

Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided
Only common tests should be described solely by name; describe more complex techniques in the Methods section.
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
Give P values as exact values whenever suitable.
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection

Leica DM500 instrument for worm images.
Olympus FV-3000-BX63 for bacteria images.
AB SCIEX QTRAP 6500+ mass spectrometer with an Exion LC system for B12 or phenformin amount quantification.
Jena Qtower3G instrument for quantitative PCR.
Thermo Varioskan LUX Microplate reader for OD values measurement.

Data analysis

GraphPad Prism 8 for statistics and graphing purposes.
LAS X software for worm fluorescence analysis.
ImageJ software for bacteria fluorescence analysis.

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

Data and material availability:

Original images for analyses can be made available per request through the corresponding author L. W.

Human research participants

Policy information about [studies involving human research participants and Sex and Gender in Research](#).

Reporting on sex and gender

N/A

Population characteristics

N/A

Recruitment

N/A

Ethics oversight

N/A

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

- Life sciences Behavioural & social sciences Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

Sample sizes for each experiment were not predetermined with any statistical methods and have been indicated clearly in our manuscript.

Data exclusions

Worms were censored and excluded from fecundity analysis when the plates were accidentally contaminated. For gene expression evaluation by RT-qPCR, the data were excluded from the final analysis when melting curves were abnormal.

Replication

All reported data was successfully reproduced in independent replicate experiments, most of which have been conducted by two people as described in the figure legends and methods section.

Randomization

Bacteria colonies on each plate were picked randomly.

Blinding

For whole genome screen with E. Coli, Δ nhr-114 fertility of each replicate was scored independently by two individuals.

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

Methods

- n/a Involved in the study
- Antibodies
- Eukaryotic cell lines
- Palaeontology and archaeology
- Animals and other organisms
- Clinical data
- Dual use research of concern

- n/a Involved in the study
- ChIP-seq
- Flow cytometry
- MRI-based neuroimaging

Animals and other research organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research, and [Sex and Gender in Research](#)

Laboratory animals	<input type="text" value="N/A"/>
Wild animals	<input type="text" value="N/A"/>
Reporting on sex	<input type="text" value="N/A"/>
Field-collected samples	<input type="text" value="N/A"/>
Ethics oversight	<input type="text" value="N/A"/>

Note that full information on the approval of the study protocol must also be provided in the manuscript.