

1 Short-term heritable variation overwhelms two hundred generations of mutational variance for
2 metabolic traits in *Caenorhabditis elegans*

3
4 Keywords: Epigenetic; Metabolic enzyme; Mutation accumulation; Mutational variance;
5 transgenerational inheritance

6

7 ABSTRACT

8 Metabolic disorders have a large heritable component, and have increased over the past few
9 generations. Genome-wide association studies of metabolic traits typically find a substantial
10 unexplained fraction of total heritability, suggesting an important role of spontaneous mutation.
11 An alternative explanation is that epigenetic effects contribute significantly to the heritable
12 variation. Here we report a study designed to quantify the cumulative effects of spontaneous
13 mutation on adenosine metabolism in the nematode *Caenorhabditis elegans*, including both the
14 activity and concentration of two metabolic enzymes and the standing pools of their associated
15 metabolites. The only prior studies on the effects of mutation on metabolic enzyme activity, in
16 *Drosophila melanogaster*, found that total enzyme activity presents a mutational target similar to
17 that of morphological and life-history traits. However, those studies were not designed to
18 account for short-term heritable effects. We find that the short-term heritable variance for most
19 traits is of similar magnitude as the variance among MA lines. This result suggests that the
20 potential heritable effects of epigenetic variation in metabolic disease warrant additional
21 scrutiny.

22

23 INTRODUCTION

24 Human metabolic diseases have increased markedly in frequency over the past few generations
25 (Saklayen 2018). Large genome-wide association studies (GWAS) conducted on the human
26 metabolome have shown that metabolic traits are highly heritable, but that a substantial fraction
27 of the heritability of metabolic traits remains unexplained by the cumulative effects of mQTL
28 (Rhee et al. 2013; Shin et al. 2014; Mahajan et al. 2018). This discrepancy indicates that the
29 remainder of the heritable variation is the result of some combination of (1) rare, highly
30 deleterious variants recently arisen in the population; (2) many variants with effects too small to
31 be detected by the typical GWAS (Manolio et al. 2009; Eichler et al. 2010; Boyle et al. 2017);
32 and/or (3) cross-generational epigenetic effects that are heritable over the short term but leave no
33 genetic signature (Furrow et al. 2011; Richard et al. 2017). Scenarios (1) and (2) imply a
34 significant role of spontaneous mutation in the risk of metabolic disease, although the rapid
35 increase in frequency further implies some sort of genotype-environment interaction. A recent
36 onslaught of epigenetic effects is considered less likely as a general explanation for the "missing
37 heritability" of human complex traits (Wainschtein et al. 2019), but specific examples of cross-
38 generational effects are known in humans (Pembrey et al. 2006; Curley et al. 2011; Veenendaal
39 et al. 2013; Rando and Simmons 2015), and are well-documented in other organisms (e.g.,
40 plants; Munir et al. 2001; Luna et al. 2012; Rasmann et al. 2012) and *C. elegans*; (Greer et al.
41 2011; Rechavi et al. 2011; Ashe et al. 2012; Jobson et al. 2015; Marré et al. 2016).

42 To our knowledge, the cumulative effects of spontaneous mutation on metabolic traits
43 have been investigated in only three experiments. Mukai et al. (1984) measured the cumulative
44 effects of 300 generations of spontaneous mutations on the activity of alcohol dehydrogenase
45 (Adh) in *Drosophila melanogaster*. In a groundbreaking study, also in *Drosophila*

46 *melanogaster*, Clark et al. (1995) quantified the input of mutational (co)variance in the activity
47 of a set of 12 metabolic enzymes and two metabolites. In both studies, mutational heritability
48 (h_M^2 , the per-generation increase in genetic variation (V_M) scaled as a fraction of the residual
49 variance, V_E) of enzyme activity was on the order of that of life-history and morphological traits
50 ($h_M^2 \approx 10^{-3}$ /generation; Houle et al. (1996)). In several of the mutation accumulation (MA) lines
51 studied by Clark and his colleagues, there were large changes in enzymatic activity relative to the
52 population mean over the course of 44 generations of evolution under minimal selection. Results
53 for the two metabolites studied were analogous, but there was no attempt to assess the
54 relationship between enzyme activity and metabolite concentration in the context of metabolic
55 pathways.

56 More recently, Davies et al. (2016) examined the changes in metabolite concentration for
57 29 metabolites in a set of *C. elegans* MA lines that had undergone ~250 generations of evolution
58 under minimal selection and found that metabolites vary considerably in their response to
59 spontaneous mutation, as quantified by the change in mean metabolite concentration (ΔM) and
60 by the mutational (co)variance. Associations between mutational correlations between pairs of
61 metabolites (r_M , presumably the result of pleiotropy) and proximity of the metabolites in the
62 global metabolic network were, on average, positive but weak (Johnson et al. 2018). The
63 weakness of the association between mutational pleiotropy and network proximity suggests that
64 pleiotropic effects propagate throughout the metabolic network and are not confined to local
65 modules. However, there was no attempt to link changes in metabolite concentration to the
66 properties of associated metabolic enzymes.

67 Here we report results of a study designed to investigate the cumulative effects of
68 mutation on the concentration and activity of the enzymes in the adenosine metabolism pathway

69 and their associated metabolites (Figure 1), using (nearly) the same set of *C. elegans* MA lines as
70 in Davies et al. (2016). We chose this particular metabolic pathway for investigation because
71 adenosine was one of the metabolites with the largest mutational variance, indicative of a large
72 mutational target. In addition, adenosine levels are assumed to be tightly regulated due to its role
73 as a critical signaling molecule for energetic homeostasis as a metabolite involved in ATP: AMP,
74 as well as having other critical functions (Park and Gupta 2008; Boison 2013). Lastly, the
75 adenosine pathway has well-defined network topology and is highly conserved.

76 Our study has one additional important feature relative to the aforementioned ones (Clark
77 et al. 1995; Davies et al. 2016; Johnson et al. 2018). All of those studies estimate cumulative
78 mutational parameters from the among-line components of (co)variance of a set of MA lines.
79 Ideally, the among-line (co)variance is due solely to the contribution of new mutations, but other
80 technical and biological factors can contribute to the among-line (co)variance (Lynch and Walsh
81 1998). Our experimental design allows us to infer the relative contributions of both mutation and
82 short-term heritable (i.e., epigenetic) effects on the total heritable variance of metabolic traits.

83 MATERIALS AND METHODS

84 **Mutation Accumulation:**

85 A detailed description of the construction and propagation of the mutation accumulation (MA)
86 lines is given in Baer et al. (2005). Briefly, 100 replicate MA lines were initiated from a nearly
87 isogenic population of N2-strain *C. elegans* and propagated by single-hermaphrodite descent at
88 four-day (one generation) intervals for approximately 250 generations. The common ancestor of
89 the MA lines ("G0") was cryopreserved at the outset of the experiment; MA lines were
90 cryopreserved upon completion of the MA phase of the experiment (Figure 2). Based on
91 extensive whole-genome sequencing (Denver et al. 2012; Saxena et al. 2019), we estimate that

92 the average MA line carries at least 60-100 mutant alleles in the homozygous state. In this study
93 we included 39 of the 43 N2-strain MA lines assayed by Davies et al. (2016). One of the lines
94 included in that study (line 507) was revealed by genome sequencing to be a contaminant from a
95 different strain, and was removed from the analysis. Two other lines (517, 598) were revealed to
96 have been cross-contaminated subsequent to the MA phase of the experiment, i.e., they appear to
97 be genetically identical. Due to the structure of the experiment, we cannot simply pool the
98 replicates of the two lines without introducing a potential bias, so those lines were omitted as
99 well. All replicates of line 571 reproduced so slowly that we were unable to obtain sufficient
100 material to be used in downstream assays.

101 The ideal design of a phenotypic assay of a MA experiment includes replicates of the
102 (putatively) unmutated common ancestor, which we call "pseudolines" and which are treated
103 identically to MA lines in analyses (Lynch 1985; Lynch and Walsh 1998; Teotónio et al. 2017).
104 The among-pseudoline component of variance includes the effects of residual segregating
105 genetic variation in the ancestor, as well as short-term heritable (epigenetic) effects that are
106 propagated across assay generations and purely environmental effects resulting from (sometimes
107 unavoidable) imperfections of experimental design, such as a temporal correlation between line
108 and assay time. In the absence of a pseudoline control, some fraction of the among-MA line
109 (co)variance will potentially be the result of non-mutational factors, and resulting estimates of
110 V_M and COV_M will be upwardly biased.

111 Here, a set of 15 pseudolines (PS) of the G0 ancestor were included along with the MA
112 lines (Figure 3A). PS lines were generated by thawing a sample of the N2 ancestor and allowing
113 it 24 hours to recover from freezing, at which time 15 hermaphrodites were plated individually
114 onto 60 mm NGM plates seeded with 100 μ l of an overnight culture of *E. coli* OP50 (P0

115 generation in Figure 3A). P0 worms were allowed to reproduce until the bacterial food on the
116 plate was consumed (two generations; F1 and F2), at which time worms were cryopreserved (F2)
117 (Hope 1999). The demographic features of this protocol mimic those of our standard protocol for
118 cryopreserving MA lines. From this point forward, MA lines and ancestral PS lines are
119 experimentally identical.

120

121 **Protein Extraction:**

122 This study includes six independent experimental tests: concentration and activity of two
123 metabolic enzymes (ADA and ADK), total protein concentration, and mass spectrometry of
124 pooled metabolites. We were unable to measure the activity of the third enzyme in the pathway,
125 adenosine phosphoribosyltransferase (APRT), because commercially available assay kits require
126 too much material to be practical for application to *C. elegans*. Accordingly, six aliquots of
127 protein (plus metabolites) were extracted and cryopreserved from the same individual sample of
128 each experimental replicate. Protein extraction was performed in five blocks of 10-12 lines per
129 block, to ensure that all samples were handled at the appropriate stage of development (see
130 below). In each protein extraction block, the lines selected were a random mix of MA and PS
131 lines; the experimental design is outlined in Figure 3B. Each line was thawed and transferred
132 onto a 60mm agar plate. The following day, five L4-stage hermaphrodites from each line were
133 transferred individually onto 35mm agar plates (parental generation, P1 in Figure 3B), resulting
134 in a total of 290 samples (five replicates of each of 15 PS lines and 43 MA lines). Four days
135 later, a single offspring (F1 generation) L4 hermaphrodite was transferred from each P1 plate
136 onto a 100mm plate (F1.1 in Figure 3B). The F1 worms were grown for ten days (two
137 generations, F2.1 and F3.1 in Figure 3B) of self-replication to ensure that F3 worms were gravid

138 and there were abundant eggs on the plate (F4.1 in Figure 3B). Worms were washed from the
139 plate and "bleached" in an NaOH and sodium hypochlorite solution (Sulston and Hodgkin 1988)
140 .This process kills all hatched worms by breaking down their cuticle and leaves only eggs (F4.1
141 in Figure 3B), resulting in a population that is closely synchronized in developmental timing.
142 Once F4 worms had been bleached, hatched, and reached the L4 stage, they were washed five
143 times in ion-free NGM buffer, mixed with protease inhibitor cocktail, and homogenized via
144 sonication (Tang and Choe 2015). Homogenized samples were centrifuged, and the protein-rich
145 supernatant was distributed equally into six cryovials and stored at -80 C°. All lines, both MA
146 and PS, were labeled with their true line number until cryopreservation, at which time each
147 replicate was assigned a random number to obscure sample identity.

