

Figure S1

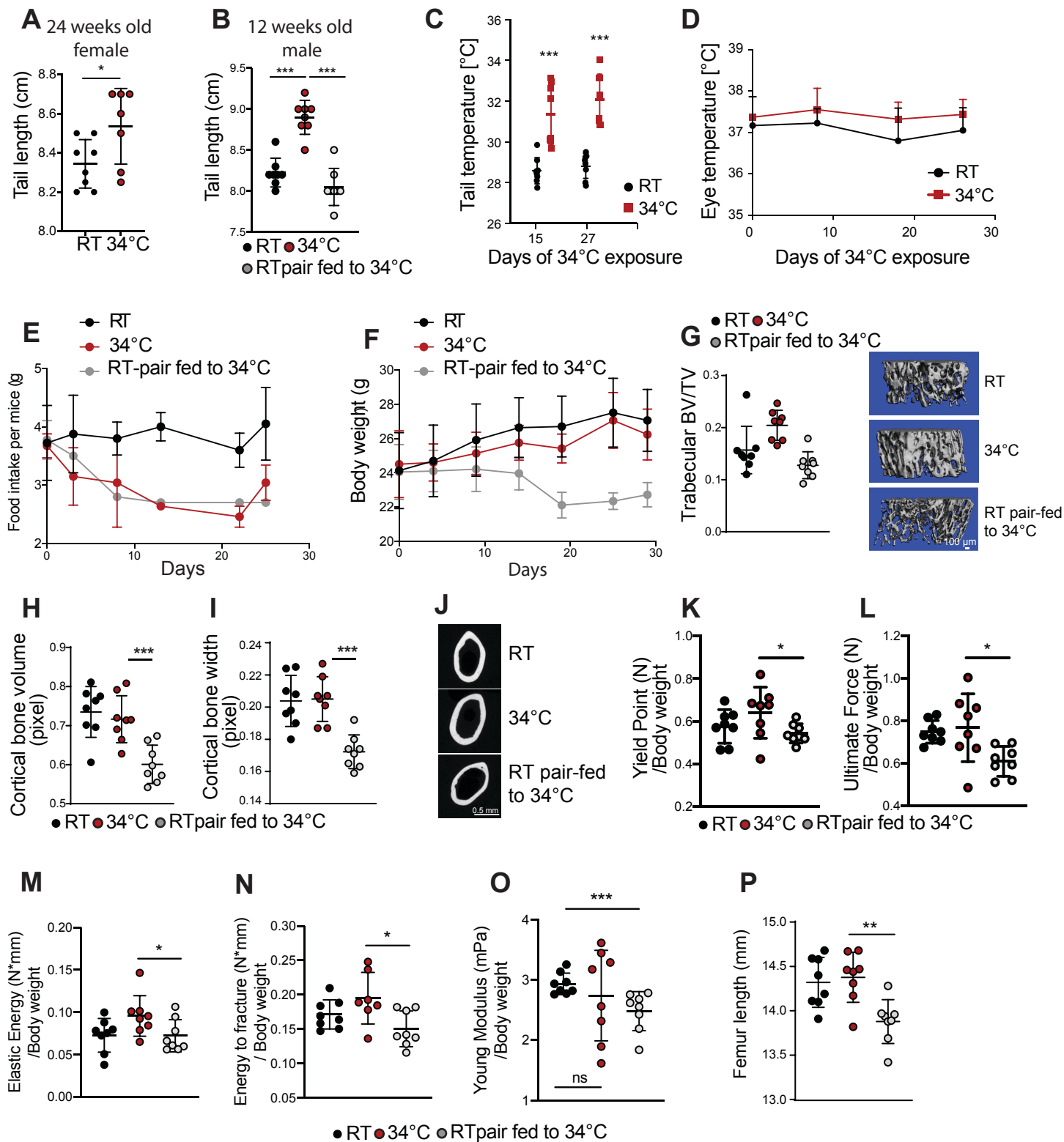


Figure S1. Warm Exposure Improves Bone Strength during Adulthood. Related to Figure 1

(A) Tail length of 24 weeks old female mice exposed to 34°C for 2 months and their RT controls.
 (B) Tail length of 12 weeks old male mice exposed to 34°C for one month (34°C), or maintained at RT as control fed either ad libitum (RT) or pair-fed to the 34°C exposed mice (RT-pair-fed to 34°C).
 (C and D) Tail temperature (C) and eye temperature (D) of mice as in (B).
 (E and F) Food intake (E) and body weight (F) of mice as in (B)
 (G) Trabecular bone volume/total volume (BV/TV) of femur from mice as in (B). (Right) representative reconstruction of trabecular bone (each consisting of 262 sections, $n = 8$ mice per group) used for the calculations. Scale = 100 μ m.
 (H-I) Cortical bone volume (H) and width (I) measured in midshaft of femur from mice as in (B). (J) Representative cortical section (from 62 sections per bone of each mouse, $n = 8$ mice per group). Scale: 0.5mm.
 (K-O). Biomechanical analysis of femur from mice as in (B) using a 3-point bending test. The measured parameters include yield point (K), ultimate stress (L), elastic energy (M), energy to fracture (N), and Young's modulus(O).
 (P) Femur length of mice as in (B).
 Data are shown as mean \pm SD ($n = 8$ per group). Significance is calculated based on Mann-Whitney t-test: * $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

