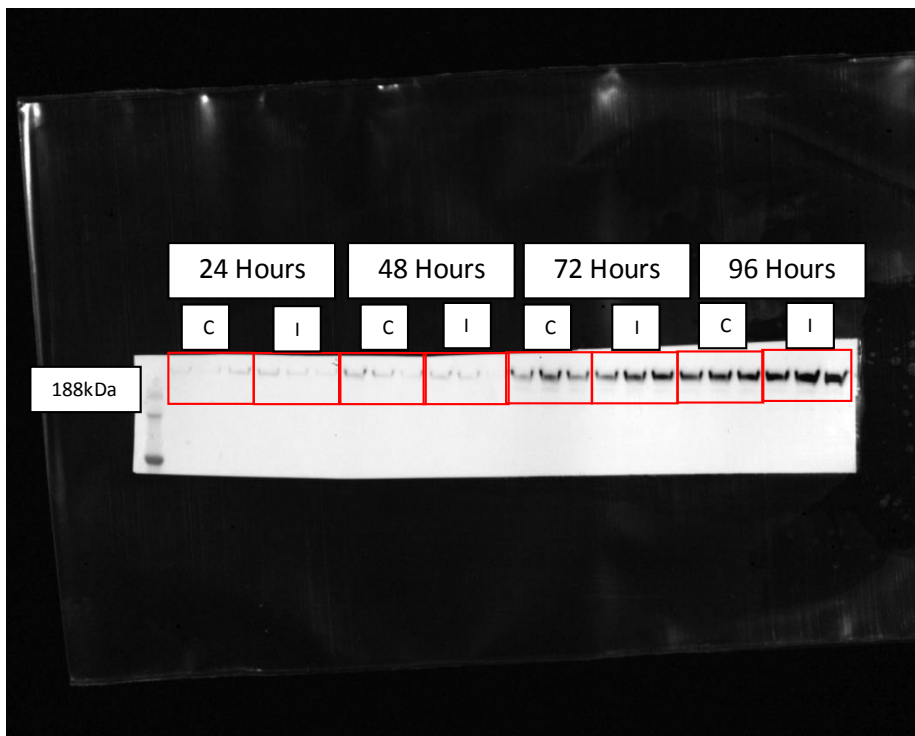


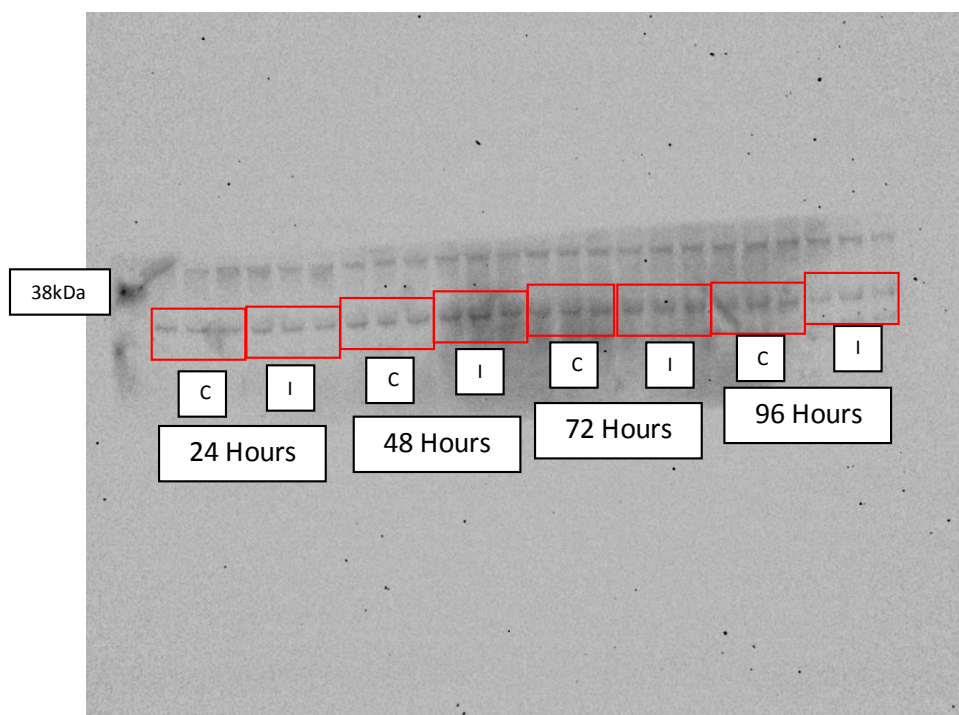
Supplementary Figure 1: Full western blot scans for Figure 2g



