



**Extended Data Figure 1: a**, Water consumption and **b**, metformin dosing by week, and **c**, metformin concentration in plasma. **d-h**, Absolute and **i-m**, relative muscle masses. **n**, Body water enrichment. Data were analyzed by two-way repeated measures ANOVA (strain x time) and are represented as mean  $\pm$  SEM from 6-7 rats per group.