Figure S2

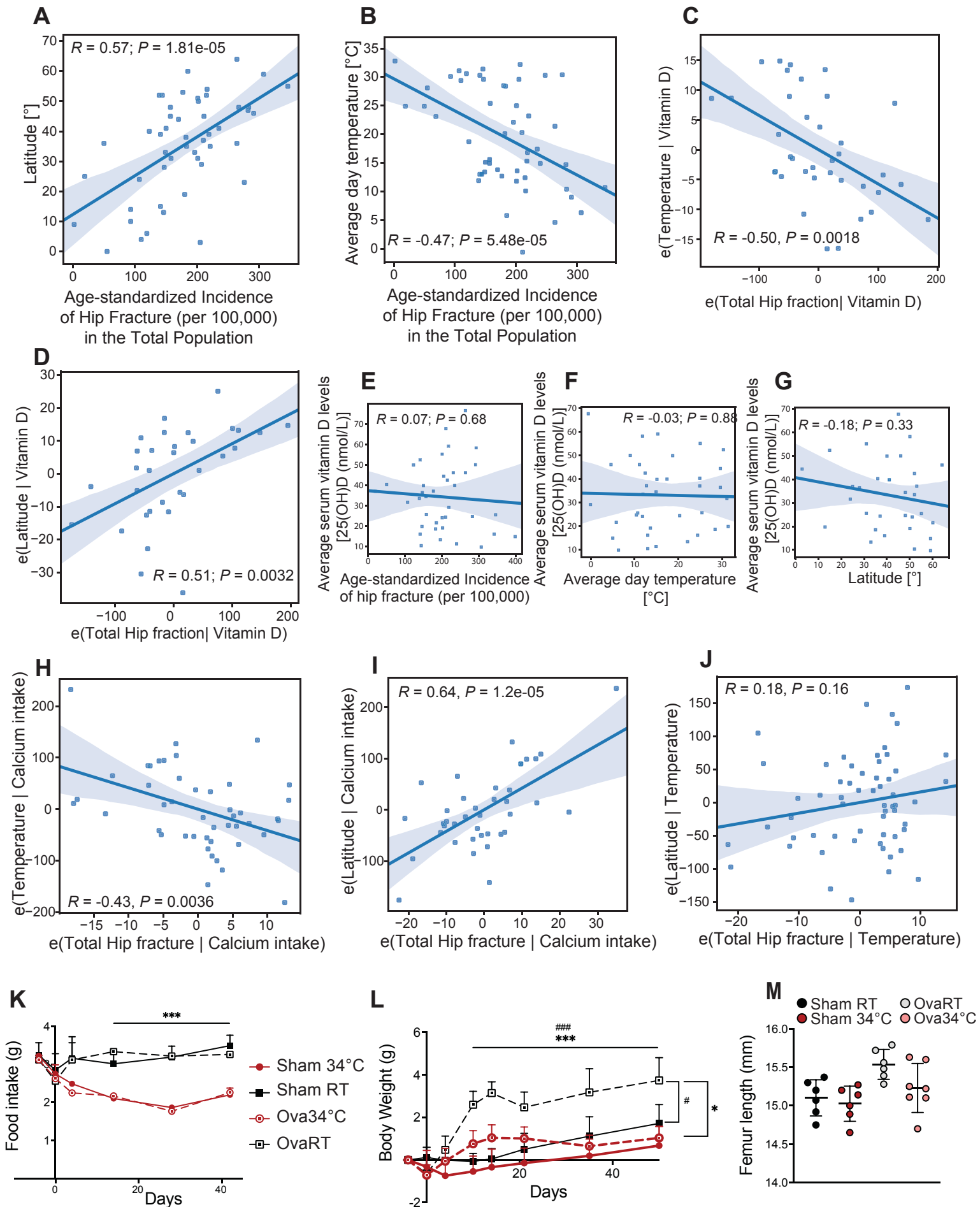


Figure S2 (cont.)

Figure S2. Warm Temperature Negatively Correlates with Hip Fractures in Humans. Related to Figure 2

(A and B) Correlation of age-standardized hip fracture incidence in the total population per country with the latitude of their capitals (A), or with the country's average day temperature (B).

(C and D) Partial correlation as in (A, B) with effect of Vitamin D serum level per country removed.

(E-G) Correlation of Vitamin D serum levels per country either with age-standardized hip fracture incidence per country (E), with the latitude of their capitals (F), or with the country's average day temperature (G).

(H and I) Partial correlation as in (A, B) with effect of calcium intake per country removed.

(J) Partial correlation as in (A) with effect of temperature per country removed.

(K) Food intake of female mice that were ovariectomized, or sham-operated at 16 weeks of age, and then exposed to 34°C for 2 months (Ova34°C, or Sham34°C), or kept at RT (OvaRT, or ShamRT) ($n = 8$ per group).

(L) Body weight measurements of mice in (K)

(M) Femur length of mice as in (K) ($n = 6$ per group).