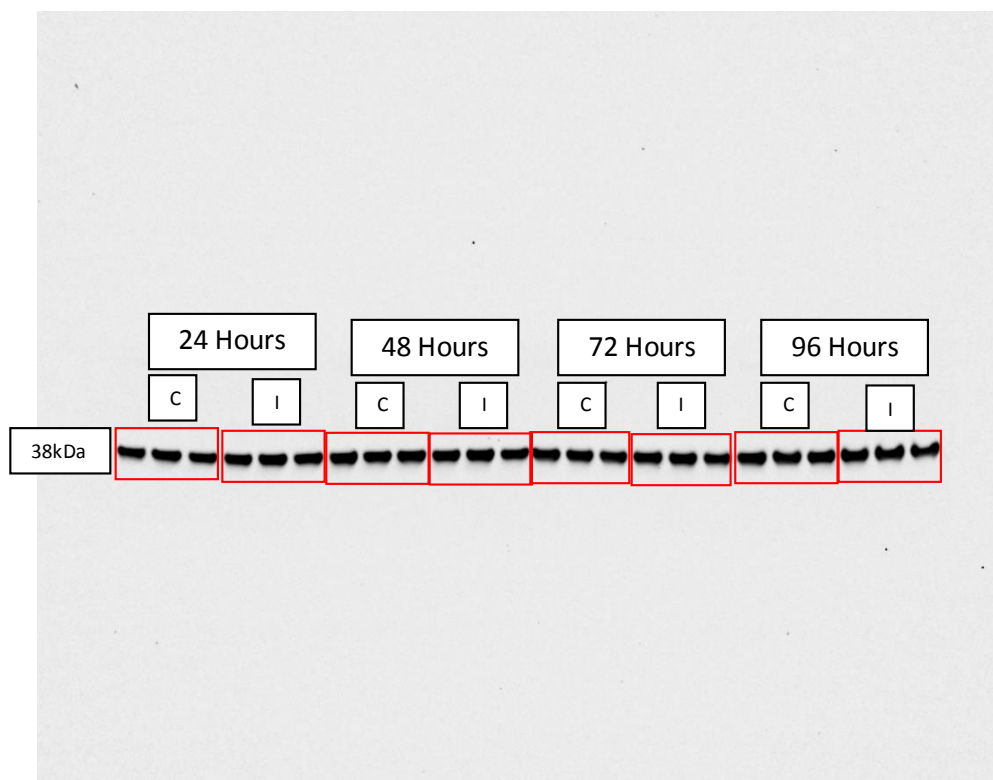
MyoD Western blot scan



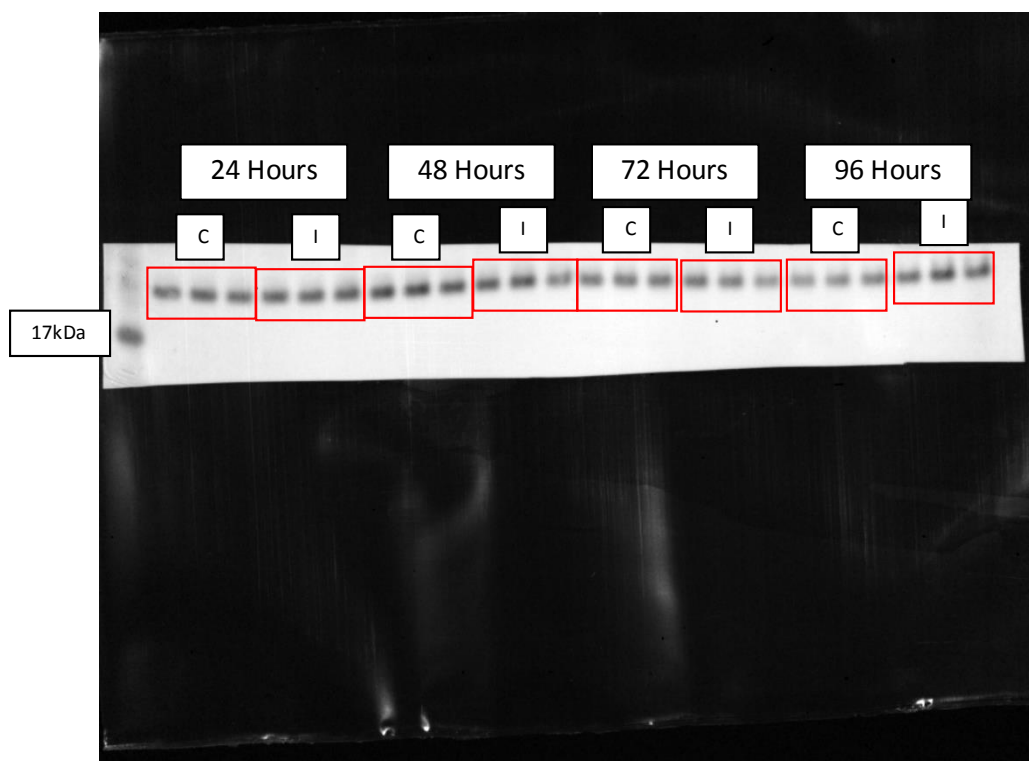
MHC Western blot scan



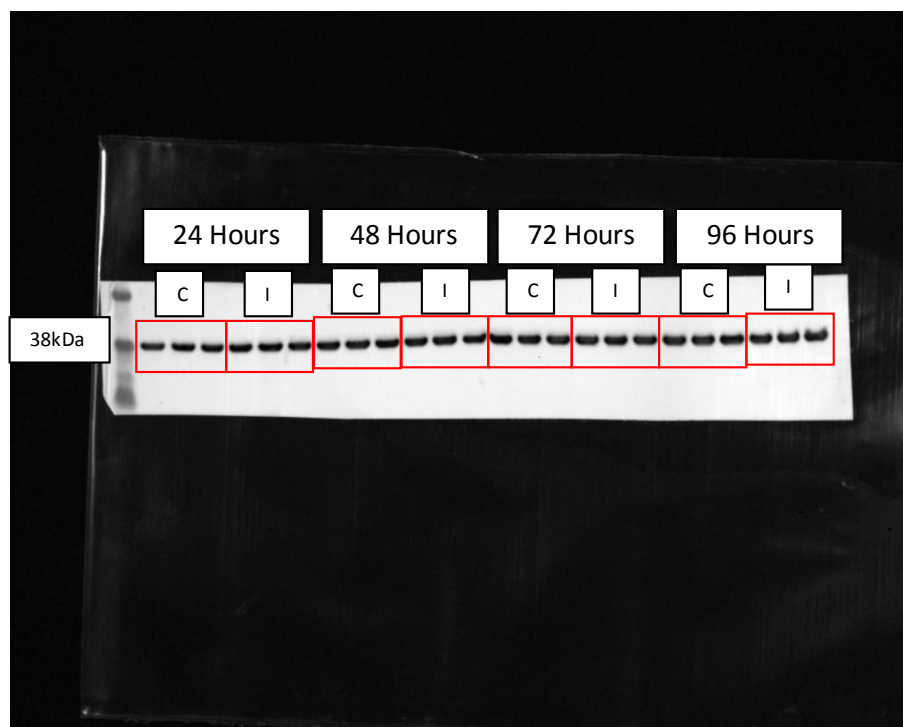
Myogenin Western blot scan



GAPDH Western blot scan for MyoD, MHC and Myogenin