148

149 **Estimating Total Soluble Protein via Bicinchoninic Acid Assay (BCA)**

150 We used total soluble protein as a proxy for the number of individual worms in a sample. To
151 quantify the total soluble protein in each sample we used a bicinchoninic acid assay (BCA)
152 following the protocol from Thermo Scientific (Pierce BCA Protein Assay Kit #23225). Briefly,
153 a set of known concentrations of bovine serum albumin is used to generate a standard curve
154 against which one can estimate the concentrations of unknown protein samples. A total of 13 BC
155 assays were performed, each with its own set of standards.

156

157 **Enzyme activity assays:**

158 *(i) Adenosine kinase (ADK)*

159 Adenosine kinase (ADK) activity was measured using the Novocib PRECISE ADK assay kit
160 (Novocib, Ref #K0507-01). This assay measures ADK activity based on the production on

161 NADH₂, which is generated by the dephosphorylation of ATP by ADK. To ensure that ADK
162 activity is not limited by available ATP, an excess of human ATP was added to each sample.
163 Absorbance at 340nm was measured at one-minute intervals for 40 minutes. The slope of the line
164 over the linear phase quantifies the activity of each sample in units of absorption per minute. A
165 set of positive (human ADK, provided in the kit) and negative (no enzyme) controls were
166 included with the unknown samples in each assay plate and used to quantify assay quality, per
167 the manufacturer's instructions. Thirty of the 290 samples were not included in the ADK activity
168 assay because of erratic activity slopes. All samples that were run included at least two technical
169 replicates, in which extracts from a sample were split and assayed independently.

170 *(ii) Adenosine deaminase (ADA):*

171 ADA activity was measured using Abcam's Adenosine Deaminase (ADA) Activity Assay Kit
172 (Abcam, ab21193). This kit utilizes an ADA developer and converter which react with inosine
173 formed from the breakdown of adenosine by ADA to produce uric acid. Uric acid concentration
174 is then measured via absorbance at 293nm once a minute for 45 minutes. Each kit is run with a
175 set of known concentration standards that are used to generate a standard curve. The quantity of
176 uric acid was then measured and used to calculate the activity of the ADA in a given sample in
177 units of nmol/min/μg, following the manufacturer's instructions.

178 ADA activity was assayed in six 96-well plates, each including a positive (manufacturer
179 supplied ADA) and negative (no sample) control. For one assay plate, the highest concentration
180 standard had an unusually low reading; we therefore omitted this point from the standard curve
181 for this assay. Omission of that point had no effect on the interpretation of the data because all
182 unknown samples had absorbance values greater than the second lowest standard. All of the 290

183 samples had maximum measured activity well below the highest concentration standard. Four
184 samples with erratic absorption readings were omitted from further analyses.

185

186 **Enzyme concentration:**

187 Enzyme concentrations were estimated by Western blot (WB) (Supplemental Figure S1).

188 Extracted samples were denatured in 2X Laemmli buffer (with β -mercaptoethanol) and boiled at
189 70° for 10 minutes. Each gel lane was loaded with 7ug of total soluble protein calculated from
190 the BCA data (Bio-Rad 10% polyacrylamide gel, product #4561033). Each blot included eight
191 samples, a DNA-ladder and an internal control standard consisting of a homogenate of *C.*
192 *elegans*. We used the Trans-Blot Turbo Transfer System (Bio-Rad, #1704156) to transfer
193 proteins separated by gel electrophoresis onto blotting paper. After the primary (enzyme-
194 specific) and secondary (visualization) antibodies were bound (antibodies described below),
195 antibody binding was visualized using the Pierce ECL Western Blotting Substrate (Thermo
196 Fischer Product # 32106). Brightness of each band relative to the internal control was estimated
197 using ImageJ image-analysis software and used as a proxy for enzyme concentration. 246 of the
198 284 samples contained sufficient protein to be visualized by Western Blot.

199 The concentration of tubulin in a sample is commonly used as a loading control, and we
200 quantified tubulin in each sample for both enzymes (Tubulin antibody DSHB, E7). However,
201 tubulin concentration was not independent of treatment (MA vs. PS), so we treat it as an
202 experimental trait rather than a control (see Results).

203 *(i) ADK concentration*

204 The antibody used was Abcam's Anti-ADK antibody – C-terminal (Abcam, ab226187), which
205 was designed and tested in mouse and humans and which is homologous with the *C. elegans*

206 ADK protein, R07H5.8. The assay resulted in multiple binding sites, with distinct bands at
207 ~100kd, ~37kd, ~25kd, and ~18kd (Supplemental Figure S2). To determine which of these
208 binding sites represented the *C. elegans* ADK, samples of each band were extracted from the gel
209 and analyzed using protein mass spectroscopy. Results were then analyzed using Scaffold 4; only
210 the sample at ~37kd contained the worm ADK homolog (R07H5.8, molecular weight = 37.5 kd;
211 Wormbase). 112 of the 246 samples did not contain sufficient ADK to be measured by Western
212 blot. These lines were tested in duplicate and failed to produce ADK bands both times, therefore
213 the low concentration of ADK is presumably a true property of the sample and not an
214 experimental artifact.

215 (ii) *Adenosine deaminase (ADA) concentration:*

216 The primary anti-body used was Abcam's Anti-ADAT2 antibody (Abcam, ab122280). This
217 antibody is homologous with the *C. elegans* ADA protein ADR-1 which is known to code for
218 ADA in worms (Wormbase). The assay resulted in multiple binding sites, with distinct bands at
219 ~100kd, ~60kd, and ~22kd (Supplemental Figure S3). Samples of each band were extracted from
220 the gel and analyzed using protein mass spectroscopy as for ADK. The band at ~100kd
221 contained the worm ADA homolog ADR-1, isoform D (101.8kd). 202 of the 246 samples
222 contained ADA in sufficient concentration to be quantified by Western blotting.

223

224 **Metabolomics:**

225 To assess the relationship between enzyme concentration and activity and the concentration of
226 their associated metabolites, we targeted four metabolites in the adenosine metabolic pathway:
227 adenosine, inosine, AMP, and adenine. Several other metabolites not in the adenosine pathway
228 were also measured, including GMP, guanine, guanosine, hypoxanthine, xanthine, and uric acid

229 because they were part of a routine panel that included the metabolites of interest. Metabolite
230 quantification was performed using liquid chromatography/mass spectroscopy (LC-MS),
231 calibrated with known standards at the Southeast Center for Integrated Metabolomics at UF.

232 Internal standards were prepared as follows: Adenine-¹⁵N₂ (Cat #A2880477), guanine-
233 4,5-¹³C₂ 7-¹⁵N (Cat #G836003), hypoxanthine-¹³C₂ ¹⁵N (Cat #H998504) and xanthine-
234 ¹³C ¹⁵N₂ (Cat #X499954) were purchased from Toronto Research Chemicals (Toronto, ON).
235 Adenosine-¹⁵N₅ 5'-monophosphate (Cat #662658), adenosine-¹⁵N₅ 5'-triphosphate (Cat
236 #707783), guanosine-¹⁵N₅ 5'-monophosphate (Cat #900380) and guanosine-¹³C₁₀ 5'-triphosphate
237 (Cat #710687) were purchased from Sigma-Aldrich (St. Louis, MO). The labeled adenosine and
238 guanosine triphosphates were dephosphorylated with alkaline phosphatase (Promega, Madison,
239 WI; Cat #M1821) according to the manufacturer's directions to produce the corresponding
240 labelled nucleosides. Uric acid-¹³C ¹⁸O was synthesized from urea-¹³C ¹⁸O (Cambridge Isotopes,
241 Andover, MA; Cat #COLM-4861) and 5,6-diaminouracil sulfate (Sigma-Aldrich; Cat #D15103)
242 according to methods of Cavalieri et al (Cavalieri et al. 1948).

243 For the purine assay, internal standard (10µl) was added to 50µl worm homogenate and
244 acetonitrile (100µl) was added to precipitate proteins for LC-MS/MS analysis. Samples were
245 chromatographed on a Waters Cortecs UPLC HILIC column (2.1 x 150 mm, 1.6µm) eluted with
246 an acetonitrile-water gradient: Buffer A) 5 mmol/L ammonium acetate and 0.1% acetic acid in
247 acetonitrile: water (: 98: 2); Buffer B) 10 mmol/L ammonium formate and 0.5% formic acid in
248 water. Mass spectrometric detection was on a Bruker EvoQ Elite MS/MS in positive ion mode,
249 using heated electrospray ionization.

250 Stock solutions of the purines analyzed were prepared from authentic standards, and their
251 concentrations determined by absorbance (Umbreit et al. 1960). The stock solutions were then

252 mixed to give an appropriate working standard, which was then serially diluted to produce
253 standard curves. Peak area ratios were calculated by dividing the metabolite peak area by the
254 peak area of its isotopically labeled internal standard. Metabolite concentrations were calculated
255 by comparing these peak area ratios to the standard curves.

256

257 **Data Analysis:**

258 *(i) Estimation of mutational parameters*

259 To quantify the cumulative effects of mutation on individual traits, we calculated the per-
260 generation change in the average trait value (ΔM , the "mutational bias") and the per-generation
261 rate of increase in genetic variance (V_M , the "mutational variance"). Mutational bias is calculated
262 as:

$$\Delta M = \frac{\bar{z}_{MA} - \bar{z}_0}{t\bar{z}_0}$$

263 where \bar{z}_{MA} and \bar{z}_0 are the averages of the MA lines and the G0 pseudolines, respectively, and t
264 is the number of generations of MA ($t=250$) (Lynch and Walsh 1998). We report values of ΔM
265 using the median rather than the mean as the measure of the average because of the highly
266 skewed distribution of some traits. Because protein and metabolite concentrations are not
267 independent of the total amount of the sample, statistical tests of mutational bias are based on the
268 slope of the linear regression of trait value on generations of MA (R_M), including total protein
269 concentration of the sample as a covariate.

270 The mutational variance (V_M) is calculated as:

$$V_M = \frac{V_{L,MA} - V_{L,0}}{2t}$$

271 where $V_{L,MA}$ is the among-line variance of the MA lines, $V_{L,0}$ is the among-line variance of the PS
272 lines, and t is the number of generations of MA. The among-line variance of the PS lines
273 includes the effects of any residual segregating genetic variance, but also heritable epigenetic
274 effects and the heritable effects of genotype-environment correlation (Lynch 1985).

275 The mutational covariance between traits (COV_M) is estimated analogously to V_M , with
276 the among-line components of variance (V_L) replaced with the among-line components of
277 covariance (i.e., the off-diagonal elements in the variance-covariance matrix).

278 *(ii) Statistical analyses*

279 Our primary interest is in the two enzymes, ADA and ADK. The enzyme activity assays
280 measure the composite effects of enzyme activity *per se* (i.e., the inherent kinetic properties of
281 the protein) and the concentration of the enzyme in the sample. For a given sample, the rate at
282 which substrate is converted to product depends on both the amount and the inherent activity of
283 the enzyme present. Because we have an independent measure of the amount of enzyme present
284 in the sample (from the Western blots), we can statistically partition the effects of inherent
285 activity from those of concentration by including enzyme concentration as a covariate in a
286 general linear model (GLM). The concentration of protein measured in the Western blot is
287 standardized by the total protein in the sample, so enzyme activity also needs to be standardized
288 relative to the total protein in the sample, which can be similarly included in a GLM. The ADA
289 activity assay includes total protein in the calculation of activity, so total protein is not included
290 in the GLM. The full GLM can be written as:

291
$$y_{ijkl} = \mu + c_i + p_i + b_j + a_k + L_{lj} + \varepsilon_{ijkl},$$

292 where y_{ijkl} is the measured activity of the enzyme in sample i , μ is the overall mean, c_i is the
293 effect of the concentration of the enzyme in sample i (estimated from the Western blot of the

294 same sample), p_i is the total protein concentration in sample i , b_j is the random effect of assay
295 block j , a_k is the continuous fixed effect of generations of MA (PS=0, MA=250), L_{lj} is the
296 random effect of line l given MA group k , and ε_{ijkl} is the residual effect. Variance components
297 (V_L and V_E) and their standard errors were estimated separately for each MA treatment group by
298 restricted maximum likelihood (REML), with degrees of freedom determined by the Kenward-
299 Roger method (Kenward and Roger 1997). Statistical significance of the change in trait means
300 (R_M) was assessed by F-test on Type III sums of squares, as implemented in the MIXED
301 procedure of SAS v. 9.4.