Data in (K-M) are shown as mean \pm SD. Significance is calculated based on Mann-Whitney t-test: * $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

Figure S3

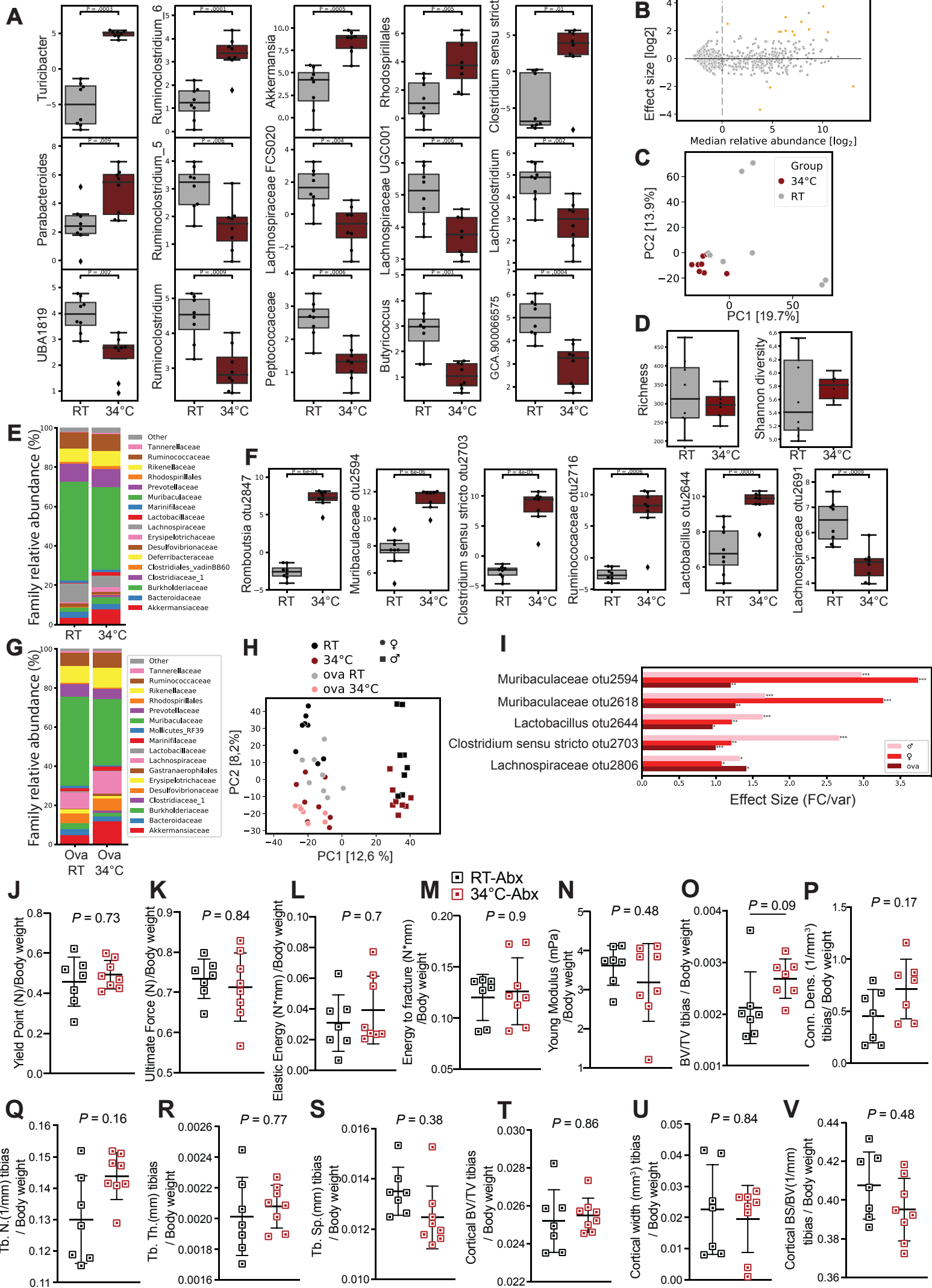


Figure S3 (cont.)

Figure S3. Warm Exposure Changes the Microbiota Composition. Related to Figure 3

(A) Centric log₂ ratio (CLR) of the changed genera after selection for false discovery rate (FDR) < 0.05 and groups' median CLR > 0 of fecal microbiota from 24 weeks old female mice that were ovariectomized at 16 weeks of age, and then exposed to 34°C for 2 months (Ova34°C), or kept at RT (OvaRT) (*n* = 8 per group).

(B) Scatter plot showing the selection criteria for the OTUs used in Figure 3E. Significantly different OTUs (FDR < 0.05 and median relative abundance > 0) are highlighted.

(C) Principal component analysis (PCA) of 16S ribosomal DNA (rDNA) sequencing of fecal microbiota from 12 weeks old male mice that were exposed to 34°C starting at 8 weeks of age, or kept at RT. Each dot represents fecal microbiota from a single mouse. The analysis is based on the centric log₂ ratio (CLR).

(D) Estimated richness and Shannon diversity in fecal samples from mice as in (C).

(E) Bar chart of the relative abundance at family level in fecal microbiota from mice in (C).

(F) CLR of all significant OTUs selected for FDR < 0,1 and groups' median CLR > 0 in the fecal microbiota samples from mice as in (C).

