

Supplementary Table 1

<b>Protein</b>	<b>Company</b>	<b>Catalogue number</b>	<b>Antibody Concentration</b>	<b>Molecular Weight (kDa)</b>
P-mTOR S2448	Cell Signaling	2971	1:1000	289
P-mTOR S2481	Cell Signaling	2481	1:1000	289
mTOR	Cell Signaling	2972	1:1000	289
P-TSC2 T1462	Cell Signaling	3611	1:1000	200
TSC2	Cell Signaling	3612	1:1000	200
P-Akt T308	Cell Signaling	9275	1:1000	60
P-Akt S473	Cell Signaling	9271	1:1000	60
Akt	Cell Signaling	9272	1:1000	60
P-FoxO3a S253	Cell Signaling	9466	1:1000	90
FoxO3a	Millipore	07-702	1:1000	90
P-FoxO3a T32	Abcam	ab26649	1:1000	90
p70S6K1	Abcam	ab70271	1:1000	70
P-p70S6K1 T389	Millipore	MAES82	1:750	70
REDD1	Proteintech	10638-1-AP	1:2000	35
GAPDH	Abcam	ab2255	1:20,000	37

Supplementary Table 2

<b>Gene</b>	<b>Forward Primer</b>	<b>Reverse Primer</b>	<b>PrimerBank ID</b>
<i>Redd1</i>	CAAGGCAAGAGCTGCCATA G	CCGGTACTTAGCGTCAGGG	21312868a1
<i>foxo3</i>	CTGGGGGAACCTGTCCTAT G	TCATTCTGAACGCGCATGA AG	9789951a1