**Supplementary Materials**

Table S1. Primer List used in Real Time PCR Experiments. Table S2. Antibodies used in Western Blot Experiments.

**Supplementary Table 1.** Primer List used in Real Time PCR Experiments.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Forward | Reverse | Annealing temperature (in Celsius) |
| Myog | TGA ATG CAA CTC CCA CAG C | CAG ACA TAT CCT CCA CCG TG | 57 |
| Pax7 | GAG TAT AAG AGG GAG AAC CCC G | TTG ATT CTG AGC ACT CGG CTA A | 60 |
| Myh1 | TCA CTT ACC AAA CTG AGG AAG AC | CCT CGG CTT GTC TCT TGT ATG | 60 |
| Myod | GGA GAC ATC CTC AAG CGA TGC | AGC ACC TGG TAA ATC GGA TTG | 59 |
| Lc3b | CAT GCC GTC CGA GAA GAC CT | GAT GAG CCG GAC ATC TTC CAC T | 59 |
| Taz | CAT GGC GGA AAA AGA TCC TCC | GTC GGT CAC GTC ATA GGA CTG | 61 |
| Yap | GAT CCC TGA TGA TGT ACC ACT GCC | GCC ATG TTG TTG TCT GAT CGT TGT G | 59 |
| Gapdh | AGG TCG GTG TGA ACG GAT TTG | TGT AGA CCA TGT AGT TGA GGT CA | 60 |

Note: The cycling conditions used except for the annealing temperature is the same as per the manufacturer’s instructions with 20 minutes of reverse transcription at 45°C, 1 minute polymerase activation at 95°C, and 40 cycles of denaturation (95°C, 10 seconds), annealing (depends on the primer, 10 seconds), and extension (72°C, 30 seconds)

**Supplementary Table 2.** Antibodies used in Western Blot Experiments.

|  |  |  |
| --- | --- | --- |
| Antibodies | Company – Cat Number | Dilution |
| SQSTM1/p62 | Cell Signaling Technologies –5114S | 1:500 |
| LC3B | Cell Signaling Technologies –2775S | 1:1000 |
| YAP (D8H1X) | Cell Signaling Technologies – 14074S | 1:1000 |
| TAZ/WWTR1 | Novus Biologicals - NB110-58359 | 1:1000 |
| GAPDH | R&D Systems - AF5718 | 1:1000 |

**Supplementary Table 3.** Blood parameters of rats given Prospets diet for 12 weeks.

|  |  |
| --- | --- |
| **Blood Parameter of Rats (12 Weeks)** | **Mean (mg/dL)** |
| Cholesterol Level | 103.93 |
| Triglycerides Level | 119.81 |
| HDL Levels | 22.81 |
| LDL Levels | 57.16 |
| Glucose Levels | 110.61 |

**Supplementary Figure 1.** Body weight parameter of rats given Prospets diet for 12 weeks. The chart showed no significant weight changes in rats given the standard chow diet (Prospets, Surya Sains, Indonesia) for 12 weeks. Error bars denote standard deviation.