

1 **Supplementary information**

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3 **Beef peptides mitigate skeletal muscle atrophy in C2C12 myotubes through**  
4 **protein degradation, protein synthesis, and oxidative stress pathway**

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22 **Table S1.** List of primer sequences used for reverse transcription quantitative polymerase chain  
 23 reaction (RT-qPCR)

Target gene		Sequence	Length (bp)
<i>MuRF1</i>	F	GTGTGAGGTGCCTACTTGCTC	101
	R	GCTCAGTCTTCTGTCCTTGGA	
<i>Atrogin-1</i>	F	ATGCACACTGGTGCAGAGAG	168
	R	TGTAAGCACACAGGCAGGTC	
<i>SOD1</i>	F	ATGGGTTCACGTCCATCAGTA	132
	R	CATTGCCCGAGGTCTCCAACA	
<i>GPx1</i>	F	CCACCGTGTATGCCTTCTCC	105
	R	AGAGAGACGCGACATTCTCA	
<i>CAT</i>	F	CGAGGGTCACGAACTGTGTCA	132
	R	GGTCACCCACGATATCACCAGATAC	
<i>MyoD</i>	F	CCACTCCGGGACATAGACTTG	109
	R	AAAAGCGCAGGTCTGGTGAG	
<i>Myogenin</i>	F	AGAAGCGCAGGCTCAAGAAA	94
	R	ATCTCCACTTTAGGCAGCCG	
<i><math>\beta</math>-actin</i>	F	AGACTTCGAGCAGGAGATGG	101
	R	ACCGCTCGTTGCCAATAGT	

24 *MuRF1*, muscle ring finger protein-1; *Atrogin-1*, muscle atrophy F-box protein 1; *MyoD*,  
 25 myogenic differentiation 1; *Myogenin*, myogenic factor 4; *SOD1*, superoxide dismutase 1;  
 26 *GPx1*, glutathione peroxidase 1; *CAT*, catalase

27 **Table S2.** List of primary antibodies used for western blot

Name of antibody	Manufacturer and catalog No.
beta-actin (13E5) Rabbit mAb	Cell Signaling: #4970S
FoxO1 (C29H4) Rabbit mAb	Cell Signaling: #2880S
mTOR Antibody #2972	Cell Signaling: #2972S
Akt (pan) (C67E7) Rabbit mAb	Cell Signaling: #4691S
4E-BP1 (53H11) Rabbit mAb	Cell Signaling: #9644T
p70 S6 Kinase (49D7) Rabbit mAb	Cell Signaling: #2708T
Phospho-FoxO1 (Ser256) Antibody	Cell Signaling: #9461S
Phospho-mTOR (Ser2448) Antibody #2971	Cell Signaling: #2971S
Phospho-Akt (Ser473) (D9E) XP® Rabbit mAb #4060	Cell Signaling: #4060S
Phospho-4E-BP1 (Thr37/46) (236B4) Rabbit mAb	Cell Signaling: #9644T
Phospho-p70 S6 Kinase (Thr389) (108D2) Rabbit mAb	Cell Signaling: #9234T

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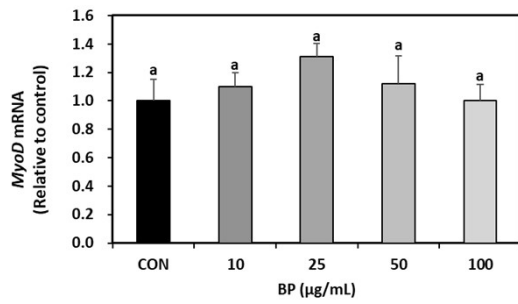
29 **Table S3.** The eluent gradient condition for liquid chromatography-mass spectrometry (LC-  
30 MS)

Time (min)	Eluent A 0.1% formic acid in double distilled water (%)	Eluent B 0.1% formic acid in acetonitrile (%)
0	95	5
1	95	5
17	55	45
24	0	100
26	0	100
26.5	95	5
27	5	5
30	5	5