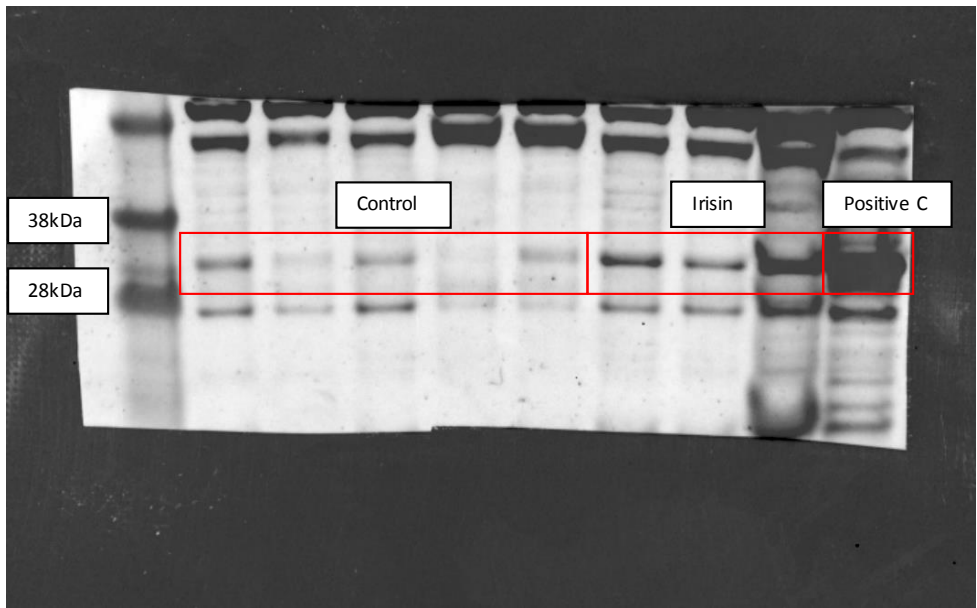


P21 Western blot scan

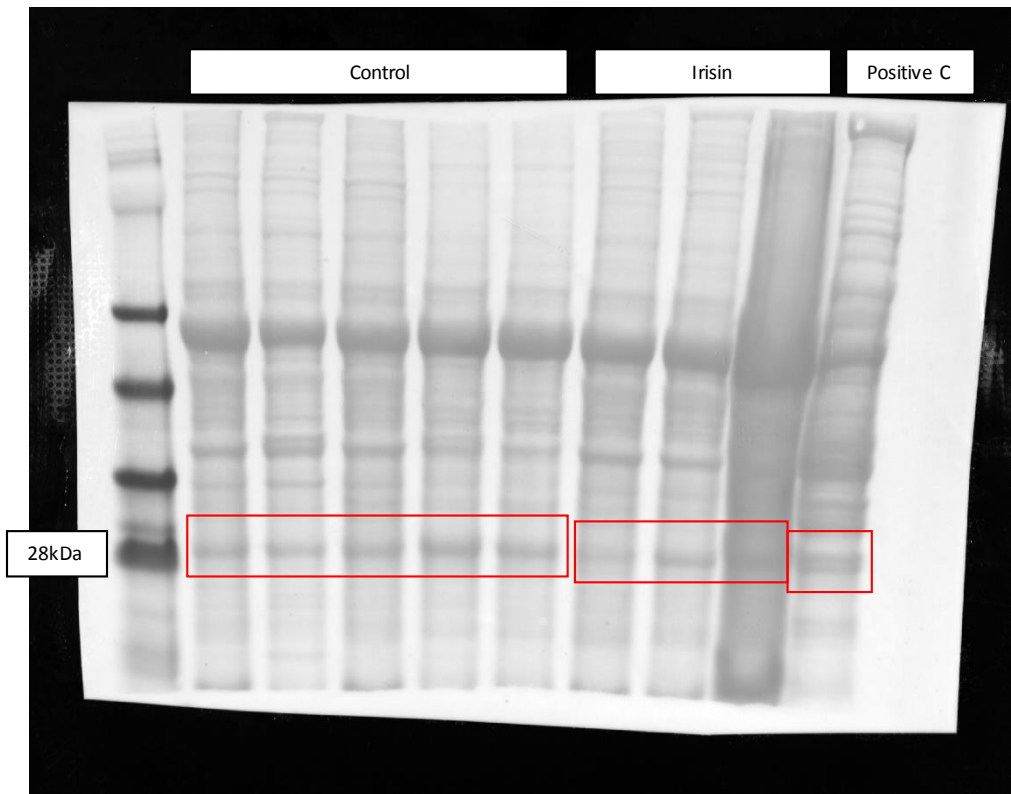


GAPDH Western blot scan for p21

Supplementary Figure 2: Full western blot scans for Figure 4b(i)