302 Statistical significance of the among-line components of variance ($V_{L,MA}$ and $V_{L,GO}$) was
303 assessed by randomization test, where trait values were randomized and variance components
304 estimated from the GLM as previously described. Randomization was performed separately for
305 MA and PS lines. Among-line variances ($V_{L,MA}$ and $V_{L,GO}$) were deemed significant if the point
306 estimate was greater than 95% of 10,000 estimates from the randomized values. Randomization
307 tests of variance components were performed using the lme4 package in R (Bates et al. 2015).

308 Protein concentrations (ADA, ADK, tubulin) were calculated relative to a predetermined
309 amount of total protein (see section V above). Mutational statistics for protein concentrations
310 were calculated from the same linear model as above without the covariates. Protein
311 concentration data were log-transformed to meet the assumptions of the GLM, and statistical
312 inferences are based on the transformed data. Mutational statistics are reported on the
313 untransformed scale.

314 Metabolite concentrations were normalized relative to an internal standard. Mutational
315 statistics were estimated from the same linear model as above, with total protein included as a
316 covariate. Data were log-transformed to better fit the normality assumption of the GLM.

317 Because V_M is a composite measure ($V_M=V_{L,MA}-V_{L,PS}$), in principle one could assess the
318 statistical significance of an estimate of V_M by comparing the fit of a model with the among-line
319 variance estimated separately for each treatment group (MA and PS) to that of a model with a
320 single among-line variance component, e.g., by likelihood-ratio test. However, the difference in
321 sample sizes between the two groups greatly reduces the power of the test. Instead, to assess the
322 significance of estimates of V_M , we employed a standard bootstrap approach (Baer et al. 2005),
323 in which data are resampled with replacement at the level of line independently for MA and PS
324 lines and variance components estimated as described above. 10,000 bootstrap estimates of V_M
325 were generated for each trait; the upper and lower 2.5% of the distribution establish the empirical
326 95% confidence interval, which we use as our criterion of statistical significance.

327 Mutational (among-line) covariances were calculated in two ways. Our primary interest
328 is in the correlations among the eight traits of the adenosine metabolic pathway. With eight
329 variables, there are $8 \times 9 / 2 = 36$ elements in the half-diagonal covariance matrix, thus 39 MA lines
330 are sufficient to jointly estimate the among-line components of covariance. The covariance was
331 partitioned into within- and among-line components analogously to the GLM described above
332 for variances, by REML with unstructured covariances as implemented in the MIXED procedure
333 of SAS v. 9.4 (Fry 2004). For traits in which total protein is a relevant covariate, we first
334 regressed the log-transformed value against the log of total protein concentration, then used the
335 residual as the dependent variable in the GLM. For traits for which total protein is not a relevant
336 covariate, we used the log-transformed value. Residuals of the full GLM were very close to
337 normally-distributed, as assessed by visual comparison to a q-q plot. Statistical significance of
338 among-line correlations was assessed by Wald's Z-test.

339 For the full data set of 17 traits, there are $17 \times 18 / 2 = 153$ elements in the diagonal
340 covariance matrix, too many to jointly estimate from 39 MA lines. Instead, we calculated
341 pairwise correlations of line means, using the R package `corr.test` (Revella 2019). Trait values
342 were standardized relative to the G0 mean across all PS lines.

343

344 RESULTS

345 **Per-generation change in trait means (ΔM):**

346 Box-plots showing line means and within-line variation are given in Supplementary Figure S4.
347 Of the seventeen traits, only two (GMP and Xanthine) changed significantly over the course of
348 250 generations of MA at the experiment-wide 5% level of significance, although there was a
349 general trend for metabolite concentrations to decline relative to the total protein in the sample
350 (Table 1). Mean total protein concentration, by which the other trait values were standardized,
351 was nearly identical in the G0 ancestor and in the MA lines. The close concordance in the
352 average amount of total protein in a sample indicates that the average number of worms in a
353 sample did not differ consistently between ancestor and MA lines. A caveat is in order,
354 however. Although samples were synchronized by bleaching and were cultured to the same
355 semi-objective stage of development ("a few" eggs were present on the plate), subtle differences
356 in the distributions of developmental stages may exist at any hierarchical level in the experiment
357 (G0 vs. MA; among lines; among replicates within a line). It is known that there are consistent
358 changes in the genome-wide transcriptional profile over the course of a few hours of
359 development (Francesconi and Lehner 2014; Zalts and Yanai 2017), and there is reason to expect
360 that changes in metabolite levels would change at least as fast. Determining whether a given
361 difference in trait value between two groups is due to a true difference in the trait at the exact

362 same stage of development, or due to a subtle (perhaps non-linear) difference in rate of
363 development is a nearly insoluble problem once worms have developed past a few embryonic
364 cell divisions.

365 As quantified in our enzyme activity assays, the output variable ("activity") is a function
366 of both enzyme kinetics (i.e., activity *per se*) and the amount of enzyme in the sample.
367 Interestingly, for both enzymes, the correlation of the measured activity was either negatively or
368 not correlated with the concentration of the enzyme. In the case of ADA, the negative
369 correlation was highly significant (phenotypic correlation $r = -0.34$, $df=176$, $P<0.001$). The
370 correlations for ADK were smaller and not statistically significant, albeit with a smaller sample
371 size ($r = -0.03$, $df=113$, $P>0.08$). An obvious *post hoc* explanation is that the flux through the
372 pathway is tightly regulated, and a change in activity *per se* is compensated for by a change in
373 concentration of the enzyme in the appropriate direction, or possibly *vice versa*. That argument
374 further implies, however, that the measured output of the reaction depends on factors other than
375 the inherent activity of the enzyme itself, because at least in the PS lines the protein sequence is
376 presumably identical in all samples (transcriptional and translational errors notwithstanding).

377

378 **Mutational variance (or the Lack Thereof):**

379 As mutations accumulate over time, MA lines are expected to diverge in trait values, leading to a
380 consistent, long-term increase in the among-line component of variance (V_L). Scaled per-
381 generation, this increase is the "mutational variance", V_M (Lynch and Walsh 1998, p. 330). For
382 various reasons, however, some fraction of the among-line variance may be due to factors other
383 than the accumulation of new mutations. Possible reasons include residual segregating variation
384 in the ancestor of the MA lines, genotype-environment correlations (sometimes unknown or

385 unknowable), and heritable epigenetic effects (Rechavi and Lev 2017; Perez and Lehner 2019).
386 To account for potential non-genetic contributions to the among-line variance, it is necessary to
387 include a set of "pseudolines" (PS) of the ancestor, which are treated both experimentally and
388 statistically as if they were MA lines (Lynch 1985; Teotónio et al. 2017).

389 We report two different standardizations of V_M . First, the difference in the among-line
390 variance between the PS and MA lines is divided by the square of the mean of the PS lines
391 ($V_{M,0}$); this is equivalent to the squared coefficient of variation, standardized by the ancestral
392 mean. This quantity is often called the "evolvability" (Houle 1992), and is the customary way of
393 scaling mutational variance. However, if the trait mean changes over the course of evolution,
394 scaling the MA lines by the ancestral mean will underestimate the true mutational variance if
395 mutational effects are multiplicative (i.e., the CV is constant; Fry and Heinsohn 2002; Baer et al.
396 2006). We also report V_M scaled by the group mean ($V_{M,MA}$; i.e., PS lines are scaled by the
397 square of the PS mean and MA lines are scaled by the square of the MA mean).

398 As it turns out, for most traits the among-line variance of the PS lines is of similar
399 magnitude as that of the MA lines (Table 2; Supplementary Figure S4), with the result that none
400 of the 17 traits showed significant mutational variance. Importantly, the lack of mutational
401 variance is not because there is little among-line variance in the MA lines; in 14/17 cases V_L in
402 the MA lines is significantly greater than zero (randomization test, $p < 0.05$).

403 Conceivably, technical variance associated with enzyme or metabolite assays could
404 swamp biological variation and lead to a spurious partitioning of variance. However, several
405 lines of evidence suggest this is not the cause of the substantial variance among PS lines. First,
406 and most importantly, the technical variation would have to contribute in such a way as to inflate
407 the among-line variance of the G0 pseudolines (i.e., a rather pathological Type 1 error), rather

408 than inflating the among-biological replicate (within-line) variance and thereby simply reducing
409 the power to detect among-line variance. Second, we ran technical replicates (i.e., samples of
410 extracted material were split and assayed independently) for ADK activity. The among-technical
411 replicate component of variance was about 1/3 that of the among-biological replicate variance,
412 and pooling the technical replicates within a biological replicate or including them separately had
413 no effect on the among-line variance. Based on previous experience with our metabolomics
414 screen, technical replicate variance for the metabolic pools is expected to be less than 5% of the
415 total variance for all metabolites except for GMP and uric acid, which are expected to be less
416 than 10% (Eoin Quinlivan, Southeast Center for Integrative Metabolomics, personal
417 communication).

418 It is also very unlikely that residual segregating genetic variance could explain the similar
419 magnitudes of the among-line variance in the PS and MA lines. First, any residual genetic
420 variation would be equivalently partitioned among PS lines and MA lines, and would contribute
421 equally to the among-line variance (on average, sampling variance notwithstanding). The MA
422 lines were initiated in March, 2001, at which time the G0 ancestor was expanded to large
423 population size (three generations) and cryopreserved. Over the intervening 16 years prior to the
424 start of this project, the ancestor has been thawed, re-expanded, and re-frozen several times. We
425 do not know exactly how many times the ancestor has been thawed/expanded/re-frozen, but five
426 is a reasonable guess. If we assume that each expansion takes three generations and there have
427 been five such expansions, then any two PS lines will have diverged for $2 \times 5 \times 3 = 30$ generations.
428 In contrast, any two MA lines have diverged for $2 \times (250 + 3) \approx 500$ generations. This is a
429 conservative estimate because MA lines used for this experiment were also thawed and refrozen
430 more than once, again we do not know how many times this has happened but it would inflate

431 the number of generations of divergence between MA lines regardless of how many rounds of
432 freeze-thaw occurred.

433 If technical and/or residual genetic variation cannot explain the among-line variance of
434 PS lines, the most likely remaining possibility is heritable epigenetic effects. We cannot strictly
435 rule out a vertically-transmitted pathogen, such as a virus or an intracellular parasite, e.g.,
436 microsporidia. However, there is no reason to expect variation in such a pathogen in long-term
437 laboratory lines, whereas there is abundant evidence for heritable epigenetic effects in *C.*
438 *elegans*. Recently, Sarkies and his colleagues reported that small RNA (specifically, piRNA/22G
439 RNA) epimutations accumulate spontaneously at a rate ~25X that of DNA sequence mutations,
440 with a half-life on the order of 2-3 generations, but with significant fraction maintained for ten
441 generations or more (Beltran et al. 2019). That time-scale is entirely consistent with the findings
442 reported here. Protein and metabolite data were collected on the F4 descendants of the most
443 recent common ancestor of a line (Figure 3B; Supplemental Table S1), which means that any
444 non-genetic short-term heritable effects that are common to a line had to have been maintained
445 for at least four generations, and perhaps since the founder of the PS line six generations back
446 (Figure 3A). Thus, effects common to a line meet the definition of "transgenerational" effects
447 (i.e. passed down to at least the F3, Rechavi and Lev 2017). We return to the topic of epigenetic
448 inheritance in the Discussion.