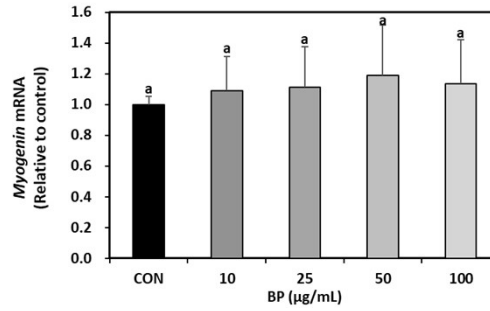
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(A)



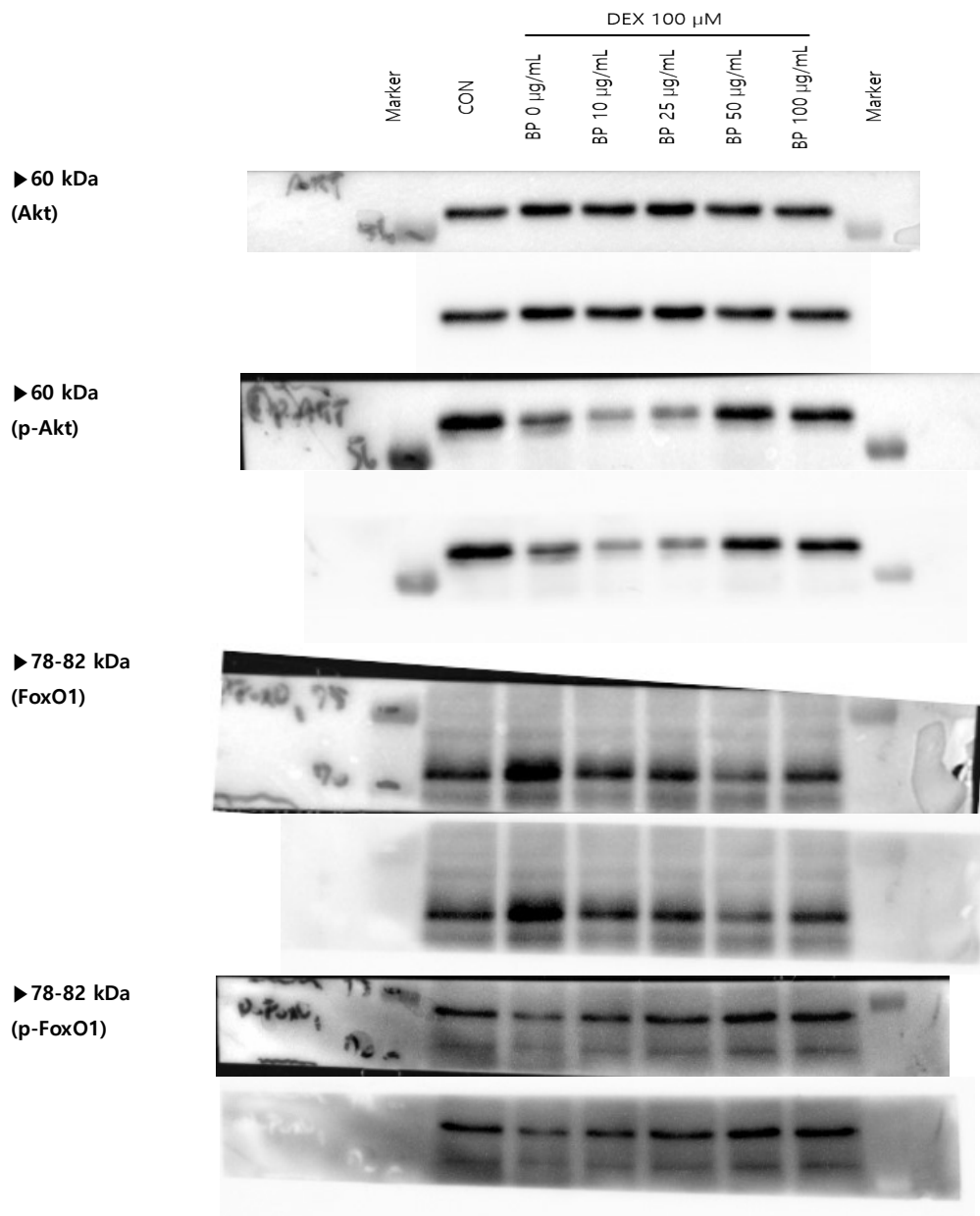
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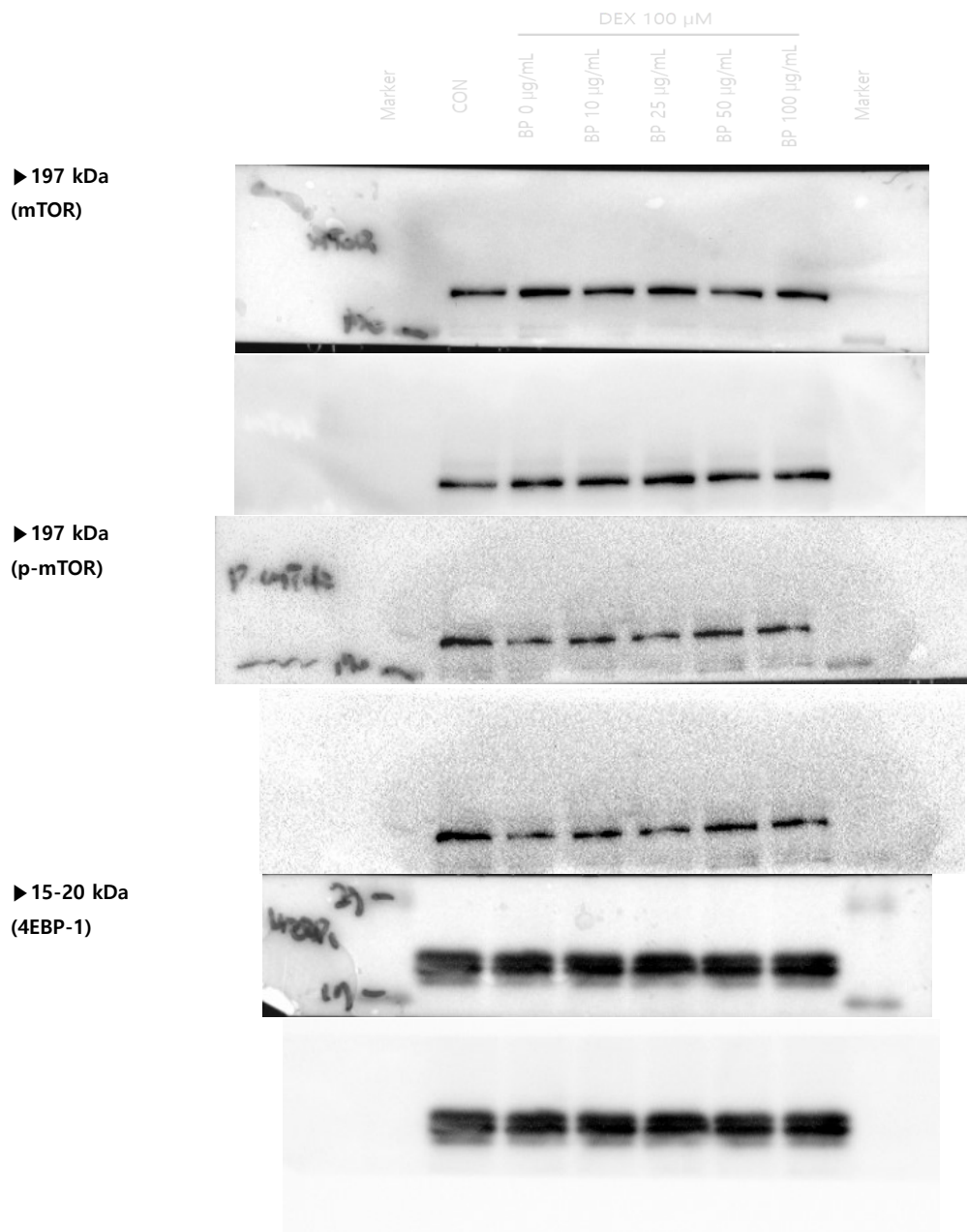