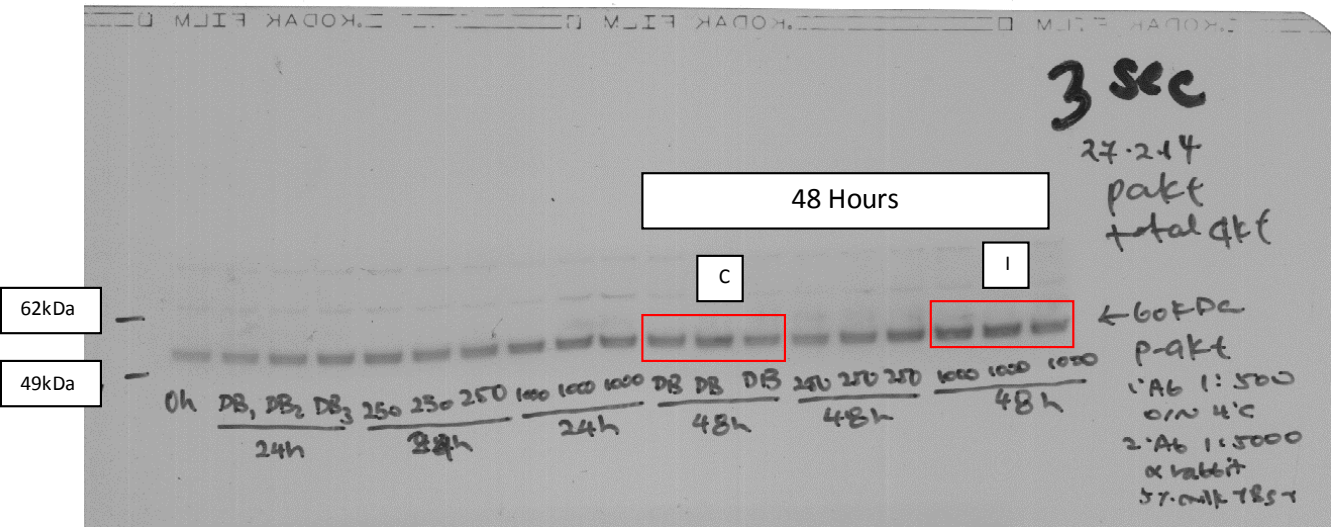


Western blot scan for Ucp1

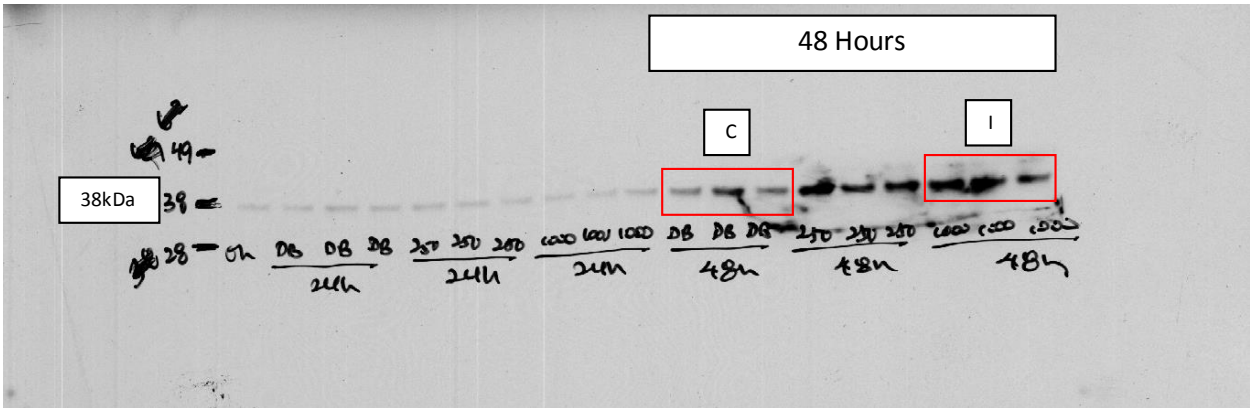


Ponceau Image for Ucp1

Supplementary Figure 3: Full western blot scans for Figure 5a

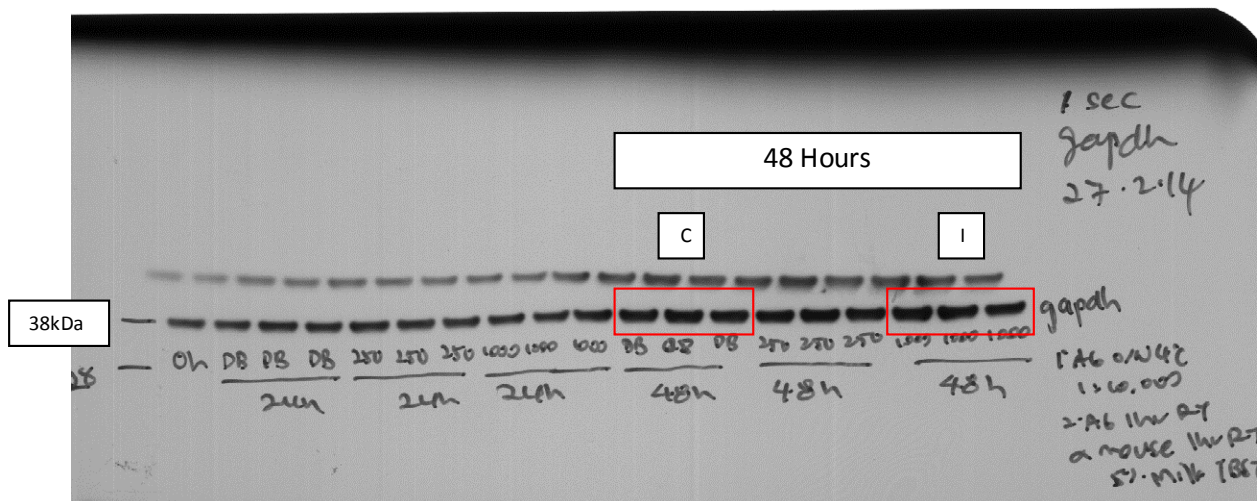


p-Akt Western blot scan- irrelevant western blot is not shown

