**14-3-3ζ regulates lipolysis by influencing adipocyte maturity**

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**Keywords:** adipocyte, 14-3-3ζ, scaffold, lipase, maturity

**Abbreviations:** ATGL, adipose triacylglycerol lipase; HSL, hormone-sensitive lipase; MAGL, monoacylglycerol lipase; PKA, protein kinase A; cAMP, cyclic adenosine monophosphate

**Abstract**

Activation of β3-adrenergic receptors on mouse adipocytes promotes lipolysis, or the catabolism of stored lipids, via the concerted actions of PKA and lipases, including HSL, ATGL, and MAGL. Phosphorylation of HSL by PKA generates phospho-binding sites for 14-3-3 proteins, a ubiquitously expressed family of molecular scaffolds, of which we previously identified essential roles of the 14-3-3ζ isoform in murine adipogenesis. The presence of 14-3-3ζ binding sites on HSL and ATGL suggests that 14-3-3ζ may influence their activities and ultimately lipolysis. Herein, we demonstrate that 14-3-3ζ is necessary for lipolysis in male mice, as deletion of 14-3-3ζ in adipocytes was found to impair glycerol and FFA release. 14-3-3ζ was found to be heterogeneously expressed among adipocytes in gonadal white adipose tissue (gWAT), and deletion of 14-3-3ζ significantly decreased the number of small (<200μm) adipocytes. Adipocyte-specific deletion of 14-3-3ζ also reduced PPARγ and HSL protein abundance and significantly reduced the expression of genes associated with adipocyte maturity. Similarly, depletion of 14-3-3ζ in mature 3T3-L1 adipocytes impaired lipolysis, and as with primary mouse adipocytes, reducing 14-3-3ζ abundance decreased the expression of mature adipocyte genes. Moreover, depletion of 14-3-3ζ promoted the acquisition of a lipidomic signature that resembled undifferentiated, immature 3T3-L1 cells. Collectively, these findings reveal a novel role for 14-3-3ζ in regulating PKA-dependent lipolysis, potentially by controlling the adipocyte maturity.

## Introduction

The primary function of white adipose tissue (WAT) is to regulate energy and nutrient homeostasis, as white adipocytes specialize in both the storage of triacylglycerols (TAGs) and the mobilization of free fatty acids (FFAs). These processes occur to accommodate changes in metabolic demand during periods of activity or fasting [1]. In WAT, FFAs are generated by the hydrolysis of TAGs through a process known as lipolysis, which occurs following the binding of catecholamines to β3-adrenergic receptors, the subsequent generation of the second messenger, cAMP, and the activation of Protein Kinase A (PKA) [1]. TAG hydrolysis is principally mediated by PKA-dependent phosphorylation of three lipases: adipose triacylglycerol lipase (ATGL), hormone-sensitive lipase (HSL), and monoacylglycerol lipase (MAGL), whereby they respectively catalyze the sequential conversion of TAGs into diacylglycerols (DAGs), monoacylglycerols (MAGs), and finally FFAs and glycerol [2, 3].

Molecular scaffolds belonging to the 14-3-3 family are ubiquitously expressed proteins that have been implicated in regulating cellular processes, such as proliferation, apoptosis and metabolism [4-6]. These functions arise from their ability to interact with target proteins harboring specific phosphorylated serine and threonine motifs [7, 8]. For example, the inhibitory actions of the Rab-GAP, AS160/TBC1D4, on GLUT4 translocation are attenuated following its interactions with 14-3-3 proteins [9], and interactions with FOXO1 retains this transcription factor in the cytoplasm [10]. We previously reported essential roles of one of the seven mammalian isoforms, 14-3-3ζ, in adipogenesis, as systemic deletion of 14-3-3ζ in mice resulted in significant reductions in visceral adipose tissue mass and decreased expression of mature adipocyte markers in gonadal adipocytes [6]. Furthermore, through the use of proteomics to elucidate the 14-3-3ζ interactome, we found that 14-3-3ζ may influence RNA splicing and processing during adipocyte development [11]. However, whether 14-3-3ζ has functions specific to mature adipocytes has not been fully examined.

One of the earliest reported functions of 14-3-3 proteins is their regulatory functions on tyrosine and tryptophan hydroxylases, which accounts for their alternative names of tyrosine 3-monooxygenase/tryptophan 5-monooxygenase activation proteins [12], and given their ability to bind to proteins harboring specific serine or threonine motifs they can interact and regulate a diverse array of enzymes to influence intracellular signaling pathways. For example, the activity of other kinases, such as PKA and RAF-1, are positively regulated upon binding to 14-3-3 proteins, but in some instances, inhibitory effects, as seen with DYRK1A, have been reported [13-15]. The presence of 14-3-3 protein binding motifs generated by PKA phosphorylation on either ATGL and

HSL has been reported, which that 14-3-3 proteins could have regulatory roles in lipolysis [16]. Thus, we turned our focus to examining the potential contributions of 14-3-3ζ to lipolysis.

Herein, we report that 14-3-3ζ is necessary for lipolysis in mature adipocytes, as adipocyte-specific deletion of 14-3-3ζ in mice and siRNA-mediated depletion of 14-3-3ζ in mature 3T3-L1 adipocytes impaired glycerol and free fatty acid release. Although reductions in 14-3-3ζ was found to affect distal events in the lipolytic pathway, we report on an unexpected role of 14-3-3ζ in the regulation of adipocyte maturity. Reductions in 14-3-3ζ expression were associated with decreased mRNA and protein levels for key markers of mature adipocytes, including *Pparg*/PPARγ, *Hsl*/HSL, and *Atgl*/ATGL. Moreover, decreased mRNA levels for genes involved in *de novo* triglyceride synthesis and fatty acid transport was observed. Depletion of 14-3-3ζ was also found to alter the lipidome by promoting the acquisition of a lipid signature resembling pre-adipocytes. In conclusion, this study identifies critical roles of 14-3-3ζ in the function of mature adipocytes and reports a novel function of 14-3-3ζ in the regulation of adipocyte maturity.

