

Table S4. Primers used for sequencing of *MSTN*.

	<b>Primer 1 (5'-3')</b>	<b>Primer 2 (5'-3')</b>	<b>Source<sup>ω</sup></b>
MSTN1	ATAAATGCAATTGTCTCAAAGTC	CCATATGCAAGTTTCCATTCC	[20]
MSTN2	TCAGCCATTCAGCCTATTTG	ACGGTTGGCATTTAACCATC	[20]
MSTN3	GGAGACTTGCTTTCATTTACCTG	GAAGCTTTTGGATGGGATTG	[20]
MSTN4	CTCTGGGGTTTGCTTGGTG	ACCTAGGGAATGGAGGATGG	[20]
MSTN5	GAAGAGGAGGGAGGGAAGAG	TTCAGTCTTCATGTGGTCTTGG	[20]
MSTN6	CAAAATCAAAATAGACCTGGTACTTG	TTCATTATTTTGCAGGCTGTTG	
MSTN7	AAGGTATTGTCATCTGCTTGG	CCAAGACCAGGAGAAGATGG	[20]
MSTN8	GCTTGTTAGCATAGGAACTGG	CTGAGACCCGTCAAGACTCC	[20]
MSTN9	ATACCAGCGCCTGGGTTC	GACTGATTGGTACAGCTGCTCA	
MSTN10	TGAAGGAATGAACTGTGGATG	GTCTGCGATCCTGCTTTACC	[20]
MSTN11	TTTTGAAACTGTTGTGTCCTG	TCATAATTGCGTTTGGTTGC	[20]
MSTN12	GCAAATGCTCAAATGACCTAAAC	TGTGCTGATTCTTGCTGGTC	[20]
MSTN13	TGAAGATTTAGTGTTTTGTCTCC	CGAGATTCATTGTGGAGCAG	[20]
MSTN14	GAGACA ACTTGCCACACCAG	TGCCCTGGTAATAACAATGAAG	[20]
MSTN14a*	TTTAAAAATAGTTCCACATGCAAT	TGTCGTCAGGATCTATGATTGG	
MSTN15	TTAGGAAGACCTGTATTAAGAGAAG	CAAAAGGAAAACTGGCAA	
MSTN16	TCTTTCAGGGCATCTGGTTT	CGTAATAAAGGGGTGCCTGT	

\* Primer designed to avoid SINE insertion for genotyping of promoter variant in [21]

<sup>ω</sup> If not noted, primer pair was designed for this study