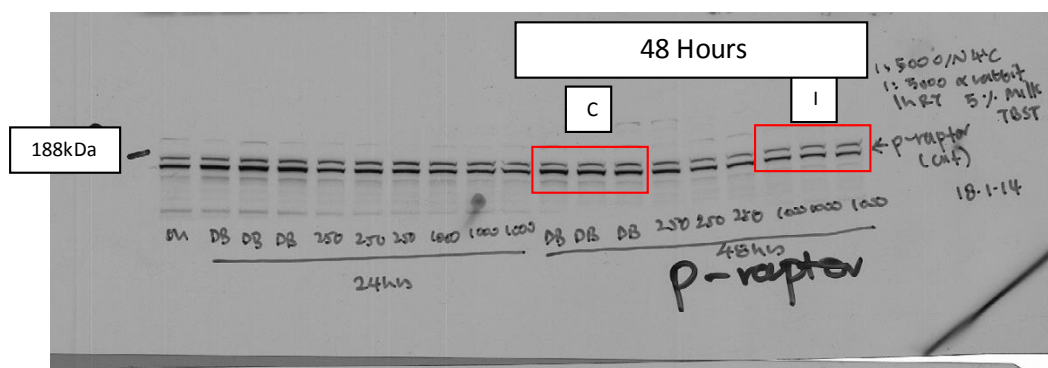


p-Erk Western blot scan- irrelevant western blot is not shown

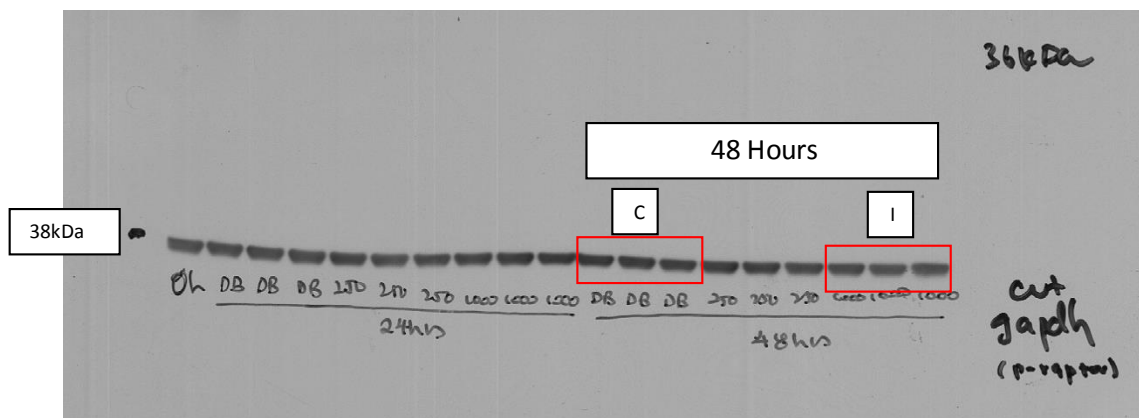




GAPDH Western blot scan for p-Akt and p-Erk

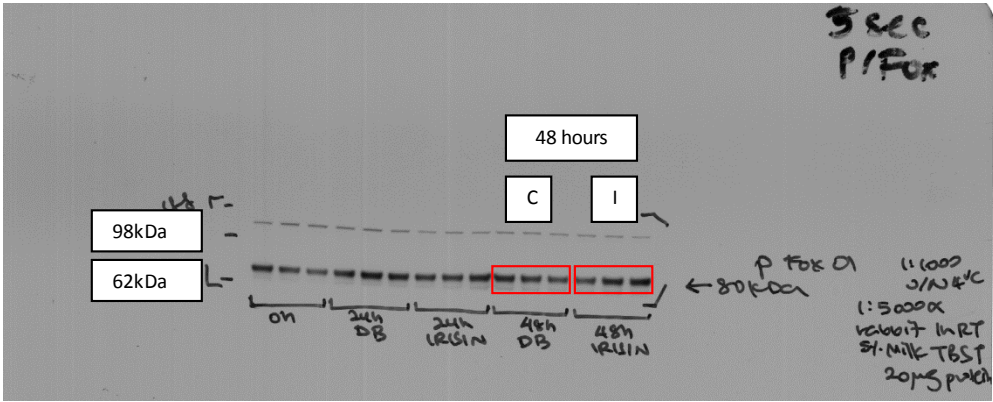