(G) Bar chart of the relative abundance at family level in fecal microbiota from 24 weeks old female mice, ovariectomized at 16 weeks of age and exposed to 34°C for 2 months, and their ovariectomized RT controls (mice as in figure 2).

(H) PCA in fecal microbiota of 12 weeks old male mice that were exposed to 34°C starting at 8 weeks of age, or kept at RT; 24 weeks old female that were exposed to 34°C starting at 16 weeks of age, or kept at RT; and female mice that were ovariectomized at 16 weeks of age, and then exposed to 34°C for 2 months (Ova34°C), or kept at RT (OvaRT) (*n* = 8–10 per group). The analysis is based on the CLR. Each symbol represents a mouse's fecal microbiota.

(I) OTUs consistently changed in fecal microbiota of mice as in (H), selected with a *p*-value < 0.05.

(J-N) 3-Point bending test analysis of femur from female mice that were treated with antibiotics and kept at either RT or 34°C starting at 16 weeks of age for 7 weeks (RT-Abx and 34°C-Abx, respectively). Biomechanical analysis shows yield point (J), ultimate force (K), elastic energy (L), energy to fracture (M) and young modulus (N) normalized to the body weight.

(O-S) Trabecular bone microarchitecture of tibias showing bone volume/total volume (BV/TV) (O), the connectivity density (Conn. Dens) (P), the number of trabeculae (Tb. N) (Q), the trabecular thickness (Tb.Th.) (R), and the trabecular separation (Tb.Sp) (S) of mice as in (J-N), normalized to the respective body weight at sacrifice.

(T-V) Cortical bone volume (T), width (U) and cortical bone surface to bone volume ratio (BS/BV) (V) of mice as in (J-N), measured in the midshaft of the tibias and normalized to the body weight.

Data are shown as mean ± SD. Significance in J-V is calculated using Mann-Whitney t-test. The boxplots in rest of the panels represent median and quantiles; the whiskers represent 1.5 inter quartile range and values outside of the whisker's box are represented as diamonds. The significance in all panels except J-V is calculated based on Welch t-test: **P* < 0.05; ***P* < 0.01; ****P* < 0.001 (*n* = 8 per group).