449

450 **Among-line correlations**

451 The absence of significant mutational variance precludes estimation of mutational covariances,
452 which was one of the underlying motivations of this study. However, because there is significant
453 among-line variance for most traits in both the PS and MA lines, it is meaningful to investigate

477 (non-significant) decline in adenosine concentration of about 0.1%/generation in (nearly) the
478 same set of MA lines (Table 1). Similarly, Davies et al. reported a mutational heritability
479 (V_M/V_E) for adenosine concentration of about 0.004/generation – toward the high end of
480 mutational heritabilities (Houle et al. 1996) – whereas, we found no significant mutational
481 variance. The discrepancy is not restricted to a handful of traits: Davies et al. reported
482 significant mutational variance for 22 of the 29 metabolites included in their study. Clearly, the
483 two studies are at odds: they can't both be right, although they may both be wrong in different
484 ways. The discrepancy is not due to the exclusion of three lines from this study, which had little
485 effect on the results for most traits in our data (Supplementary Figure S4). The methods of
486 quantifying metabolite concentration were different in the two studies; we used LC-MS in this
487 study, whereas Davies et al. used GC-MS, but a poor workman blames his tools.

488 Critically, the lack of mutational variance is not because there is no variation between
489 MA lines. For every trait except ADK activity and concentration, the variance among MA lines
490 ($V_{L,MA}$) is significantly greater than zero (Table 2). The cumulative effects of mutation are not
491 swamped by technical or microenvironmental noise (i.e., residual variance; V_E in the parlance of
492 quantitative genetics). Rather, the variance among pseudolines of the ancestral control is of
493 similar magnitude to the variance among MA lines. Had we made the common assumption that
494 there was no heritable variance in the G0 ancestor, our results would have been entirely
495 consistent with those reported by Davies et al. (and the majority of MA studies reported in the
496 literature, e.g., Clark et al. 1995).

497 For economic reasons (metabolomics is expensive), Davies et al. did not include
498 pseudolines of the G0 ancestor in their study. Returning to adenosine as an exemplar, all but
499 three of the 43 MA lines included in the Davies et al. study had mean adenosine concentrations

500 greater than that of the G0 ancestor, which was an order of magnitude less than the mean of the
501 MA lines in normalized units ($\bar{z}_{MA} = 22.6 \pm 3.4$, $\bar{n} = 3.9$; $z_0 = 2.1 \pm 0.7$, $n = 9$; see Figure 1 of Davies
502 et al. (2016)). Because ΔM is measured relative to the ancestor, if the mean value of the ancestor
503 is atypically small, ΔM will be atypically large. We have no reason to doubt the accuracy of the
504 estimate of mean adenosine concentration of the G0 ancestor in the Davies et al. study. 3/43 MA
505 lines had mean concentrations lower than the ancestor, and another seven MA lines had means
506 less than the largest of the nine replicates of the ancestor. Moreover, the average metabolite
507 concentration of the ancestor was not low relative to the MA lines when all 29 metabolites are
508 considered: the median rank of the ancestor is 34/44 (data from Davies et al. (2016) are archived
509 in Dryad, at <https://datadryad.org/stash/dataset/doi:10.5061/dryad.2dn09>).

510 It is important to carefully consider the differences between the ways the ancestral
511 controls were treated in the two studies. At the outset of the Davies et al. study, in 2009, a single
512 cryopreserved sample of the ancestor was thawed in the Baer lab (Florida) and plated. From that
513 plate, a "chunk" containing hundreds of worms was transferred onto another plate and sent to the
514 Leroi lab in England, at which time worms were washed from the plate and cryopreserved at -
515 80° C. Later, one tube of the ancestor was thawed and plated onto a 100 mm plate. When the
516 population on that plate reached high density (2-3 generations), worms were washed from the
517 plate and "bleached" (Sulston and Hodgkin 1988), and surviving L1 larvae were chunked onto a
518 new plate. From that plate, nine replicate plates were initiated from a single individual, and the
519 populations grown to high density (2-3 generations) and synchronized by bleaching. Surviving
520 L1s were plated and grown until worms reached young adulthood, at which time worms were
521 collected for extraction of metabolites. In this design, the nine replicate plates are conceptually

522 identical to the five replicates of each MA line, and the among-replicate (=within-line) variance
523 is the residual variance, V_E .

524 In this study (depicted in Figure 3A), 15 replicate plates were initiated from a single
525 individual, grown to high density (two generations), and cryopreserved. These are the 15
526 ancestral pseudolines (PS). Subsequent to thawing (depicted in Figure 3B), the PS lines were
527 treated identically to MA lines, with five replicate plates per PS line initiated from a single
528 individual worm taken from the thawed plate. The replicates were then propagated to the F3
529 descendants of the original founder of the replicate, and their offspring (F4) collected for
530 analysis. The variation among replicates is the residual variance, V_E . Any effects that are
531 common to a PS line (i.e., which contribute to V_L) must necessarily have been maintained at
532 least since the replicates diverged from their most recent common ancestor four generations
533 previously, and potentially for as many as the six generations subsequent to the founding of the
534 PS lines.

535 We believe the source of the discrepancy in ΔM between the two studies is likely the
536 same as the source of the discrepancy in V_M : short-term heritable, epigenetic variation. For
537 example, there is a ~120X difference between the mean adenosine concentrations between the
538 two most extreme of the 43 MA lines in the Davies et al. study. The conventional interpretation
539 is (and was) that spontaneous mutations accumulated over a couple of hundred generations can
540 lead to huge differences in metabolite concentrations (and presumably in the concentrations of
541 other biological molecules). However, there is a ~100X difference in the mean adenosine
542 concentration between the two most extreme of the PS lines in this study, lines that have
543 diverged for only a few generations. If the one aliquot of the ancestor sampled in the Davies et

544 al. study just happened by chance to fall in the lower tail of the distribution, voilà: ΔM "among
545 the largest reported for any trait" (quoting Davies et al. 2016, p. 2243).

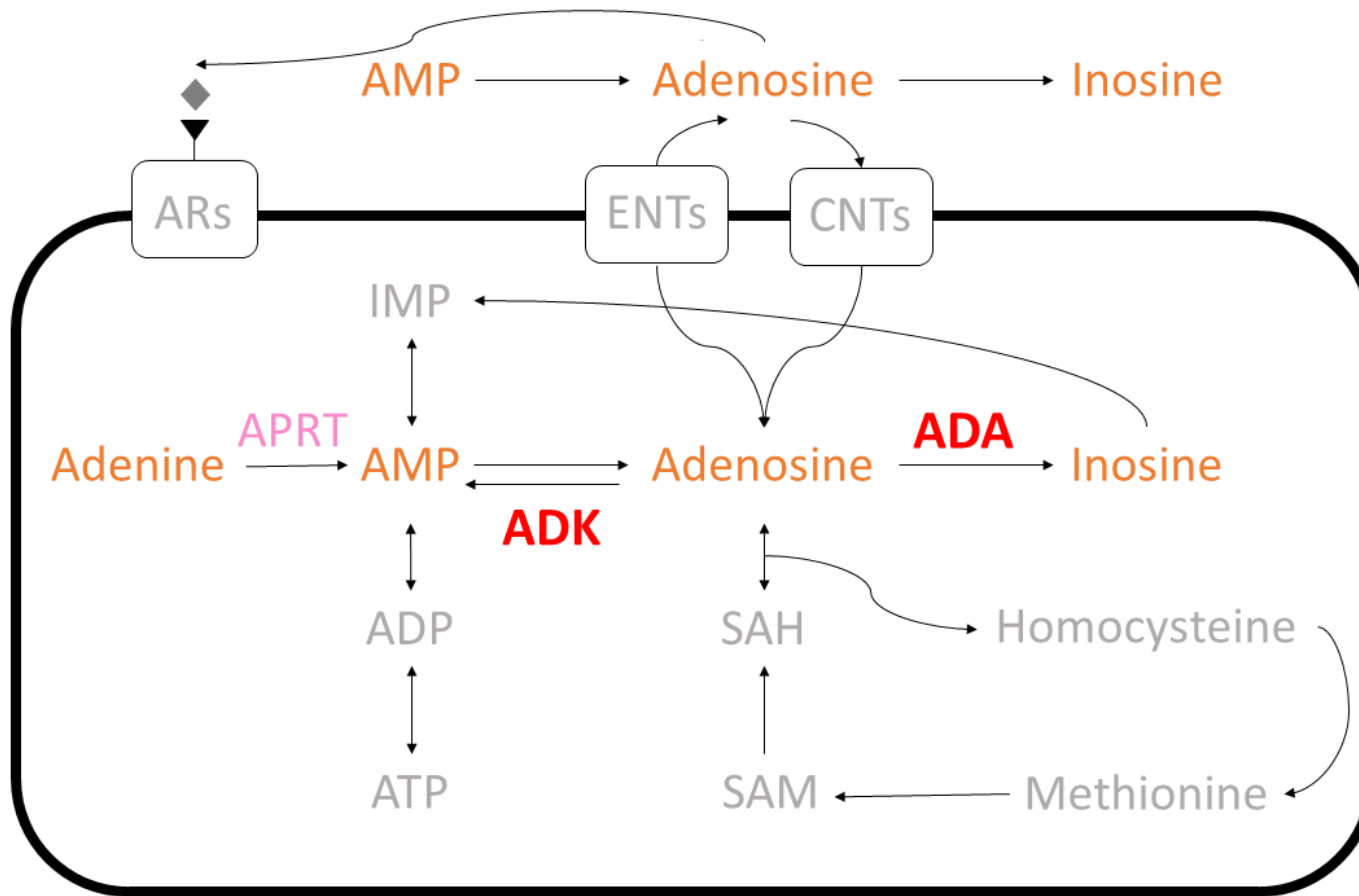
546 Given that the short-term heritability observed here is in fact epigenetic, what might be
547 the cause(s), both proximate (i.e., mechanistic) and ultimate (e.g., environmental)? There is a
548 burgeoning literature on heritable epigenetic effects in *C. elegans*, which can have a number of
549 mechanistic causes, including several varieties of small RNA (Rechavi and Lev 2017), histone
550 modifications (Furuhashi et al. 2010; Rechtsteiner et al. 2010; Tabuchi et al. 2018), and possibly
551 6-methyl adenine in DNA (Greer et al. 2015). Heritable epigenetic effects have been shown to
552 affect a wide variety of traits (Schott et al. 2014; Demoinet et al. 2017; Han et al. 2017;
553 Kishimoto et al. 2017), and in some cases have been shown to last for tens of generations (Ashe
554 et al. 2012; Rechavi and Lev 2017). Parental age (Perez et al. 2017) and nutrition status
555 (Miersch and Doring 2012; Tauffenberger and Parker 2014; Jobson et al. 2015) are especially
556 well-documented drivers of epigenetic variation and are obvious potential sources of variation in
557 the experiments reported here.