p-raptor Western blot scan - irrelevant western blot is not shown

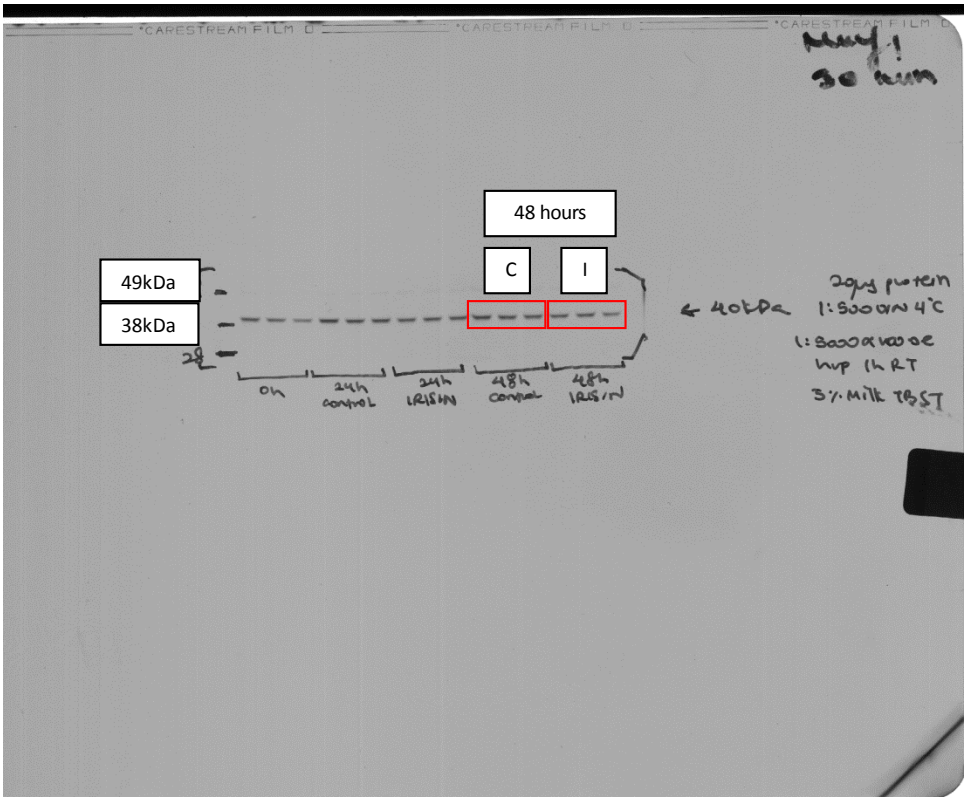


GAPDH Western blot scan for p-raptor- irrelevant western blot is not shown

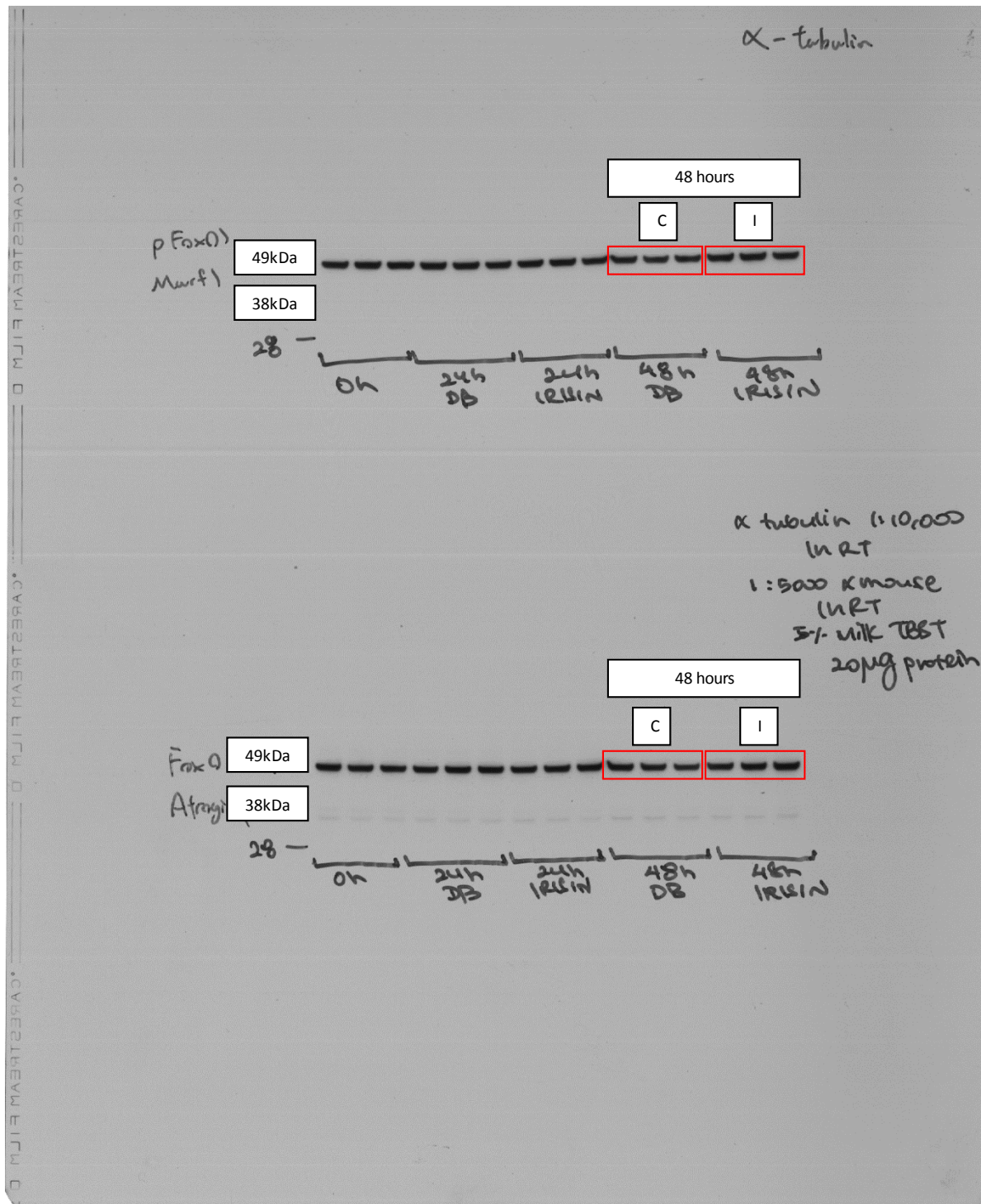
Supplementary Figure 4: Full western blot scans for Figure 5b