Figure S4

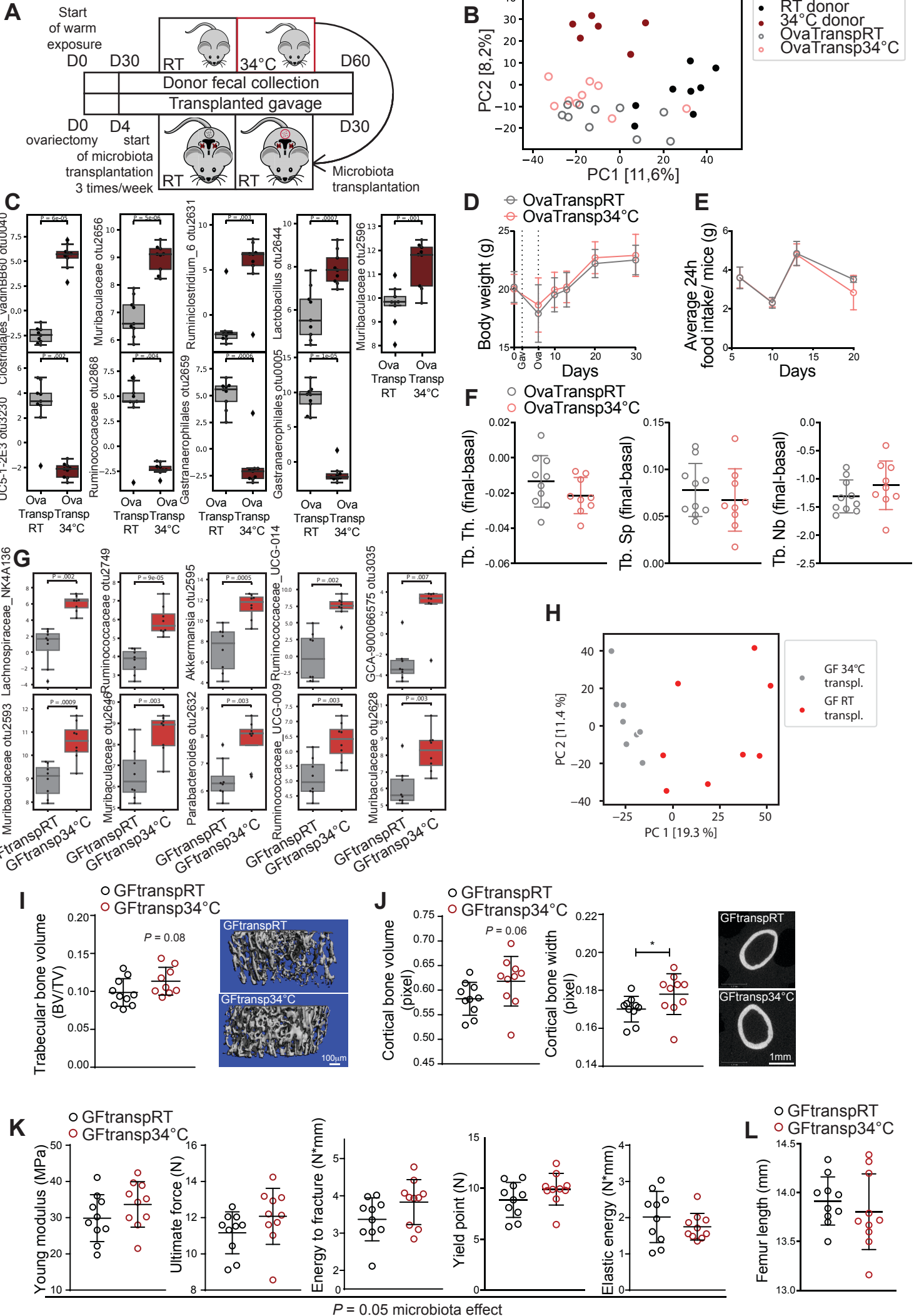


Figure S4 (cont.)

Figure S4. Warm–Microbiota Transplantation Prevents Osteoporosis. Related to Figure 4

(A) Schematic representation of the experimental plan. 16 weeks old female mice were exposed to 34°C for 1 month or kept at RT, and subsequently used as microbiota donors for transplanting ovariectomized 16 weeks old female recipients 3 times a week.

(B) Principal component analysis (PCA) of fecal microbiota from donor and recipient mice as in (A). Each symbol represents microbiota from individual mouse. The analysis is based on the centric log₂ ratio (CLR).

(C) CLR of significant OTUs selected for false discovery rate (FDR) < 0.1 and groups' median CLR > 0 in fecal microbiota of mice as in (A).

(D and E) Body weight (D) and (E) food intake of mice as in (A).

(F) Trabecular Thickness (Tb. Th), Trabecular separation (Tb. Sp), and number of trabeculae (Tb.N) of tibias of mice as in (A).

(G and H) CLR of significant OTUs selected for false discovery rate (FDR) < 0.1 and groups' median CLR > 0 in fecal microbiota (G), or PCA of fecal microbiota of 11 weeks old germ-free mice transplanted at 8 weeks of age with cecal microbiota from 12 weeks old male donor mice that were exposed for one month at 34°C or kept at RT.

(I) Bone volume/tissue volume (BV/TV), measured proximally in trabecular bone and associated representative trabecular reconstruction (each consisting of 262 sections, $n = 10$ per group) in tibias of mice as in (G, H). Scale: 200µm. Bones of the recipients was collected 20 days after transplantation.

(J) Cortical bone volume and width measured in the midshaft, and associated representative images (from 62 sections per bone of each mouse of $n = 10$ per group) of the tibias from mice as in (G, H). Scale: 0.5mm

(K) Biomechanical analysis of femur from mice as in (G, H) using a 3–point bending test. The parameters show yield point, ultimate stress, elastic energy, energy to fracture and Young's modulus.

(L) Femur length of mice as in (G, H).

Data are shown as mean ±SD. Significance is calculated based on Mann-Whitney t-test, or Welch t-test for panel C: * $P < 0.05$, ** $P < 0.01$, *** $P < 0.001$ ($n = 10$ per group for the transplanted, $n = 8$ per group for the donors).