558 Nailing down the mechanistic cause(s) responsible for the epigenetic variation inferred
559 here would be both very interesting and very challenging, but it is beyond the scope of this study.
560 The most promising avenue of investigation would seem to be an experiment in which samples
561 were split for combined metabolomics/transcriptomics, with a focus on piRNA/22G RNA
562 variation (Beltran et al. 2019). However, while we do not know the mechanistic underpinning(s)
563 of the apparent epigenetic variation among the ancestral pseudolines, the fact that we detected so
564 much variation suggests that it is an important consideration in mutation accumulation studies,
565 and more generally, in any quantitative genetic study in which phenotypic variance is partitioned
566 within and among genotypes. Whether the high short-term heritability applies to taxa other than

567 worms is unknown. However, a study of DNA-methylation in a set of *Arabidopsis thaliana* MA
568 lines revealed that 5-methyl-cytosine epimutations occurred at a frequency several orders of
569 magnitude greater than base substitution mutations (Becker et al. 2011). The dominant modes of
570 epigenetic control differ between plants and nematodes (*C. elegans* apparently does not
571 methylate cytosine in DNA), but the general conclusion that epimutations can introduce
572 potentially important heritable effects in the short term is unavoidable.

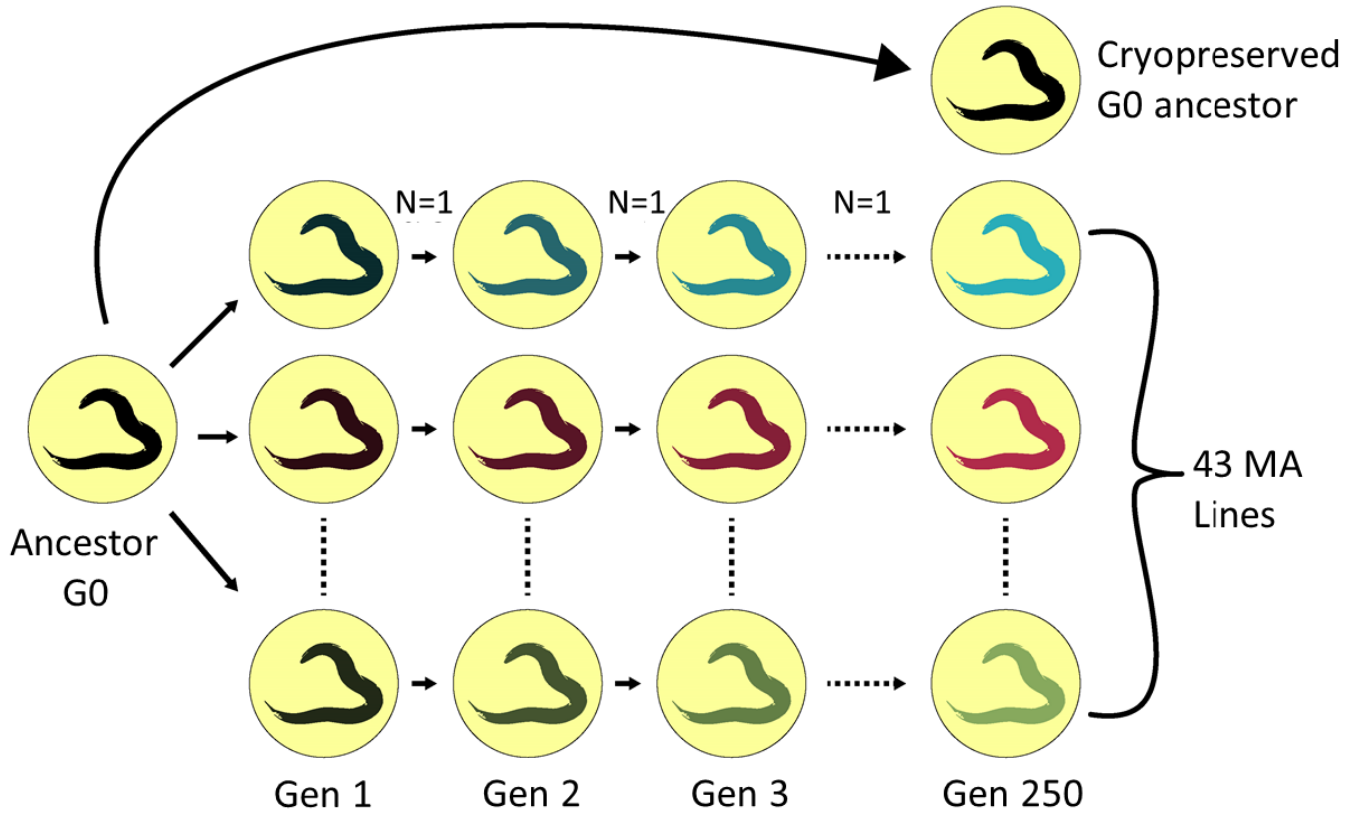
573 In the only study comparable to this one, Clark et al. (1995, Table 3) found significant
574 mutational heritability for the activity of 8/12 metabolic enzymes in a set of ~50 *Drosophila*
575 *melanogaster* MA lines that had evolved under MA conditions for 44 generations. However,
576 their assay conflates variation in enzyme activity *per se* and variation in enzyme concentration
577 into the composite category "enzyme activity" (normalized by body weight and total protein
578 concentration), without correcting for enzyme concentration. The *Drosophila melanogaster*
579 genomic mutation rate is perhaps 3X greater than that of *C. elegans* (Sharp and Agrawal 2012;
580 Schrider et al. 2013), which suggests that after 44 generations of MA, a *Drosophila* MA line
581 would have accumulated approximately half as many mutations as one of our *C. elegans* MA
582 lines. Contrary to our expectation based on the preceding evidence, neither of the two metabolic
583 enzymes we assayed (ADA and ADK) exhibited among-line variance for activity *per se* in either
584 the MA lines or the PS lines. Thus, for those traits, we cannot attribute the absence of V_M to the
585 confounding effects of among-line variance in the ancestor. It is interesting that the activity of
586 these two enzymes is similarly unperturbed by both mutation and epigenetic factors. However,
587 neither ADA nor ADK was included in the CLARK et al. study; it is certainly possible that had
588 those enzymes been included in that study, they would have fallen in the group of enzymes
589 without significant V_M .

590 We conclude with two thoughts. First, and more parochially, for this set of metabolic
591 traits (enzyme activity notwithstanding), a few generations of short-term heritable (presumably)
592 epigenetic effects swamp the signal of ~250 generations of accumulated mutations. Perhaps that
593 should not be surprising: it is simply phenotypic plasticity, albeit of a different sort than
594 evolutionary biologists are used to thinking about. It does strongly suggest, however, that
595 investigators doing MA experiments need to be especially mindful of how the ancestor is treated,
596 or employ designs in which direct comparison to an ancestor is not needed, such as regression of
597 the among-line variance on generations of MA over multiple assays at different time points. In
598 fact, that was the design employed in the Clark et al. study, but they constrained the intercept to
599 equal zero, on the assumption that the among-line variance of the ancestor was zero. But also,
600 second, and more broadly: these findings cast the recent increase in human metabolic complex
601 disease in a different light. Although we remain skeptical of epigenetic variation as a general
602 cause of "missing heritability" in humans, it may be that metabolic traits are particularly
603 susceptible to epigenetic regulation and are worthy of closer scrutiny in that regard.

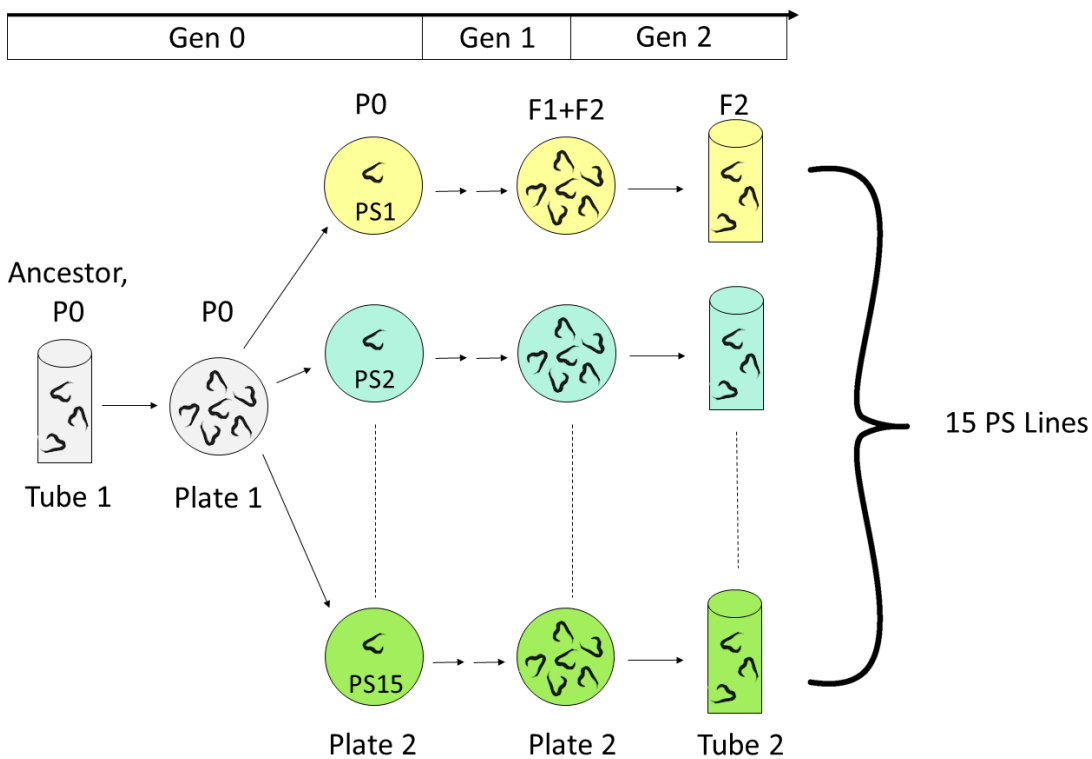


604

605 **Figure 1.** Adenosine metabolism pathway. Activity and concentration of enzymes Adenosine deaminase (ADA, red) and Adenosine
 606 kinase (ADK, red) were measured. We were unable to measure the concentration of APRT (pink). Metabolites in orange had
 607 concentrations quantified, those in gray were not measured.