p-FoxO1 Western blot scan- irrelevant western blot is not shown



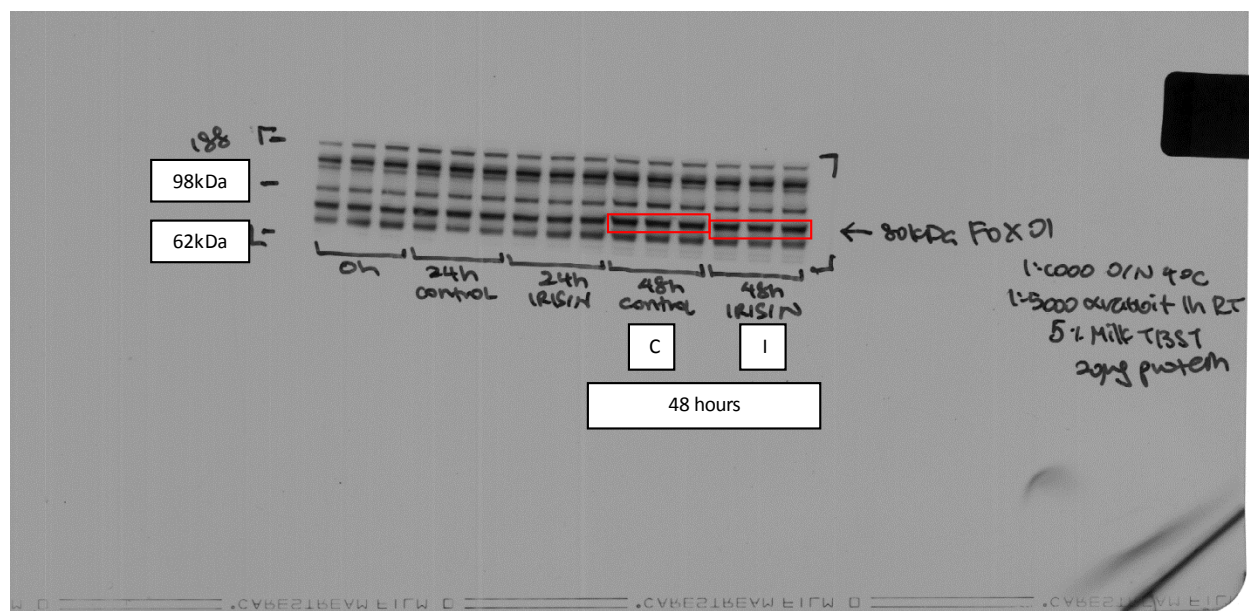
Murf1 Western blot scan



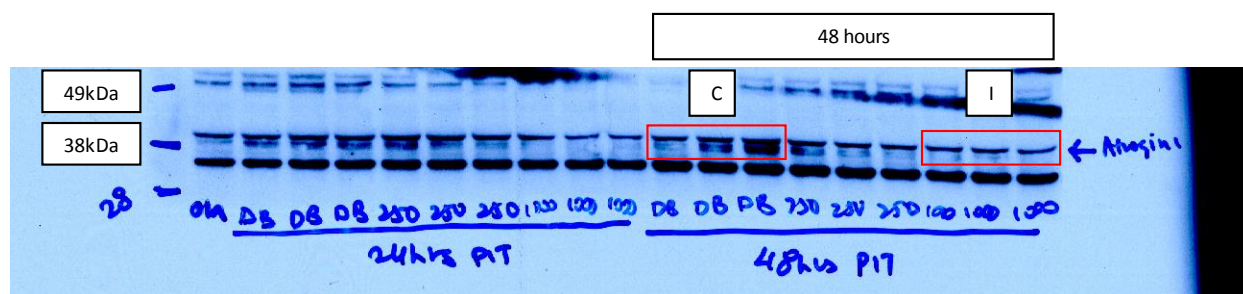
α-tubulin Western blot scan for p-FoxO1 and Murf1- top blot