Figure S5

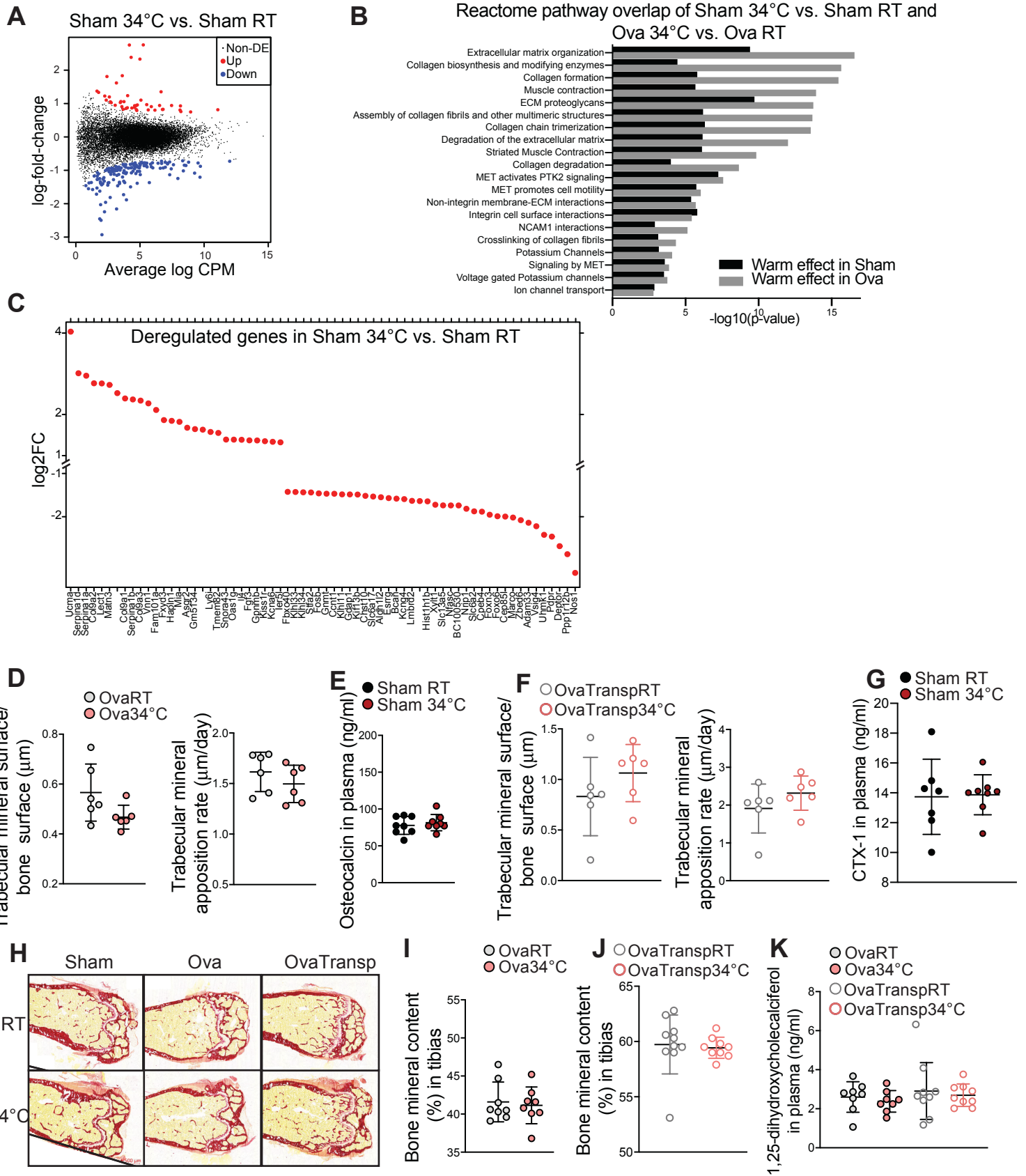


Figure S5 (cont.)

Figure S5. Warm and Warm–Microbiota Transplantation Increase Periosteal Bone Formation. Related to Figures 5 and 6

(A) Mean-difference plot (MD-plot) of the log fold change of gene expression between tibias of 24 weeks old female mice that were sham-operated at 16 weeks of age, and then kept at RT or 34°C for two months (ShamRT and Sham34°C) shown as average count per million (CPM). Red dots show the increased and blue show the decreased genes selected for FDR<0.05.

(B) 20 commonly deregulated Reactome pathways between Ova34°C vs. Ova RT (Warm effect in Ova) and Sham 34°C vs. Sham RT (Warm effect in sham), and there associated $-\log_{10}$ (P value).

(C) Log₂ fold changes of the deregulated genes in Sham 34°C vs Sham RT with a selective threshold of ($|\log_2FC > 1$ and $P < 0.05$).

(D) Trabecular mineralized surface and mineral apposition rate in femur of female mice that were ovariectomized, or sham-operated at 16 weeks of age, and then exposed to 34°C for 2 months (Ova 34°C, or Sham 34°C), or kept at RT (Ova RT, or Sham RT).

(E) Osteocalcin plasma concentration of Sham 34°C or Sham RT mice.

(F) Trabecular mineralized surface and mineral apposition rate in femur of 21 weeks old ovariectomized, microbiota recipient female mice. The recipient mice were ovariectomized at week 16, and repetitively transplanted with fecal microbiota from 34°C exposed, or RT-kept donors (OvaTransp34°C, or Ova-TranspRT, respectively). The 34°C treatment of the 16 weeks old female donor mice was initiated one month before the starting the transplantations, and lasted for the whole length of the experiment.

(G) CTX-1 levels in plasma as of Sham 34°C or Sham RT mice.

(H) Representative sirius red staining (of $n = 6$) of femur from mice as in (E), (D) and (F).

(I and J) Bone mineral content in tibias of mice as in (D) and (F).

(K) Concentration of Vitamin D (1,25-dihydroxycholecalciferol) in plasma of mice as in (D) and (F).

Data are displayed as mean \pm SD ($n = 6-10$ per group). Significance is calculated based on Mann-Whitney t-test * $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