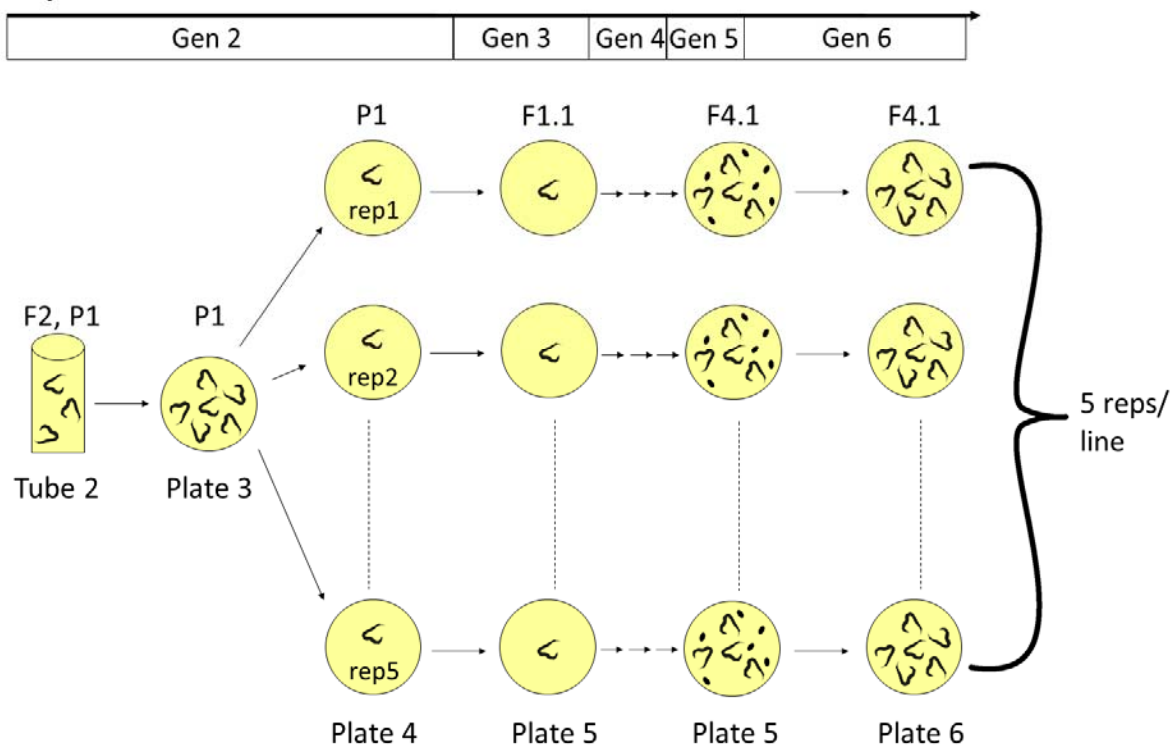


A)



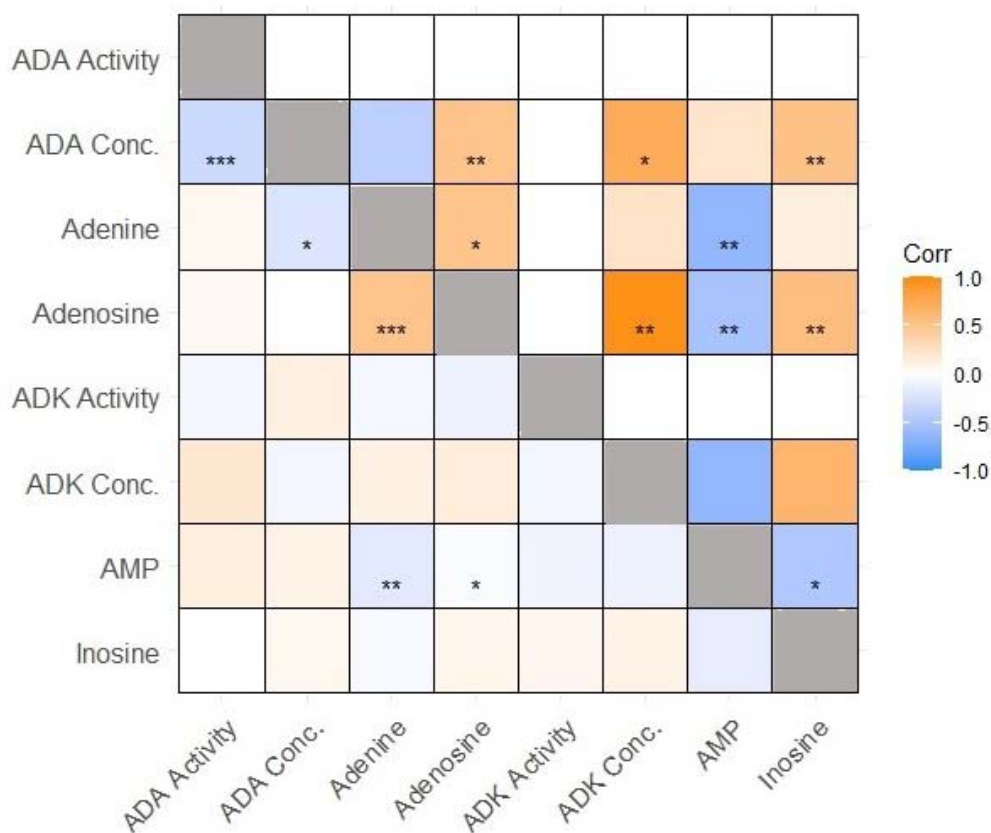
614

B)



615

616 **Figure 3. A)** Generation of G0 pseudolines (PS lines). The G0 ancestor was thawed from a
617 cryopreserved sample ("Tube 1", "Plate 1") and 15 individuals were picked onto individual agar
618 plates ("Plate 2"; PS1-PS15) and allowed to reproduce for two generations prior to
619 cryopreservation ("Tube 2"). **B)** Replication of lines for protein/metabolite extraction. Lines (P1,
620 "Tube 2" from [A]) were thawed (plate 3) and five individuals were picked onto individual agar
621 plates ("Plate 4", Rep1-Rep5) and propagated by single-worm descent for another generation
622 (F1.1, "Plate 5"). F1.1 worms were allowed to reproduce for two generations (F2.1, F3.1), and
623 when the plates contained gravid worms (F3.1) and eggs (F4.1) they were bleached. The
624 resulting eggs (F4.1) were transferred to a new plate ("Plate 6") and allowed to hatch and grow to
625 the young adult stage, at which time protein and metabolites were extracted. The timeline at the
626 top represents the number of generations of reproduction of PS lines subsequent to divergence of
627 the lines from the common ancestor. Population sizes at each generation are summarized in
628 tabular form in Supplementary Table S1.



629

630 **Figure 4.** Heatmap of Pearson's correlations between traits within the adenosine pathway.

631 Among-line correlations are shown above the diagonal, within-line correlations (V_E) are shown

632 below the diagonal. Wald's test significance levels are represented by: *** = $p < 0.001$, ** =

633 $p < 0.01$, * = $p < 0.05$.

Trait	M_{MA}	M_0	R_M ($\times 10^3$)	ΔM_{MED} ($\times 10^3$)
ADA activity	0.0037 / 0.0035 (0.00017)	0.0038 / 0.0037 (0.00025)	-0.020 (0.414)	-0.216
ADK activity	0.012 / 0.012 (0.00005)	0.012 / 0.012 (0.00014)	-0.020 (0.414)	0.034
ADA conc	0.22 / 0.16 (0.034)	0.41 / 0.29 (0.091)	-2.870 (1.266)	-1.746
ADK conc	2.71 / 0.71 (0.82)	0.67 / 0.33 (0.20)	2.004 (1.425)	4.670
Tubulin (ADA)	0.18 / 0.17 (0.02)	0.18 / 0.17 (0.020)	-1.010 (0.567)	-0.803
Tubulin (ADK)	0.18 / 0.18 (0.019)	0.18 / 0.18 (0.019)	-0.900 (0.673)	-1.262
Total protein	0.70 / 0.66 (0.03)	0.70 / 0.69 (0.037)	0.111 (0.287)	-0.187
AMP	8.76 / 7.91 (0.74)	11.26 / 9.75 (1.29)	-0.850 (0.717)	-0.756
Adenine	0.26 / 0.20 (0.026)	0.28 / 0.20 (0.044)	0.023 (0.762)	0.012
Adenosine	1.75 / 0.35 (0.69)	5.45 / 0.46 (2.50)	-1.870 (1.627)	-0.855
GMP	2.90 / 2.16 (0.28)	4.36 / 3.76 (0.49)	-2.380 (0.678)	-1.702
Guanine	1.42 / 1/31 (0.12)	2.16 / 2.10 (0.33)	-1.360 (0.788)	-1.509
Guanosine	1.71 / 0.49 (0.55)	4.00 / 1.04 (1.55)	-2.740 (1.553)	-2.106
Hypoxanthine	4.14 / 3.06 (0.56)	5.21 / 5.20 (0.90)	-1.520 (0.825)	-1.647
Inosine	1.37 / 0.52 (0.34)	2.52 / 1.04 (1.00)	-1.940 (1.156)	-1.998
Uric Acid	13.29 / 11/14 (1.20)	17.30 / 12.05 (2.17)	-1.290 (0.568)	-0.299
Xanthine	3.03 / 2.34 (0.38)	4.92 / 4.37 (0.59)	-2.190 (0.651)	-1.864

634
635 **Table 1.** Means. Column headings are: M_{MA} , MA mean/median (SEM); M_0 , G0 pseudoline
636 mean/median (SEM); R_M , per-generation change in trait mean conditioned on total protein
637 concentration (SEM); ΔM_{MED} , per-generation change in trait mean scaled as a fraction of the G0
638 mean, calculated from median value of line means. Values of R_M in bold font are significantly

639 different from zero (experiment-wide $P < 0.05$). See Methods for details of the estimation of trait
640 means.

Trait	V _{L,MA}	V _{L,PS}	V _{M,0}	V _{M,MA}	V _E
ADA Activity	1.85E-07 (0, 3.92E-07)	1.34E-07 (0, 1.12E-06)	2.00E-07 (0, 4.35E-07)	2.13E-07 (0, 4.47E-07)	4.91E-06 (3.55E-06, 6.33E-06)
ADK Activity	2.34E-08 (0, 6.44E-08)	1.77E-08 (0, 1.61E-07)	0 (0, 8.06E-09)	0 (0, 8.02E-09)	6.41E-07 (4.51E-07, 8.51E-07)
ADA Conc.	0.033 (0, 0.009)	0.104 (0, 1.087)	0 (0, 1.84E-04)	0 (0, 2.35E-04)	0.042 (0.026, 0.062)
ADK Conc.	4.225 (0, 114.85)	0.034 (0, 0.042)	0.034 (0.005, 0.085)	6.737E-03 (1.65E-03, 12.61E-03)	38.55 (7.73, 62.30)
Tubulin Conc. (ADA)	6.00-03 (0, 1.12E-03)	1.829E-03 (0, 2.08E-03)	1.65E-06 (0, 3.46E-05)	8.19E-06 (0, 4.39E-05)	6.7E-03 (4.44E-03, 9.12E-03)
Tubulin Conc. (ADK)	6.76E-03 (0, 3.73E-03)	3.825E-04 (0, 4.37E-03)	9.65E-05 (5.16E-06, 1.85E-04)	1.25E-04 (1.16E-05, 2.31E-04)	0.011 (0.007, 0.015)
Total Protein	0.0299 (0, 8.2E-03)	0.0077 (0, 0.148)	6.39E-05 (1.57E-05, 1.07E-04)	6.28E-05 (1.58E-05, 1.05E-04)	0.068 (0.048, 0.089)
AMP	14.321 (0, 3.942)	12.32535 (0, 10.189)	2.44E-04 (0, 2.278E-03)	1.41E-04 (0, 3.38E-03)	35.11 (25.17, 45.18)
Adenine	0.015 (0, 0.006)	0.008 (0, 0.037)	4.94E-05 (0, 9.22E-04)	0 (0, 1.31E-03)	0.054 (0.027, 0.093)
Adenosine	17.123 (0, 1.403)	69.062 (0, 27.063)	0.039 (0, 0.534)	0.038 (0, 0.790)	33.43 (7.74, 62.30)
GMP	0.908 (0, 0.657)	1.416 (0, 1.907)	0 (0, 1.27E-03)	1.139E-03 (0, 6.77E-03)	7.01 (4.50, 9.63)
Guanine	0.368 (0, 0.127)	1.091 (0, 0.596)	0 (0, -1.2E-04)	0 (0, 1.78E-04)	1.06 (0.694, 1.46)
Guanosine	9.880 (0, 0.676)	26.125 (0, 7.597)	0 (0, 0.292)	0 (0, 0.616)	9.52 (2.90, 17.37)
Hypoxanthine	6.538 (0, 2.649)	5.320 (0, 4.898)	0 (0, 0.022)	0.027 (0, 0.158)	17.57 (12.27, 23,12)
Inosine	3.153 (0, 0.484)	6.929 (0, 23.579)	0.042 (0, 0.204)	0.052 (0, 0.515)	5.78 (1.19, 12.70)

Uric Acid	37.772 (0, 13.509)	44.939 (0, 3.088)	0.0334 (0, 0.099)	0.029 (0, 0.165)	74.41 (48.57, 102.99)
Xanthine	2.216 (0, 1.016)	2.191 (0, 3.954)	0 (0, 0.021)	0.012 (0, 0.134)	7.81 (4.99, 10.70)

642

643 **Table 2.** Variances. Column headings are: $V_{L,MA}$, among-line variance of the MA lines; $V_{L,PS}$, among-line variance of the G0
 644 pseudolines; $V_{M,0}$, the mutational variance standardized by the G0 mean; $V_{M,MA}$, the mutational variance standardized by the mean of
 645 the group; V_E , the mean residual (within-line) variance of the MA and PS lines. Values of V_L and V_M in bold are significantly greater
 646 than zero; empirical 95% randomization confidence intervals are shown in parentheses for $V_{L,MA}$ and $V_{L,PS}$; 95% bootstrap confidence
 647 intervals are shown for values of V_M . See Methods for details of the estimation of variance components.