α-tubulin Western blot scan for FoxO1 bottom blot

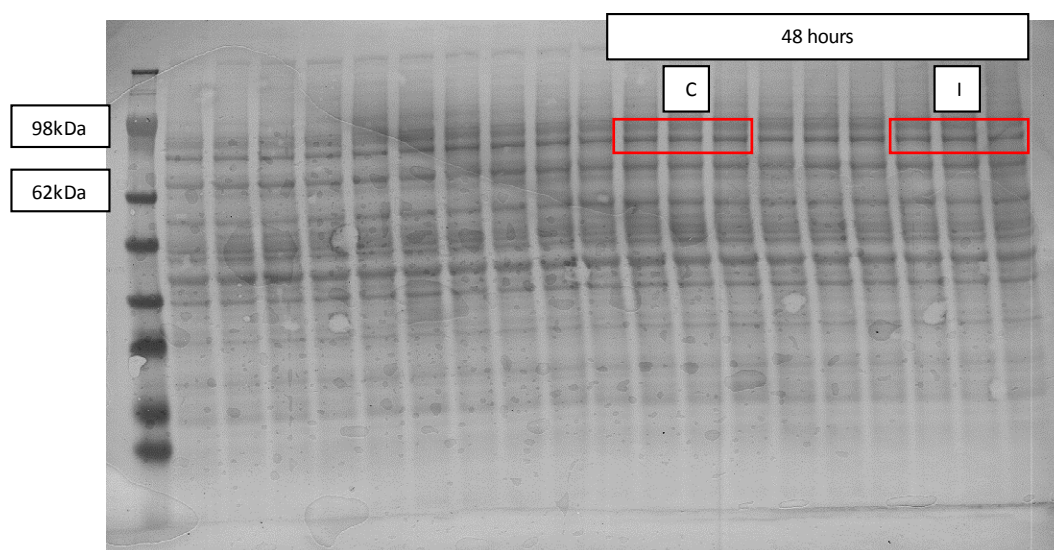




FoxO1 Western blot scan- irrelevant western blot is not shown

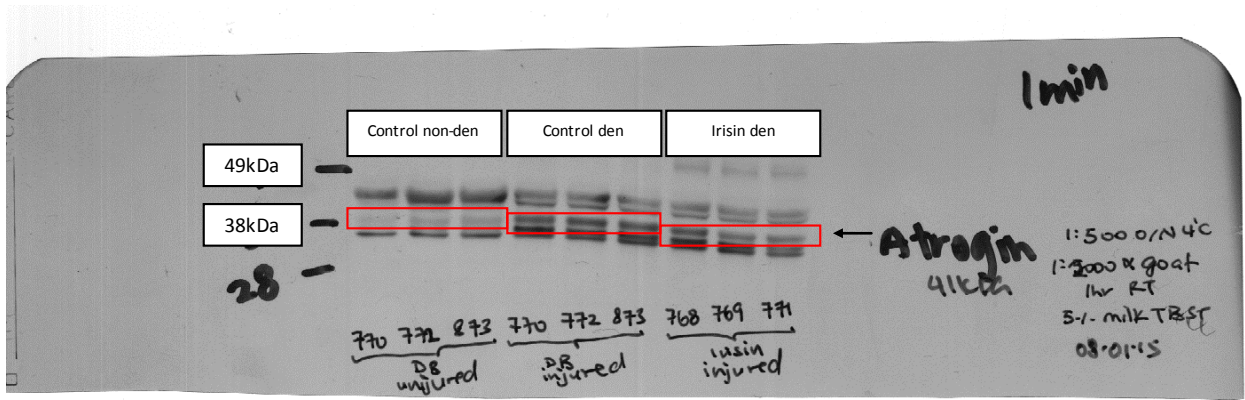


Atrogin-1 Western blot scan

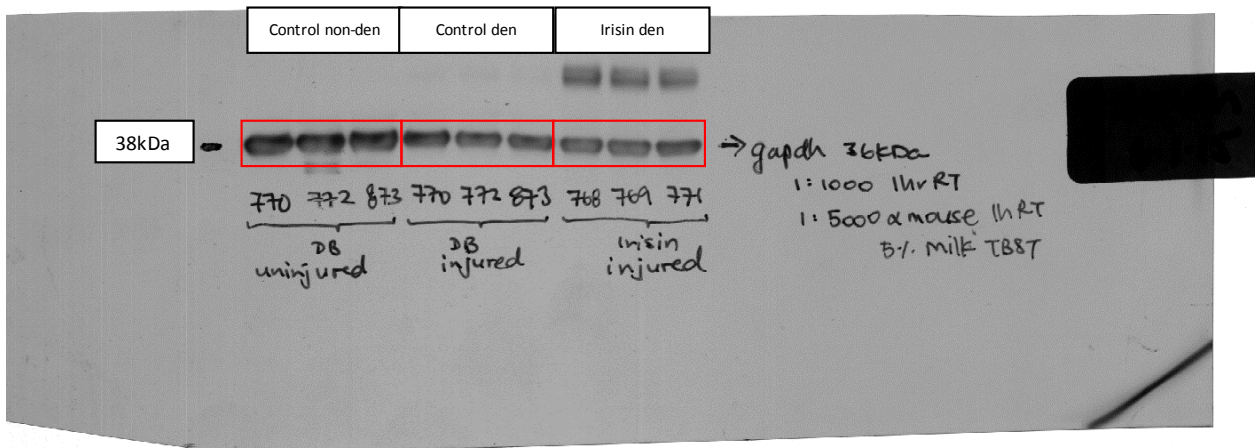


Ponceau S staining for Atrogin-1

Supplementary Figure 5: Full western blot scans for Figure 9c

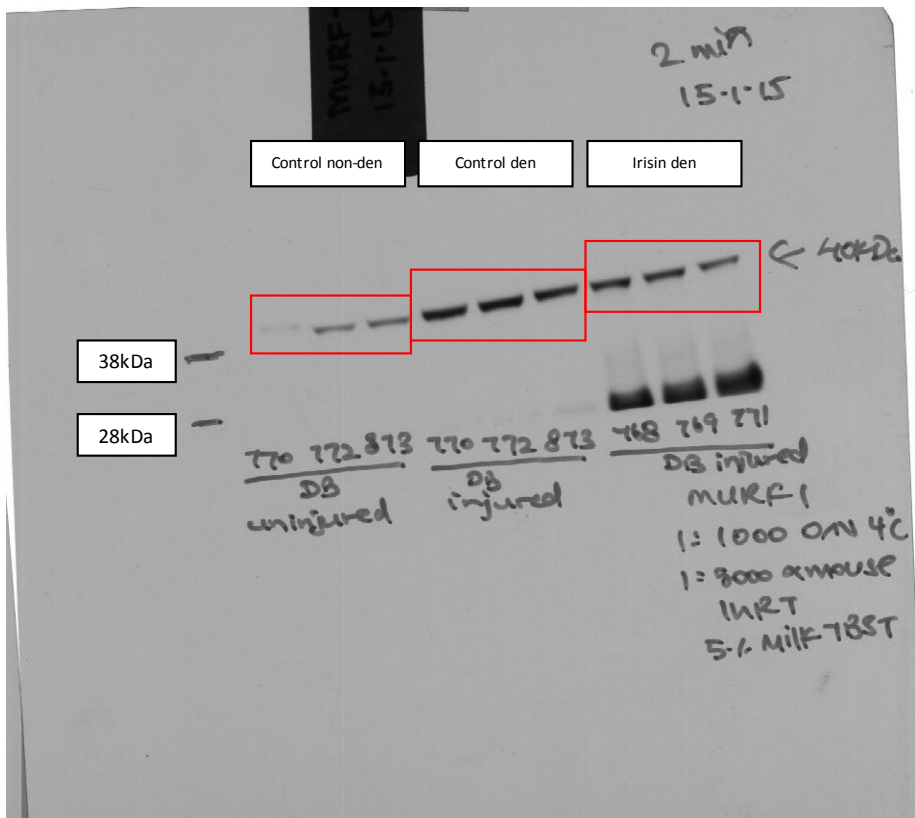


Atrogin-1 Western blot scan

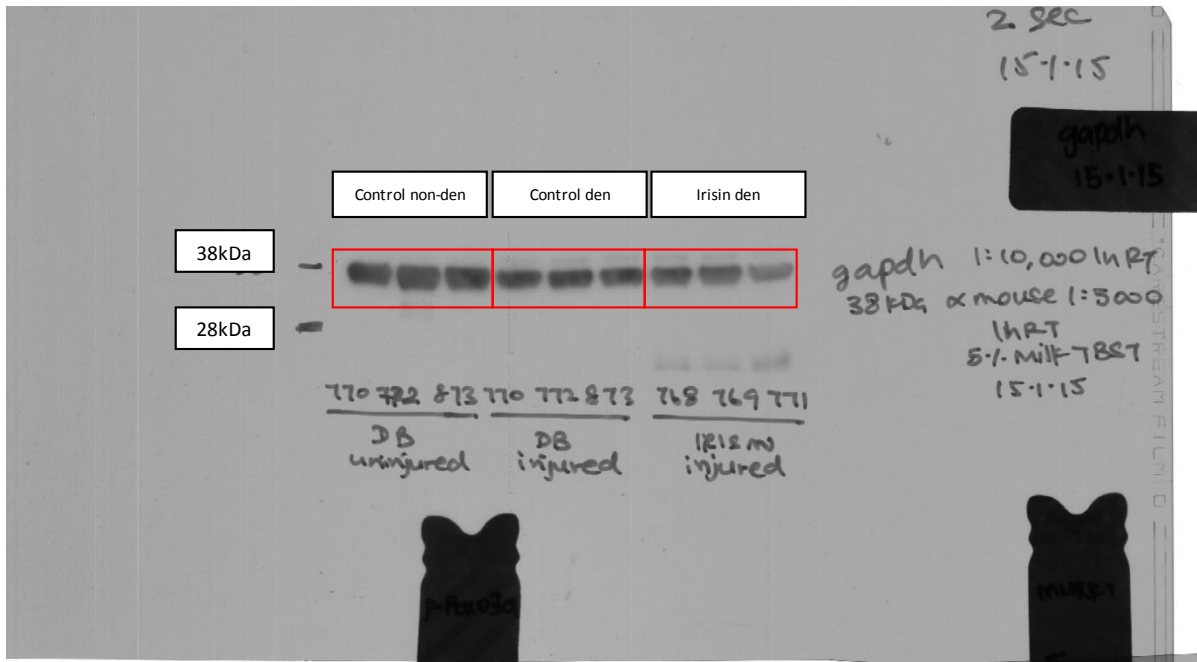


GAPDH Western blot scan for Atrogin-1

Supplementary Figure 6: Full western blot scans for Figure 9e



MurF1 Western blot scan



GAPDH Western blot scan for MurF1