Figure S6

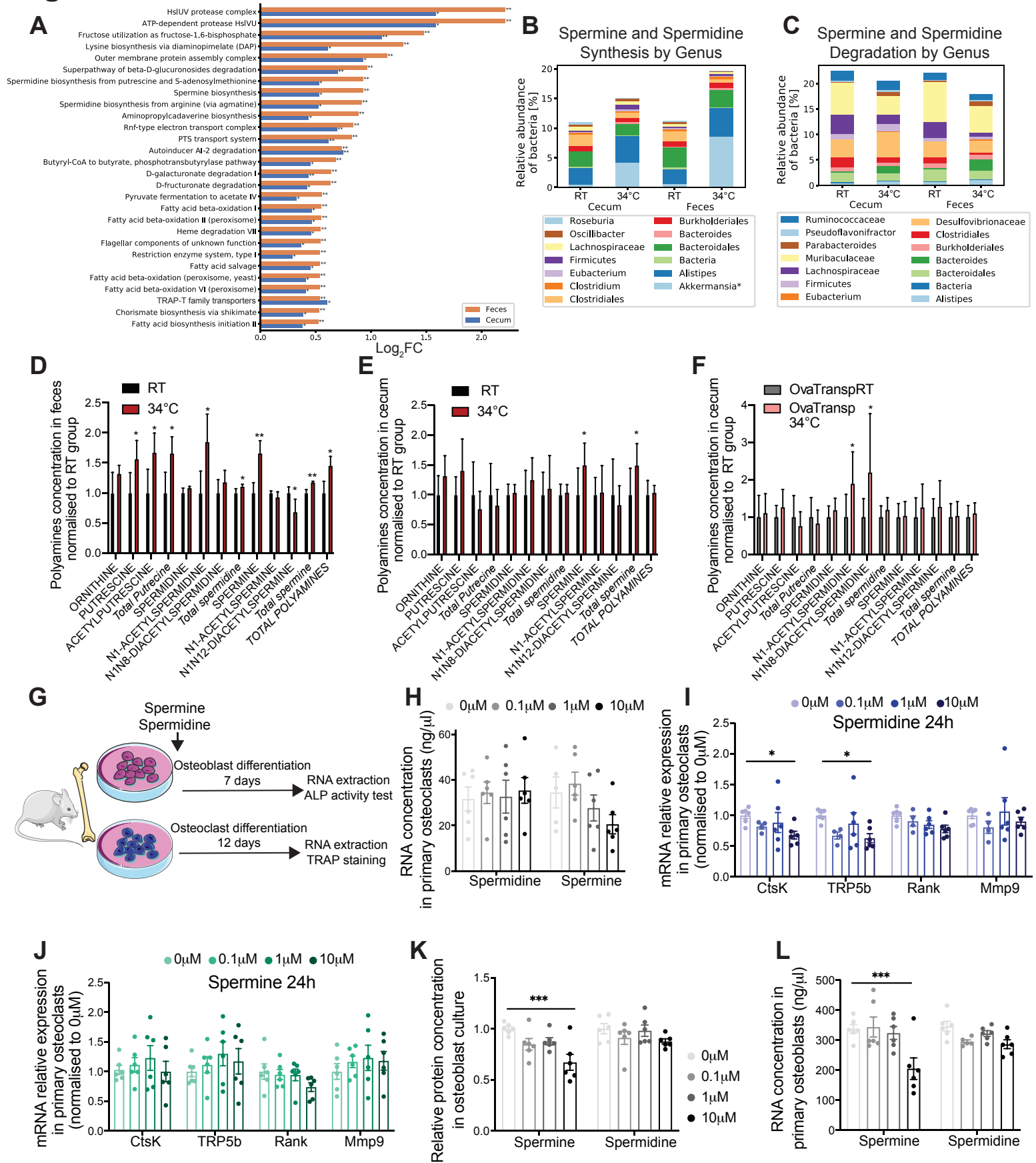


Figure S6 (cont.)

Figure S6. Warm Exposure Increases Production of Polyamines that Affect Osteoblast Activity and Decrease Osteoclast Differentiation. Related to Figure 7

(A) Most upregulated pathways after metagenomics analysis of the bacteria present in both feces and cecum from 24 weeks old female mice that were exposed to 34°C starting at 16 weeks of age for 2 months, or kept at RT (FDR < 0.01, log₂FC > 0.5, pathway relative abundance > 10%).

(B and C) Relative abundance of bacterial genera containing spermine and spermidine synthesis (B), or degradation pathways (C) in cecum and feces from mice as in (A).

(D and E) Polyamine concentration in feces (D), or cecum (E) from mice as in (A) (relative to RT controls).

(F) Polyamine concentration in cecum of 21 weeks old ovariectomized, microbiota recipient female mice. The recipient mice were ovariectomized at week 16, and repetitively transplanted with fecal microbiota from 34°C exposed, or RT-kept donors (OvaTransp34°C, or OvaTranspRT, respectively). The 34°C treatment of the 16 weeks old female donor mice was initiated one month before the starting the transplantations, and lasted for the whole length of the experiment.

(G) Schematic representation of the ex-vivo experiment used to address the direct effects of spermine and spermidine supplementation on osteoclasts or osteoblasts differentiation and function.

(H) RNA concentration in primary osteoclasts cell culture after spermine or spermidine administration for 12 days.

(I and J) Relative mRNA expression after 24h spermidine (I) or spermine (J) supplementation to primary osteoclasts following 12 days differentiation.

(K and L) Relative protein (K) and RNA concentration (L) of osteoblast culture after 7 days of spermine or spermidine supplementation at different concentrations.

Except for (A), significance was calculated using Mann-Whitney t-test: **P* < 0.05; ***P* < 0.01; ****P* < 0.001.