648 **References**

- 649 Ashe, A., A. Sapetschnig, E. M. Weick, J. Mitchell, M. P. Bagijn, A. C. Cording, A. L. Doebley, L. D.
650 Goldstein, N. J. Lehrbach, J. Le Pen, G. Pintacuda, A. Sakaguchi, P. Sarkies, S. Ahmed, and E. A.
651 Miska. 2012. piRNAs Can Trigger a Multigenerational Epigenetic Memory in the Germline of *C.*
652 *elegans*. *Cell* 150:88-99.
- 653 Baer, C. F., N. Phillips, D. Ostrow, A. Avalos, D. Blanton, A. Boggs, T. Keller, L. Levy, and E. Mezerhane.
654 2006. Cumulative effects of spontaneous mutations for fitness in *Caenorhabditis*: Role of
655 genotype, environment and stress. *Genetics* 174:1387-1395.
- 656 Baer, C. F., F. Shaw, C. Steding, M. Baumgartner, A. Hawkins, A. Houppert, N. Mason, M. Reed, K.
657 Simonelic, W. Woodard, and M. Lynch. 2005. Comparative evolutionary genetics of spontaneous
658 mutations affecting fitness in rhabditid nematodes. *Proceedings of the National Academy of*
659 *Sciences* 102:5785-5790.
- 660 Bates, D., M. Maechler, B. Bolker, and S. Walker. 2015. Fitting Linear Mixed-Effects Models Using lme4.
661 *Journal of Statistical Software* 67:1-48.
- 662 Becker, C., J. Hagmann, J. Muller, D. Koenig, O. Stegle, K. Borgwardt, and D. Weigel. 2011. Spontaneous
663 epigenetic variation in the *Arabidopsis thaliana* methylome. *Nature* 480:245-U127.
- 664 Beltran, T., V. Shahrezaei, V. Katju, and P. Sarkies. 2019. Epimutations driven by small RNAs arise
665 frequently but have limited duration in a metazoan organism. *bioRxiv*:2019.2012.2029.890194.
- 666 Boison, D. 2013. Adenosine kinase: Exploitation for therapeutic gain. *Pharmacological Reviews* 65:906-
667 943.
- 668 Boyle, E. A., Y. I. Li, and J. K. Pritchard. 2017. An Expanded View of Complex Traits: From Polygenic to
669 Omnigenic. *Cell* 169:1177-1186.
- 670 Cavalieri, L. F., V. E. Blair, and G. B. Brown. 1948. The synthesis of uric acid containing isotopic nitrogen.
671 *Journal of the American Chemical Society*:1240.
- 672 Clark, A. G., L. Wang, and T. Hulleberg. 1995. Spontaneous mutation rate of modifiers of metabolism in
673 *Drosophila*. *Genetics* 139:767-779.
- 674 Curley, J. P., R. Mashoodh, and F. A. Champagne. 2011. Epigenetics and the origins of paternal effects.
675 *Horm Behav* 59:306-314.
- 676 Davies, S. K., A. Leroi, A. Burt, J. G. Bundy, and C. F. Baer. 2016. The mutational structure of metabolism
677 in *Caenorhabditis elegans*. 70:2239-2246.
- 678 Demoinet, E., S. Li, and R. Roy. 2017. AMPK blocks starvation-inducible transgenerational defects in.
679 *Proc Natl Acad Sci U S A* 114:E2689-E2698.
- 680 Denver, D. R., L. J. Wilhelm, D. K. Howe, K. Gafner, P. C. Dolan, and C. F. Baer. 2012. Variation in base-
681 substitution mutation in experimental and natural lineages of *caenorhabditis* nematodes.
682 *Genome Biology and Evolution* 4:513-522.

- 683 Eichler, E. E., J. Flint, G. Gibson, A. Kong, S. M. Leal, J. H. Moore, and J. H. Nadeau. 2010. Missing
684 heritability and strategies for finding the underlying causes of complex disease. *Nature Reviews*
685 *Genetics* 11:446-450.
- 686 Francesconi, M. and B. Lehner. 2014. The effects of genetic variation on gene expression dynamics
687 during development. *Nature* 505:208-211.
- 688 Fry, J. D. 2004. Estimation of genetic variances and covariances by restricted maximum likelihood using
689 PROC MIXED. Pp. 11-34 in A. M. Saxton, ed. *Genetic Analysis of Complex Traits Using SAS*. SAS
690 Institute, Inc., Cary, NC.
- 691 Fry, J. D. and S. L. Heinsohn. 2002. Environment dependence of mutational parameters for viability in
692 *Drosophila melanogaster*. *Genetics* 161:1155-1167.
- 693 Furrow, R. E., F. B. Christiansen, and M. W. Feldman. 2011. Environment-sensitive epigenetics and the
694 heritability of complex diseases. *Genetics* 189:1377-1387.
- 695 Furuhashi, H., T. Takasaki, A. Rechtsteiner, T. Li, H. Kimura, P. M. Checchi, S. Strome, and W. G. Kelly.
696 2010. Trans-generational epigenetic regulation of *C. elegans* primordial germ cells. *Epigenetics*
697 *Chromatin* 3:15.
- 698 Greer, E. L., M. A. Blanco, L. Gu, E. Sendinc, J. Liu, D. Aristizábal-Corrales, C. H. Hsu, L. Aravind, C. He, and
699 Y. Shi. 2015. DNA Methylation on N6-Adenine in *C. elegans*. *Cell* 161:868-878.
- 700 Greer, E. L., T. J. Maures, D. Ucar, A. G. Hauswirth, E. Mancini, J. P. Lim, B. A. Benayoun, Y. Shi, and A.
701 Brunet. 2011. Transgenerational epigenetic inheritance of longevity in *Caenorhabditis elegans*.
702 *Nature* 479:365-371.
- 703 Han, S., E. A. Schroeder, C. G. Silva-García, K. Hebestreit, W. B. Mair, and A. Brunet. 2017. Mono-
704 unsaturated fatty acids link H3K4me3 modifiers to *C. elegans* lifespan. *Nature* 544:185-190.
- 705 Hope, I. A. 1999. *C. elegans - A Practical Approach*. Oxford University Press, New York.
- 706 Houle, D. 1992. Comparing evolvability and variability of quantitative traits. *Genetics* 130:195-204.
- 707 Houle, D., B. Morikawa, and M. Lynch. 1996. Comparing mutational variabilities. *Genetics* 143:1467-
708 1483.
- 709 Jobson, M. A., J. M. Jordan, M. A. Sandrof, J. D. Hibshman, A. L. Lennox, and L. R. Baugh. 2015.
710 Transgenerational Effects of Early Life Starvation on Growth, Reproduction, and Stress
711 Resistance in *Caenorhabditis elegans*. *Genetics* 201:201-+.
- 712 Johnson, L. M., L. M. Chandler, S. K. Davies, and C. F. Baer. 2018. Network Architecture and Mutational
713 Sensitivity of the *C. elegans* Metabolome. *Frontiers in Molecular Biosciences* 5:69.
- 714 Kenward, M. G. and J. H. Roger. 1997. Small sample inference for fixed effects from restricted maximum
715 likelihood. *Biometrics* 53:983-997.

- 716 Kishimoto, S., M. Uno, E. Okabe, M. Nono, and E. Nishida. 2017. Environmental stresses induce
717 transgenerationally inheritable survival advantages via germline-to-soma communication in
718 *Caenorhabditis elegans*. *Nat Commun* 8:14031.
- 719 Luna, E., T. J. Bruce, M. R. Roberts, V. Flors, and J. Ton. 2012. Next-generation systemic acquired
720 resistance. *Plant Physiol* 158:844-853.
- 721 Lynch, M. 1985. Spontaneous Mutations for Life-History Characters in an Obligate Parthenogen.
722 *Evolution* 39:804-818.
- 723 Lynch, M. and B. Walsh. 1998. *Genetics and Analysis of Quantitative Traits*. Sinauer, Sunderland, MA.
- 724 Mahajan, A., D. Taliun, M. Thurner, N. R. Robertson, J. M. Torres, N. W. Rayner, A. J. Payne, V.
725 Steinthorsdottir, R. A. Scott, N. Grarup, J. P. Cook, E. M. Schmidt, M. Wuttke, C. Sarnowski, R.
726 Magi, J. Nano, C. Gieger, S. Trompet, C. Lecoeur, M. H. Preuss, B. P. Prins, X. Guo, L. F. Bielak, J.
727 E. Below, D. W. Bowden, J. C. Chambers, Y. J. Kim, M. C. Y. Ng, L. E. Petty, X. Sim, W. Zhang, A. J.
728 Bennett, J. Bork-Jensen, C. M. Brummett, M. Canouil, K. U. Ek Kardt, K. Fischer, S. L. R. Kardia, F.
729 Kronenberg, K. Lall, C. T. Liu, A. E. Locke, J. Luan, I. Ntalla, V. Nylander, S. Schonherr, C.
730 Schurmann, L. Yengo, E. P. Bottinger, I. Brandslund, C. Christensen, G. Dedoussis, J. C. Florez, I.
731 Ford, O. H. Franco, T. M. Frayling, V. Giedraitis, S. Hackinger, A. T. Hattersley, C. Herder, M. A.
732 Ikram, M. Ingelsson, M. E. Jorgensen, T. Jorgensen, J. Kriebel, J. Kuusisto, S. Ligthart, C. M.
733 Lindgren, A. Linneberg, V. Lyssenko, V. Mamakou, T. Meitinger, K. L. Mohlke, A. D. Morris, G.
734 Nadkarni, J. S. Pankow, A. Peters, N. Sattar, A. Stancakova, K. Strauch, K. D. Taylor, B. Thorand,
735 G. Thorleifsson, U. Thorsteinsdottir, J. Tuomilehto, D. R. Witte, J. Dupuis, P. A. Peyser, E. Zeggini,
736 R. J. F. Loos, P. Froguel, E. Ingelsson, L. Lind, L. Groop, M. Laakso, F. S. Collins, J. W. Jukema, C. N.
737 A. Palmer, H. Grallert, A. Metspalu, A. Dehghan, A. Kottgen, G. R. Abecasis, J. B. Meigs, J. I.
738 Rotter, J. Marchini, O. Pedersen, T. Hansen, C. Langenberg, N. J. Wareham, K. Stefansson, A. L.
739 Gloyn, A. P. Morris, M. Boehnke and M. I. McCarthy. 2018. Fine-mapping type 2 diabetes loci to
740 single-variant resolution using high-density imputation and islet-specific epigenome maps. *Nat*
741 *Genet* 50:1505-1513.
- 742 Manolio, T. A., F. S. Collins, N. J. Cox, D. B. Goldstein, L. A. Hindorff, D. J. Hunter, M. I. McCarthy, E. M.
743 Ramos, L. R. Cardon, A. Chakravarti, J. H. Cho, A. E. Guttmacher, A. Kong, L. Kruglyak, E. Mardis,
744 C. N. Rotimi, M. Slatkin, D. Valle, A. S. Whittemore, M. Boehnke, A. G. Clark, E. E. Eichler, G.
745 Gibson, J. L. Haines, T. F. C. MacKay, S. A. McCarroll, and P. M. Visscher. 2009. Finding the
746 missing heritability of complex diseases. *Nature* 461:747-753.
- 747 Marré, J., E. C. Traver, and A. M. Jose. 2016. Extracellular RNA is transported from one generation to the
748 next in *Caenorhabditis elegans*. *Proc Natl Acad Sci U S A* 113:12496-12501.
- 749 Miersch, C. and F. Doring. 2012. Paternal dietary restriction affects progeny fat content in
750 *Caenorhabditis elegans*. *lubmb Life* 64:644-648.
- 751 Mukai, T., K. Harada, and H. Yoshimaru. 1984. Spontaneous mutations modifying the activity of alcohol
752 dehydrogenase (Adh) in *Drosophila melanogaster*. *Genetics* 106:73-84.
- 753 Munir, J., L. A. Dorn, K. Donohue, and J. Schmitt. 2001. The effect of maternal photoperiod on seasonal
754 dormancy in *Arabidopsis thaliana* (Brassicaceae). *Am J Bot* 88:1240-1249.