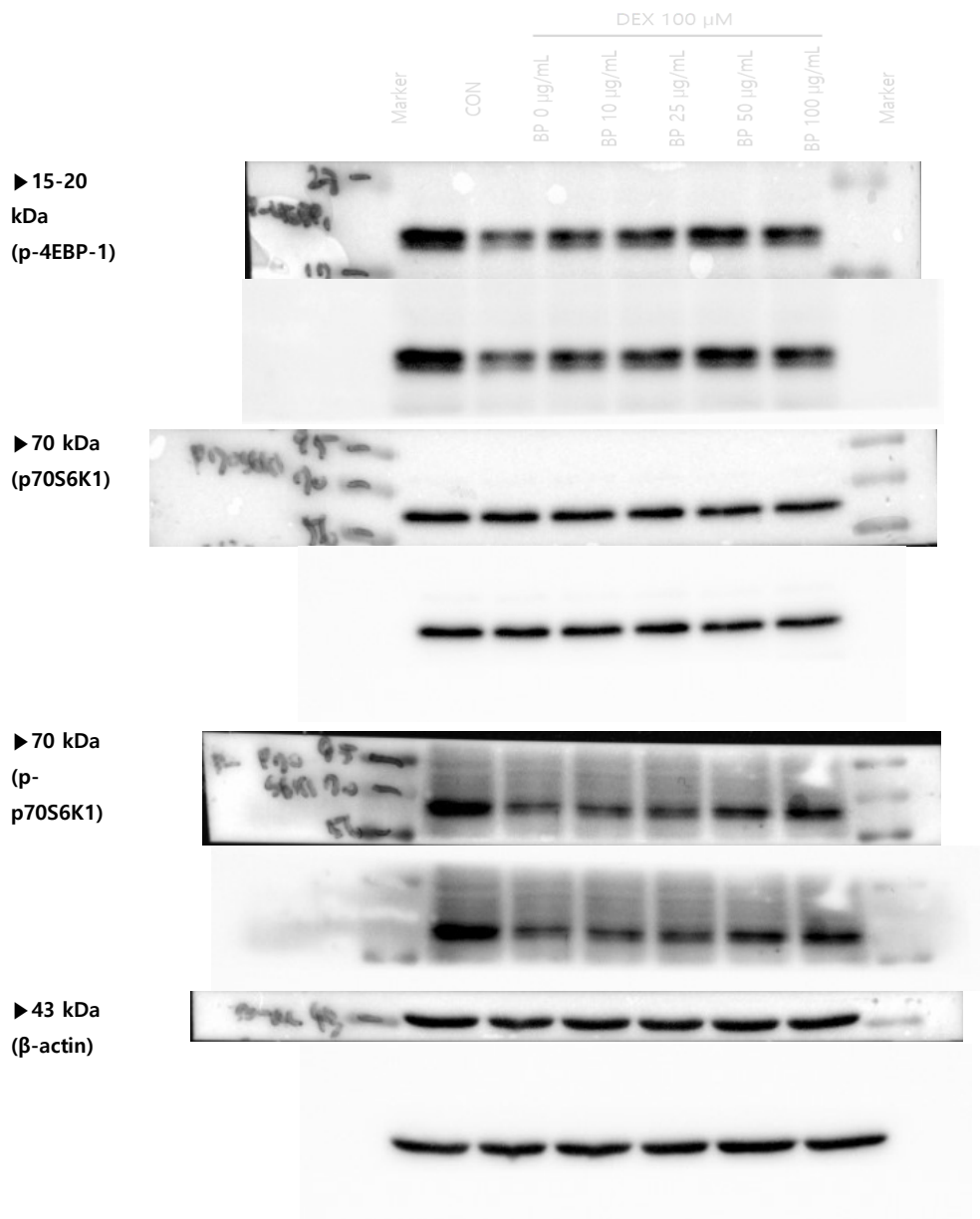
33 **Fig. S1.** Effect of beef peptides (BP) on the myogenic regulatory factors in C2C12 myotubes.  
34 On the sixth day of differentiation, C2C12 myotubes were exposed BP concentrations (10-100  
35 µg/mL) for 24 h. The control (CON) was maintained without any treatment. A-B: Levels of  
36 mRNA for MyoD and Myogenin were measured by reverse transcription quantitative  
37 polymerase chain reaction (RT-qPCR) and normalized to  $\beta$ -actin. <sup>a-b</sup> Different letters indicate  
38 significant differences ( $p < 0.05$ ). Data are expressed as the mean  $\pm$  SD.

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45 **Fig. S2.** Raw gel images of western blot