Figure S7

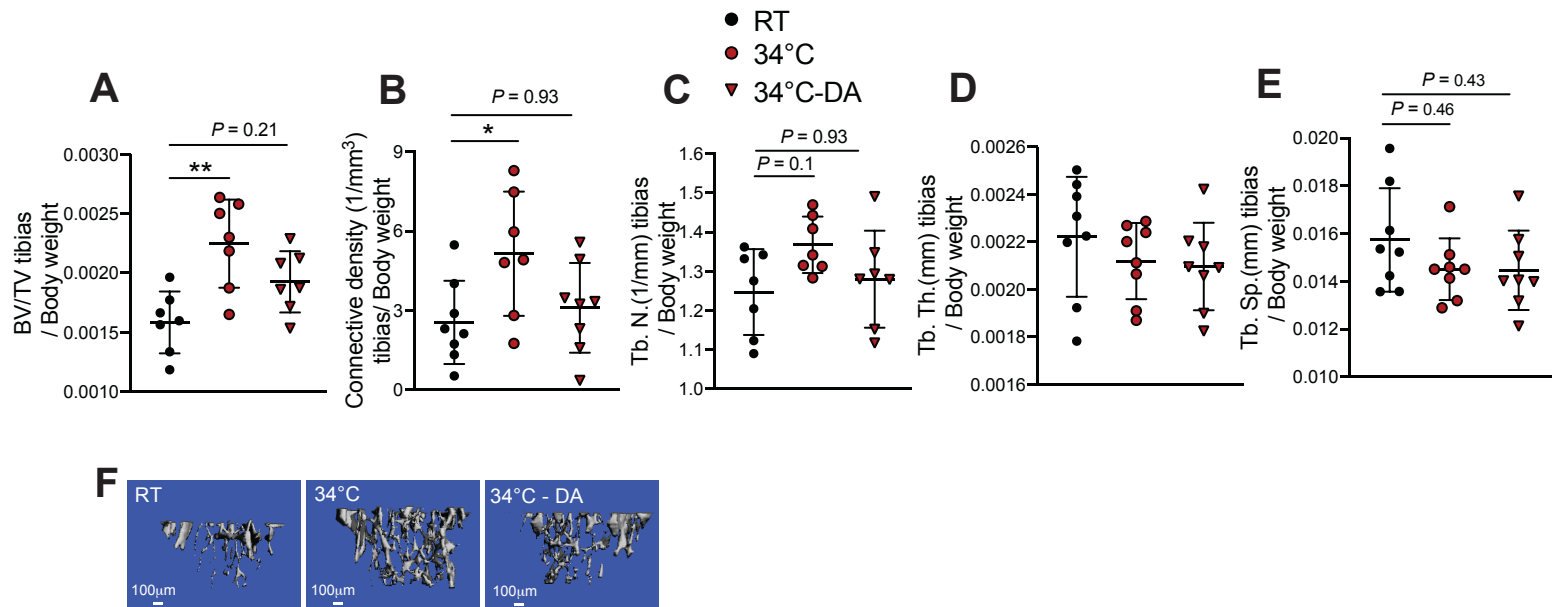


Figure S7. Inhibition of Polyamine Biosynthesis Limits the Warm Effects on the Bone. Related to Figure 7

(A-E) Trabecular bone microarchitecture of tibias showing bone volume/total volume (BV/TV), connectivity density (Conn. Dens) (B), number of trabeculae (Tb. N) (C), trabecular thickness (Tb.Th.) (D), and trabecular separation (Tb.Sp) (E) from 23 weeks old female mice that were either RT kept (RT); warm exposed (34°C); or provided with 50µm Diaminazene Acetureate (DA) and kept at 34°C (34°C-DA), starting at 16 weeks of age until sacrifice. DA was supplemented in drinking water every second day. The measurements are normalized to the body weight.

(F) Representative trabecular reconstruction (each consisting of 262 sections, $n = 7-8$ mice per group) from the Micro-CT used in the analysis in (A-E). Scale: 100µm.

Data are shown as mean ±SD ($n = 7-8$ per group). Significance is calculated using One-Way ANOVA; * $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

Supplemental item

Table 1: List of primers used for qPCR. Specified in KRT and Related to Figure 7

Gene	Foward primer	Reverse primer
TATA Box binding Protein (<i>Tbp</i>)	GAAGCTGCGGTACAATTCCAG	CCCCTTGACCCTTACCAAT
Rank ligand (<i>Rankl</i>)	CCTGATGAAAGGAGGGAGCA	TGGAATTCAGAATTGCCCGA
Collagen type 1 (<i>Col1a</i>)	TGTCCCAACCCCAAAGAC	CCCTCGACTCCTACATCTTCTGA
Dentin matrix protein1 (<i>Dpm1</i>)	TGTCATTCTCCTTGTGTTCTTTG	AATCACCCGTCCTCTTTCAGA
Osteopontin (<i>Opn</i>)	CCCATCTCAGAAGCAGAATCTCC	TTCATCCGAGTCCACAGAATCC
Osteocalcin (<i>Ocn</i>)	GGCCCTGAGTCTGACAAAGC	GCTCGTCACAAGCAGGGTTAA
Runt related transcription factor 2 (<i>Runx2</i>)	TACCAGCCACCGAGACCAA	AGAGGCTGTTTGACGCCATAG
Matrix metalloprotease 9 (<i>Mmp9</i>)	CAGCCGACTTTTGTGGTCTTC	GTACAAGTATGCCTTGCCA.
Osteoprotegerin (<i>Opg</i>)	GACAACGTGTGTTCCGGAAA	GGTAGGAACAGCAAACCTGAAGA
Cathepsin K (<i>Ctsk</i>)	TGGGCCAGGATGAAAGTTG	CCCCACAGGAATCTCTCTGT
Acid phosphatase 5, tartrate resistant (<i>Trap5b</i>)	TGATCACCTTGGAACGTCTCT	GGAATTTGAAGCGCAAACG