

# Supplemental Materials

*Molecular Biology of the Cell*

Chu et al.

#### Video 1

3D reconstruction of a unilocular adipocyte shows mLDs (green) and ER patches on the surface of the cLD (dark interior).

#### Video 2

Time-lapse microscopy of living unilocular adipocytes. Insulin-stimulated WAT explants were labeled with BODIPY-C12 for 15 min, rinsed in warm media, and placed on a confocal stage equilibrated to 37°C. Images were recorded in the xyzt-mode every 5 min.

#### Video 3

Dynamics of mLDs. Insulin-stimulated WAT explants were labeled with BODIPY-C12 for 15 min, chased in label-free media for 30 min, and studied by time-lapse confocal microscopy. Images were recorded in the xyzt-mode every 20 s