

SUPPLEMENTARY TABLES

Supplementary Table 1. ANCOVA analysis of plasma MOTS-c plasma across age groups.

Covariant	F-value	R²	P-value
None	17.44	0.318	0.000
Lean mass (%)	11.3	0.297	0.000
Fat mass (%)	12.07	0.291	0.000
HOMA-IR	16.31	0.314	0.000
TRIG (mmol/L)	17.61	0.341	0.000
All	11.19	0.334	0.000

Supplementary Table 2. ANCOVA analysis of muscle MOTS-c in young vs. middle group.

Covariant	F-value	R²	P-value
None	12.09	0.195	0.001
Lean mass (%)	13.64	0.228	0.001
Fat mass (%)	13.85	0.229	0.001
HOMA-IR	11.45	0.205	0.001
TRIG (mmol/L)	12.37	0.210	0.001
All	5.64	0.230	0.022

Supplementary Table 3. Primer sequences.

Gene	Forward primer	Reverse primer
Human DNA		
<i>MT-ND4</i>	CTCTCACTGCCCAAGAACTATC	GGGCTTTAGGGAGTCATAAGTG
<i>18S DNA</i>	CGGAAGTGAAGCCATGATTA	ACCTCCGACTTTCGTTCTTG
Human mRNA		
<i>MT-RNR1 (1)</i>	AGCGCAAGTACCCACGTA AAA	AGGGCCCTGTTCAACTAAGC
<i>MT-RNR1 (2)</i>	AGTAAGCGCAAGTACCCACG	TAGCCCATTTCTTGCCACCT
<i>C1ORF43</i>	CTATGGGACAGGGGTCTTTGG	TTTGGCTGCTGACTGGTGAT
<i>CHMP2A</i>	CGCTATGTGCGCAAGTTTGT	GGGGCAACTTCAGCTGTCTG
<i>CYTB</i>	TATCCGCCATCCCATAACATT	GGTGATTCCTAGGGGGTTGT
<i>EMC7</i>	GGGCTGGACAGACTTTCTAATG	CTCCATTTCCCGTCTCATGTCAG
<i>HMOX1</i>	CAACATCCAGCTCTTTGAGG	GGCAGAATCTTGCACTTTG
<i>MYH2</i>	GCTTTAAAAAGCTCCAAGA ACTGTC	ACTTTCGGAGGAAAGGAGCAG
<i>MYH7</i>	AGAAGATGTGCCGGACCTTG	GACAGCTCACCATTCTCGGT
<i>NRF2 (NFE2L2)</i>	GGTTGCCACATTCCCAAATC	CGTAGCCGAAGAAACCTCA
<i>NQO1</i>	TTGGAGTCCCTGCCATTCTGA	CTGCCTTCTTACTCCGGAAGG
<i>VCP</i>	AAACTCATGGCGAGGTGGAG	TGTCAAAGCGACCAAATCGC
Mouse mRNA		
<i>Myh1</i>	TTATCAA ACTGAGGAAGACCGC	CGGAATTTGGCCAGGTTGAC
<i>Myh2</i>	CAA ACTGCTGAAGCAGAGGCAAG	CACGAAATGAGGATGGGTGCT
<i>Myh4</i>	TTCCCGAGGCAAACAAGCA	GTTCTTGGCCTTGACTCTTCCT
<i>Myh7</i>	ACAAAGGCAAAGGCAAGGCAA	GTCCATCACCCCTGGAGACTTTG
<i>Gapdh</i>	CTTTGGCATTGTGGAAGGGC	CAGGGATGATGTTCTGGGCA
<i>Actb</i>	CACTGTCGAGTCGCGTCC	TCATCCATGGCGAACTGGTG
<i>B2mb</i>	CTGCTACGTAACACAGTTCCACCC	CATGATGCTTGATCACATGTCTCG
<i>Rplpo</i>	GGCCCTGCACTCTCGCTTTC	TGCCAGGACGCGCTTGT