- 755 Park, J. and R. S. Gupta. 2008. Adenosine kinase and ribokinase - the RK family of proteins. *Cell. Mol. Life*
756 *Sci.* 65:2875-2896.
- 757 Pembrey, M. E., L. O. Bygren, G. Kaati, S. Edvinsson, K. Northstone, M. Sjöström, J. Golding, and A. S.
758 Team. 2006. Sex-specific, male-line transgenerational responses in humans. *Eur J Hum Genet*
759 14:159-166.
- 760 Perez, M. F., M. Francesconi, C. Hidalgo-Carcedo, and B. Lehner. 2017. Maternal age generates
761 phenotypic variation in *Caenorhabditis elegans*. *Nature* 552:106-+.
- 762 Perez, M. F. and B. Lehner. 2019. Intergenerational and transgenerational epigenetic inheritance in
763 animals. *Nature Cell Biology* 21:143-151.
- 764 Rando, O. J. and R. A. Simmons. 2015. I'm eating for two: parental dietary effects on offspring
765 metabolism. *Cell* 161:93-105.
- 766 Rasmann, S., M. De Vos, C. L. Casteel, D. Tian, R. Halitschke, J. Y. Sun, A. A. Agrawal, G. W. Felton, and G.
767 Jander. 2012. Herbivory in the previous generation primes plants for enhanced insect resistance.
768 *Plant Physiol* 158:854-863.
- 769 Rechavi, O. and I. Lev. 2017. Principles of Transgenerational Small RNA Inheritance in *Caenorhabditis*
770 *elegans*. *Curr Biol* 27:R720-R730.
- 771 Rechavi, O., G. Minevich, and O. Hobert. 2011. Transgenerational Inheritance of an acquired small RNA-
772 based antiviral response in *C. elegans*. *Cell* 147:1248-1256.
- 773 Rechtsteiner, A., S. Ercan, T. Takasaki, T. M. Phippen, T. A. Egelhofer, W. Wang, H. Kimura, J. D. Lieb, and
774 S. Strome. 2010. The histone H3K36 methyltransferase MES-4 acts epigenetically to transmit the
775 memory of germline gene expression to progeny. *PLoS Genet* 6:e1001091.
- 776 Revella, W. 2019. *psych: Procedures for Psychological, Psychometric, and Personality Research*,
777 Northwestern University, Evanston, Illinois.
- 778 Rhee, E. P., J. E. Ho, M.-h. Chen, D. Shen, S. Cheng, M. G. Larson, A. Ghorbani, X. Shi, I. T. Helenius, C. J.
779 O. Donnell, A. L. Souza, A. Deik, K. A. Pierce, K. Bullock, G. A. Walford, R. S. Vasan, J. C. Florez, C.
780 Clish, J. J. Yeh, T. J. Wang, and R. E. Gerszten. 2013. Resource A Genome-wide Association Study
781 of the Human Metabolome in a Community-Based Cohort. *Cell Metabolism* 18:130-143.
- 782 Richard, M. A., T. Huan, S. Lighthart, R. Gondalia, M. A. Jhun, J. A. Brody, M. R. Irvin, R. Marioni, J. Shen, P.
783 C. Tsai, M. E. Montasser, Y. Jia, C. Syme, E. L. Salfati, E. Boerwinkle, W. Guan, T. H. Mosley, J.
784 Bressler, A. C. Morrison, C. Liu, M. M. Mendelson, A. G. Uitterlinden, J. B. van Meurs, B. T.
785 Heijmans, P. A. C. 't Hoen, J. van Meurs, A. Isaacs, R. Jansen, L. Franke, D. I. Boomsma, R. Pool, J.
786 van Dongen, J. J. Hottenga, M. M. J. van Greevenbroek, C. D. A. Stehouwer, C. J. H. van der
787 Kallen, C. G. Schalkwijk, C. Wijmenga, A. Zhernakova, E. F. Tigchelaar, P. E. Slagboom, M.
788 Beekman, J. Deelen, D. van Heemst, J. H. Veldink, L. H. van den Berg, C. M. van Duijn, A. Hofman,
789 A. G. Uitterlinden, P. M. Jhamai, M. Verbiest, H. E. D. Suchiman, M. Verkerk, R. van der Breggen,
790 J. van Rooij, N. Lakenberg, H. Mei, M. van Ijzerman, M. van Galen, J. Bot, P. van 't Hof, P. Deelen, I.
791 Nooren, M. Moed, M. Vermaat, D. V. Zhernakova, R. Luijk, M. J. Bonder, F. van Dijk, W.
792 Arindrarto, S. M. Kielbasa, M. A. Swertz, E. W. van Zwet, O. H. Franco, G. Zhang, Y. Li, J. D.

- 793 Stewart, J. C. Bis, B. M. Psaty, Y. D. I. Chen, S. L. R. Kardia, W. Zhao, S. T. Turner, D. Absher, S.
794 Aslibekyan, J. M. Starr, A. F. McRae, L. Hou, A. C. Just, J. D. Schwartz, P. S. Vokonas, C. Menni, T.
795 D. Spector, A. Shuldiner, C. M. Damcott, J. I. Rotter, W. Palmas, Y. Liu, T. Paus, S. Horvath, J. R.
796 O'Connell, X. Guo, Z. Pausova, T. L. Assimes, N. Sotoodehnia, J. A. Smith, D. K. Arnett, I. J. Deary,
797 A. A. Baccarelli, J. T. Bell, E. Whitsel, A. Dehghan, D. Levy and M. Fornage. 2017. DNA
798 Methylation Analysis Identifies Loci for Blood Pressure Regulation. *American Journal of Human*
799 *Genetics* 101:888-902.
- 800 Saklayen, M. G. 2018. The Global Epidemic of the Metabolic Syndrome. *Current Hypertension Reports*
801 20:12.
- 802 Saxena, A. S., M. P. Salomon, C. Matsuba, S. D. Yeh, and C. F. Baer. 2019. Evolution of the Mutational
803 Process under Relaxed Selection in *Caenorhabditis elegans*. *Molecular biology and evolution*
804 36:239-251.
- 805 Schott, D., I. Yanai, and C. P. Hunter. 2014. Natural RNA interference directs a heritable response to the
806 environment. *Sci Rep* 4:7387.
- 807 Schrider, D. R., D. Houle, M. Lynch, and M. W. Hahn. 2013. Rates and genomic consequences of
808 spontaneous mutational events in *Drosophila melanogaster*. *Genetics* 194:937-954.
- 809 Sharp, N. P. and A. F. Agrawal. 2012. Evidence for elevated mutation rates in low-quality genotypes. *Proc*
810 *Natl Acad Sci U S A* 109:6142-6146.
- 811 Shin, S.-y., E. B. Fauman, A.-k. Petersen, J. Krumsiek, R. Santos, J. Huang, M. Arnold, I. Erte, V. Forgetta,
812 T.-p. Yang, K. Walter, C. Menni, L. Chen, L. Vasquez, A. M. Valdes, C. L. Hyde, V. Wang, D.
813 Ziemek, P. Roberts, L. Xi, J. Trimmer, F. J. Theis, J. P. Overington, K. Suhre, and M. J. Brosnan.
814 2014. An atlas of genetic influences on human blood metabolites. 46:543-550.
- 815 Sulston, J. and J. Hodgkin. 1988. *The Nematode Caenorhabditis elegans*. Pp. 587-606. Cold Spring
816 Harbor Laboratory, Cold Springs Harbor.
- 817 Tabuchi, T. M., A. Rechtsteiner, T. E. Jeffers, T. A. Egelhofer, C. T. Murphy, and S. Strome. 2018.
818 *Caenorhabditis elegans* sperm carry a histone-based epigenetic memory of both
819 spermatogenesis and oogenesis. *Nat Commun* 9:4310.
- 820 Tang, L. and K. P. Choe. 2015. Characterization of *skn-1/wdr-23* phenotypes in *Caenorhabditis elegans*;
821 pleiotrophy, aging, glutathione, and interactions with other longevity pathways. *Mechanisms of*
822 *Ageing and Development* 149:88-98.
- 823 Tauffenberger, A. and J. A. Parker. 2014. Heritable transmission of stress resistance by high dietary
824 glucose in *Caenorhabditis elegans*. *PLoS Genet* 10:e1004346.
- 825 Teotónio, H., S. Estes, P. C. Phillips, and C. F. Baer. 2017. Experimental evolution with *Caenorhabditis*
826 *nematodes*. *Genetics* 206:691-716.
- 827 Umbreit, W. W., R. M. C. Dawson, D. C. Elliott, and K. M. Jones. 1960. Data for Biochemical Research.
828 *AIBS Bulletin*.

- 829 Veenendaal, M. V., R. C. Painter, S. R. de Rooij, P. M. Bossuyt, J. A. van der Post, P. D. Gluckman, M. A.
830 Hanson, and T. J. Roseboom. 2013. Transgenerational effects of prenatal exposure to the 1944-
831 45 Dutch famine. *BJOG* 120:548-553.
- 832 Wainschtein, P., D. P. Jain, L. Yengo, Z. Zheng, L. A. Cupples, A. H. Shadyab, B. McKnight, B. M.
833 Shoemaker, B. D. Mitchell, B. M. Psaty, C. Kooperberg, D. Roden, D. Darbar, D. K. Arnett, E. A.
834 Regan, E. Boerwinkle, J. I. Rotter, M. A. Allison, M.-L. N. McDonald, M. K. Chung, N. L. Smith, P. T.
835 Ellinor, R. S. Vasani, R. A. Mathias, S. S. Rich, S. R. Heckbert, S. Redline, X. Guo, Y. D. I. Chen, C.-T.
836 Liu, M. de Andrade, L. R. Yanek, C. M. Albert, R. D. Hernandez, S. T. McGarvey, K. E. North, L. A.
837 Lange, B. S. Weir, C. C. Laurie, J. Yang, and P. M. Visscher. 2019. Recovery of trait heritability
838 from whole genome sequence data. *bioRxiv*.
- 839 Zalts, H. and I. Yanai. 2017. Developmental constraints shape the evolution of the nematode mid-
840 developmental transition. *Nature Ecology & Evolution* 1:0113.
- 841
- 842