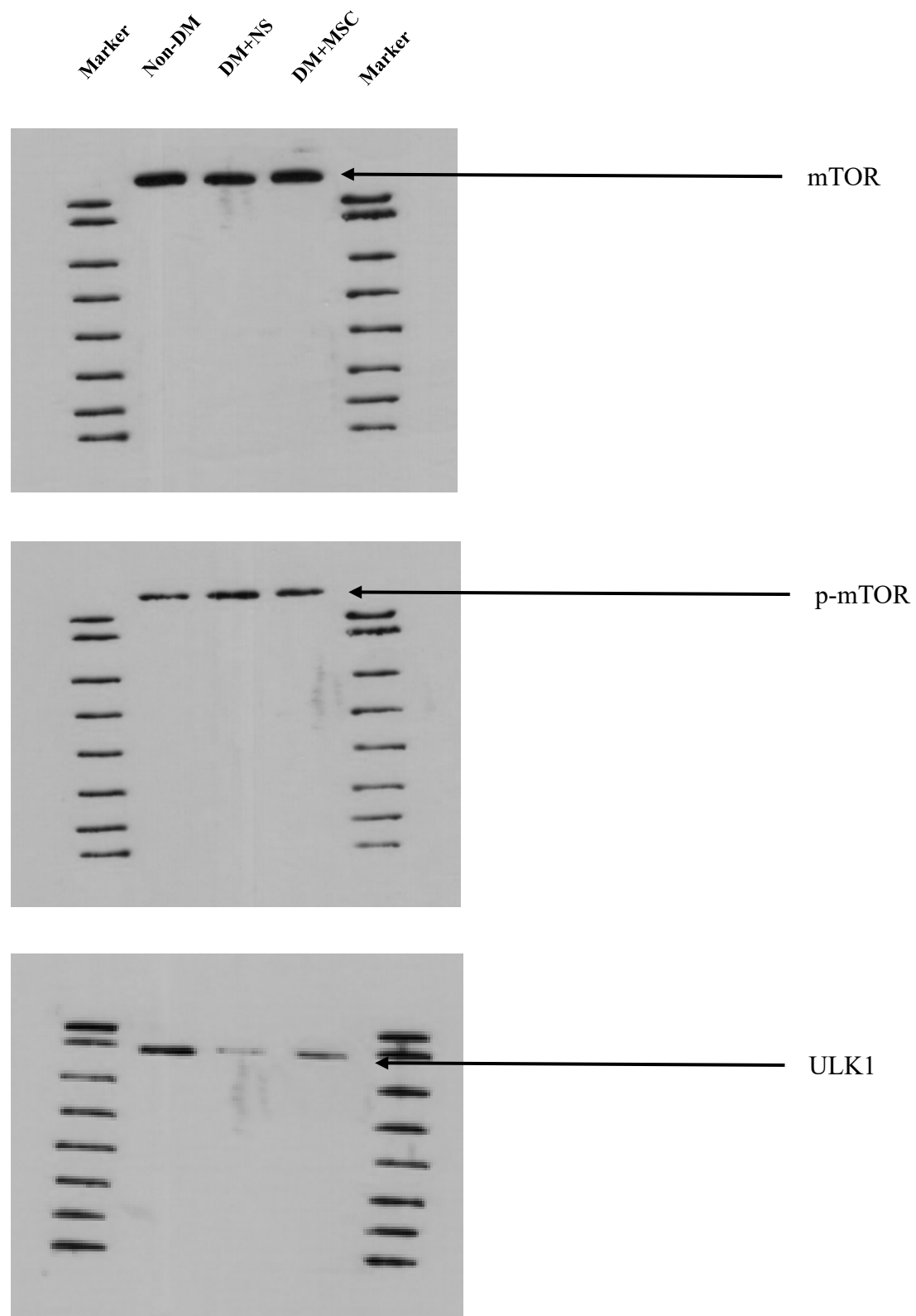
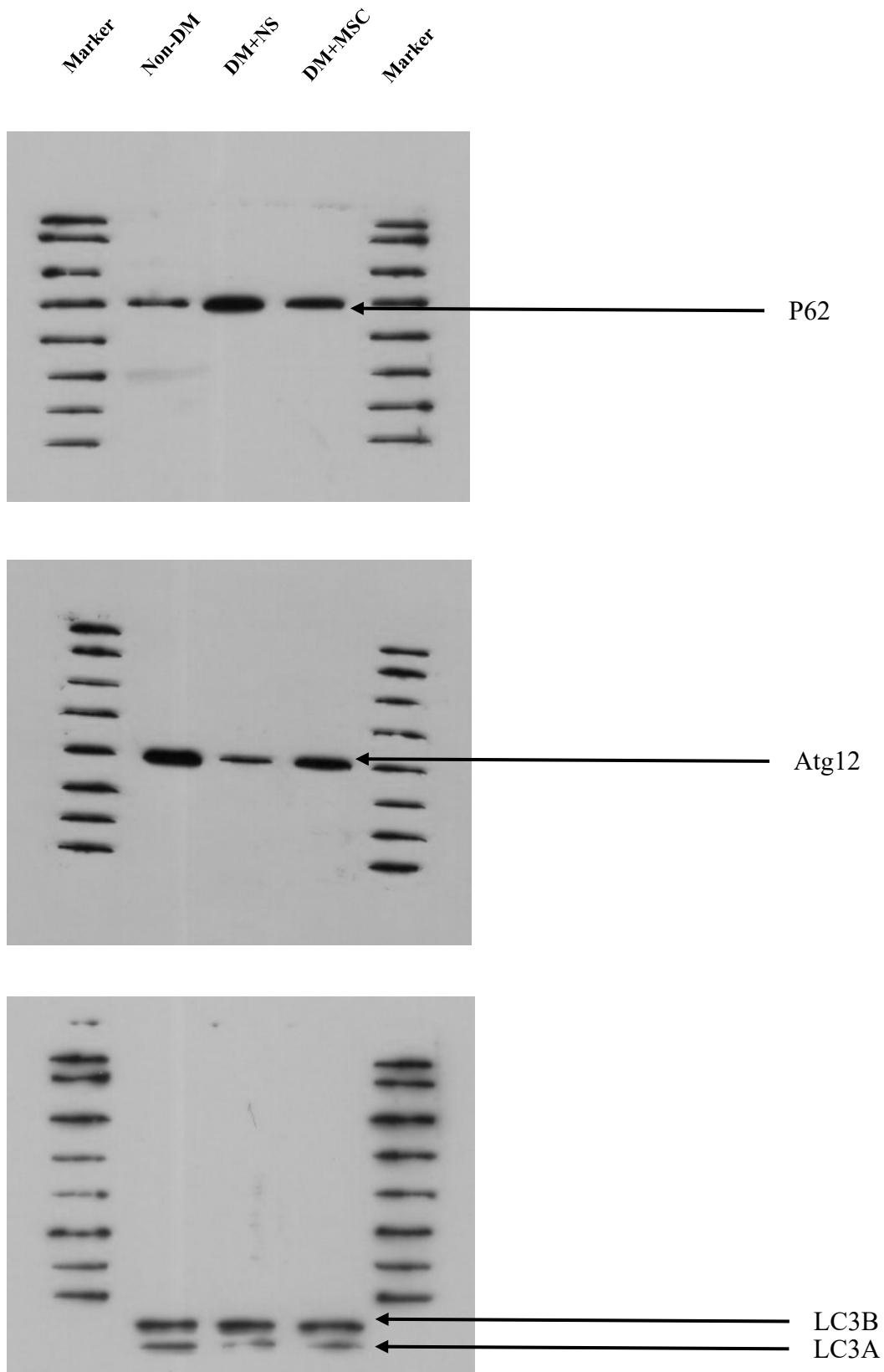
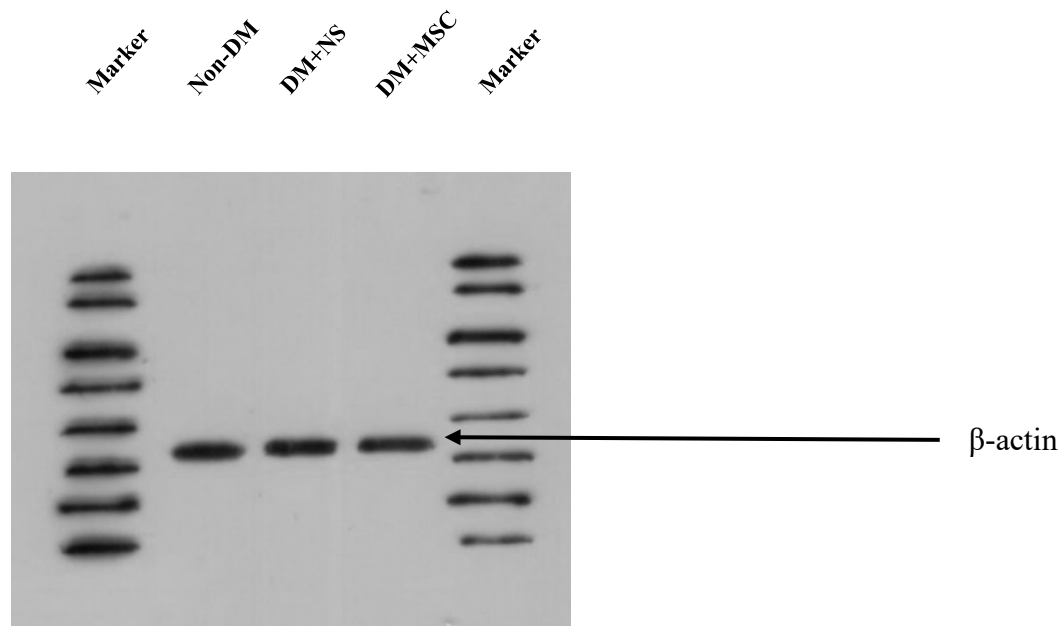


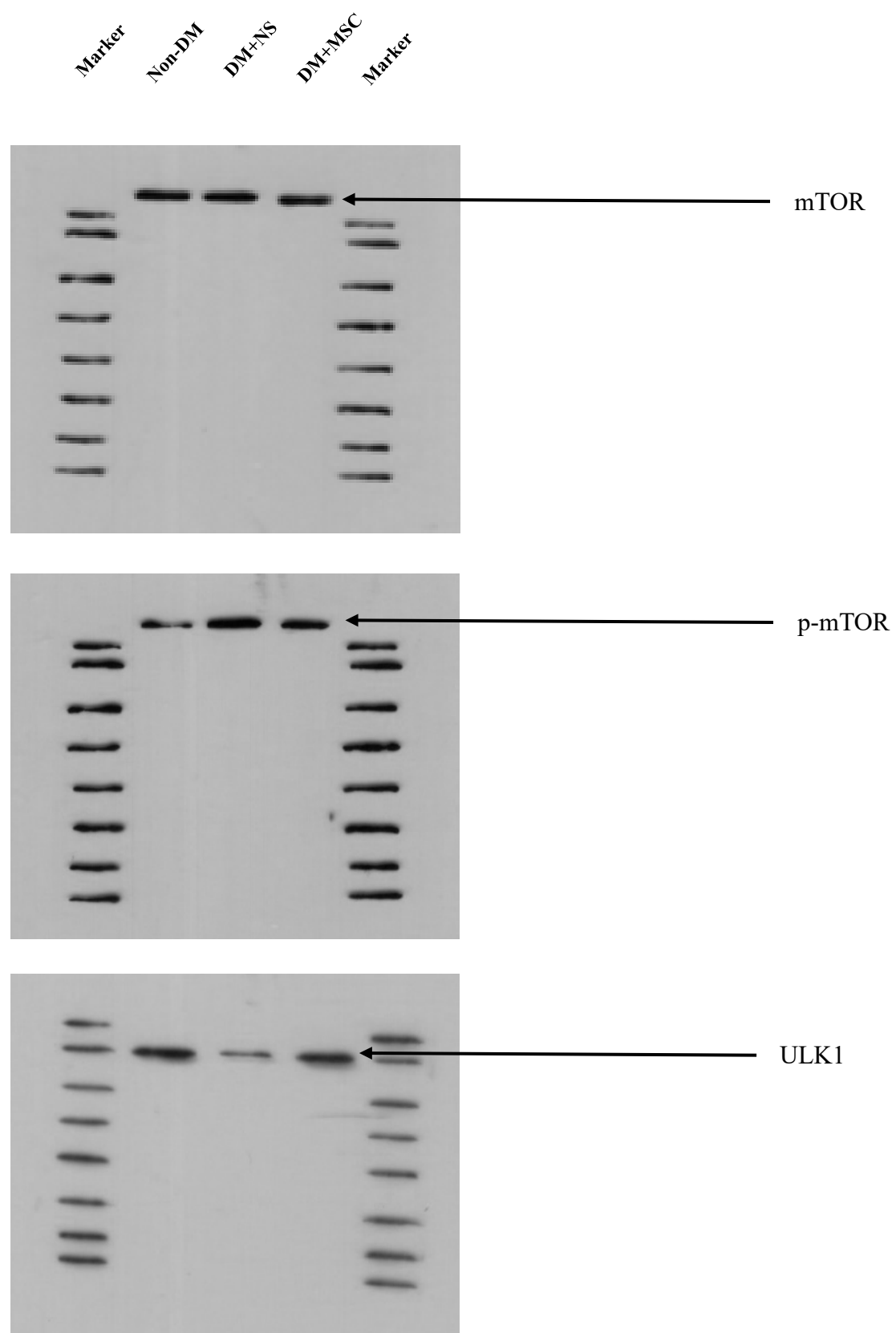
## Full-length blots

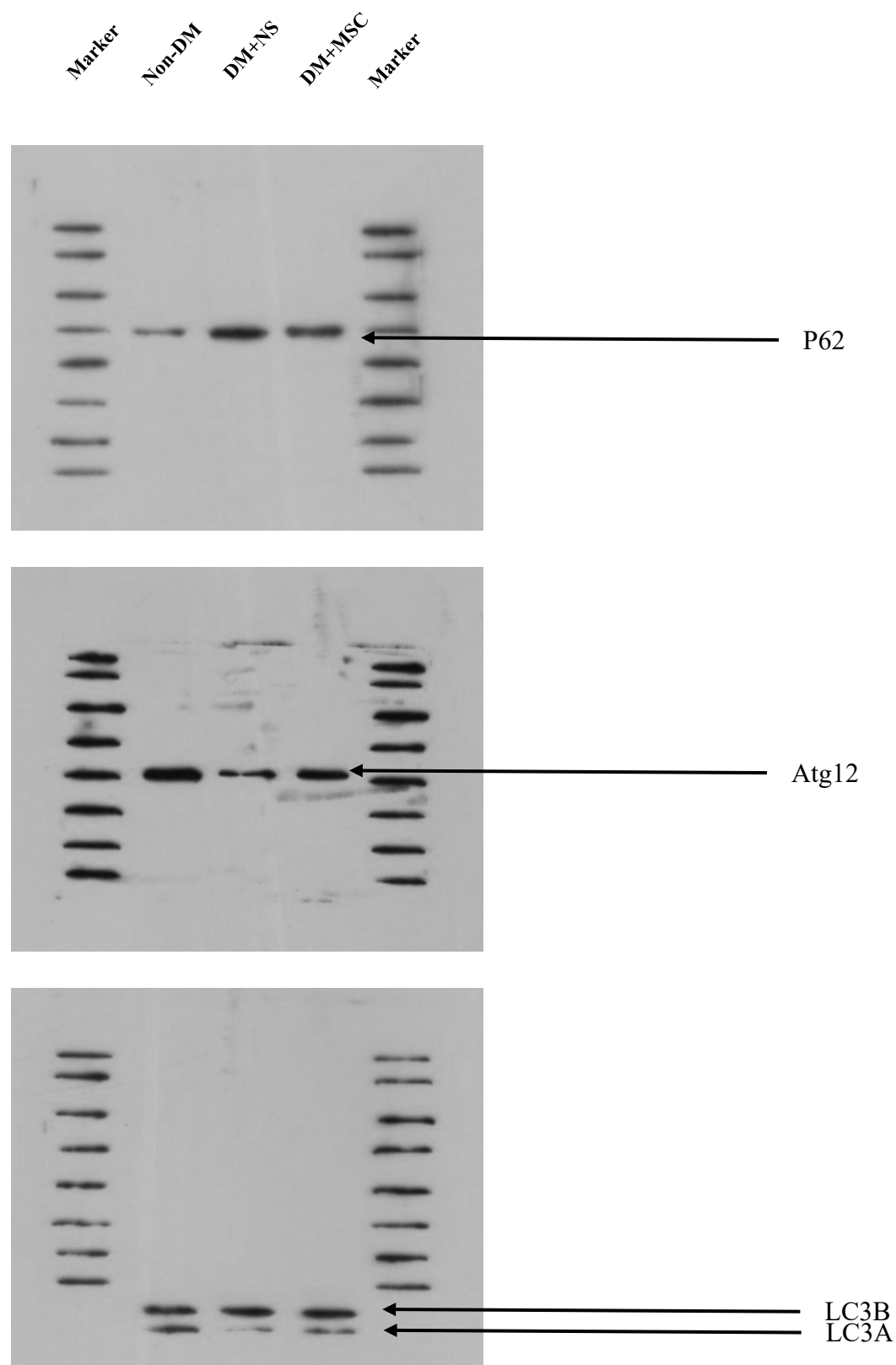






**Supplementary Figure S1. Full-length blots of Figure 8C (10 weeks).** For detecting mTOR, p-mTOR, ULK1, Atg12, p62, and LC3A/B, the PVDF membrane were probed with antibodies against mTOR, p-mTOR, ULK1, Atg12, p62, LC3A/B, GAPDH, and  $\beta$ -actin, respectively. For each target protein, the probed-membrane was stripped by stripping buffer (Cat. No. 46430, Thermo Fisher Scientific) after detected by the  $\beta$ -actin antibody, and then re-probed with the target antibody again. The blots of target protein were indicated with an arrow.





**Supplementary Figure S1. Full-length blots of Figure 8C (18 weeks).** For detecting mTOR, p-mTOR, ULK1, Atg12, p62, and LC3A/B, the PVDF membrane were probed with antibodies against mTOR, p-mTOR, ULK1, Atg12, p62, LC3A/B, GAPDH, and  $\beta$ -actin,

respectively. For each target protein, the probed-membrane was stripped by stripping buffer (Cat. No. 46430, Thermo Fisher Scientific) after detected by the  $\beta$ -actin antibody, and then re-probed with the target antibody again. The blots of target protein were indicated with an arrow.