## Materials and Methods

*Animal husbandry*

*Adipoq*-CreERT2$^{Soff}$ mice (stock no. 025124, JAX, Bar Harbor Maine) were bred with *Ywhaz*$^{flox/flox}$ mice harboring LoxP sites that flank exon 4 of *Ywhaz* (gene that encodes 14-3-3ζ) (Ywhaz$^{tm1c(EUCOMM)HMgu}$, Toronto Centre for Phenogenomics, Toronto, Canada) to generate *Adipoq*-CreERT2-14-3-3ζKO mice (adi14-3-3ζKO) [17]. Both strains were on a C57Bl/6J background. To delete exon 4 of *Ywhaz,* tamoxifen (TMX, 50 mg/kg b.w; Sigma Aldrich, St. Louis, MO) was administered by intraperitoneal injections for five days (Figure 1A). Transgenic mice over-expressing a TAP-tagged human 14-3-3ζ molecule were on a CD1 background and were provided by the laboratory of Dr. Amparo Acker-Palmer [6, 18]. All mice were maintained on a standard chow diet (Teklad diet no. TD2918) under 12-hour light/12-hour dark cycles in an environmentally controlled setting (22°C ± 1°C) with free access to food and water. All procedures were approved and performed in accordance with CIPA (Comité institutionnel de protection des animaux du CRCHUM) guidelines at the University of Montreal Hospital Research Centre.

*Metabolic phenotyping*

For glucose tolerance tests, adi14-3-3ζKO mice were fasted for six hours and challenged with d-glucose (2 g/kg b.w.; VWR, Solon, OH) by intraperitoneal administration [6, 19]. For insulin tolerance tests, adi14-3-3ζKO mice were fasted for four hours and were injected intraperitoneally with Humulin R insulin (0.5 U/kg b.w; Eli Lilly, Toronto, ON) [6, 19]. Blood glucose was measured from tail blood with a Contour Next EZ glucose meter (Ascencia Diabetes Care, Basel, Switzerland). Plasma leptin, insulin, and adipocnectin were measured by ELISA (ALPCO, Keewatin, NH) according to the manufacturer's protocols.

*Cell Culture and transient transfections*

3T3-L1 cells were maintained in DMEM (Life Technologies Corporation, Grand Island, NY), supplemented with 10% newborn calf serum (NBCS) and 1% penicillin/streptomycin (P/S) and were seeded onto 12-well plates (100,000 cells/well) or 10cm dishes ($2x10^6$ cells/dish) 2 days prior to the induction of differentiation. Confluent cells were treated with a differentiation cocktail (DMEM supplemented with 10% FBS, 1% P/S, 500 μM IBMX, 500 nM dexamethasone and 172 nM insulin) for 48 hours, followed by media replacement (DMEM with 10% FBS, 1% P/S and 172 nM insulin) every 2 days for 7-8 days [6, 11]. Knockdown

and overexpression of 14-3-3ζ was achieved by transfecting day 7-8 differentiated cells with scrambled control siRNA, 14-3-3ζ-specific siRNA (Ambion, Austin, TX), GFP control plasmids, or plasmids encoding 14-3-3ζ (14-3-3ζ IRES-GFP) using the Amaxa Cell Line Nucleofector Kit L, as per manufacturer's instructions (Lonza, Koln, Germany). Differentiated 3T3-L1 cells were stained with Oil Red-O (ORO) and measured, as previously described [6, 11]. All studies with 3T3-L1 cells were performed on cells between passages 10-16.

*Measurements of lipolysis*

Adi14-3-3ζKO mice were injected with 1 mg/kg CL-316,243 (Sigma-Aldrich, St. Louis, MO) following an overnight fast. TAP mice were injected with 10 mg/kg isoproterenol (Sigma-Aldrich), following an overnight fast. Blood was collected from the tail vein before and 30 minutes after administration of CL-316,243 or isoproterenol. To measure lipolysis *ex vivo,* mice where sacrificed 4 weeks after the last TMX injection, and gonadal adipose tissues were harvested and placed into pH 7.4-adjusted Krebs-Ringer buffer (135 mM NaCl, 3.6 mM KCl, 0.5 mM $NaH_2PO_4$, 0.5 mM $MgCl_2$, and 1.5 mM $CaCl_2$), supplemented with 10 mM HEPES, 2 mM $NaHCO_3$, 5 mM glucose and 2% bovine serum albumin (BSA). Gonadal explants were treated with or without 1 μM isoproterenol (Sigma Aldrich) for two hours. The supernatant was collected and centrifuged for 15 minutes at 1500 RPM. To measure lipolysis from differentiated 3T3-L1 cells (Zenbio, Research Triangle Park, NC), cells were incubated in starvation media consisting of pH 7.4-adjusted Krebs-Ringer buffer, 5 mM glucose and 0.2% BSA for two hours. Cells were then incubated in experimental media consisting of pH 7.4-adjusted Krebs-Ringer buffer, 5 mM glucose and 2% BSA for two hours while treated with 1 μM isoproterenol (Sigma-Aldrich), 10 μM forskolin with 0.5 mM IBMX (Sigma-Aldrich), or 1 mM dibutyryl cAMP (Sigma-Aldrich). Lipolysis was assessed by measuring glycerol and free fatty acid (FFA) levels using triglyceride (Sigma-Aldrich) and non-esterified fatty acid (NEFA; Wako Diagnostics, Osaka, Japan) kits, as per the manufacturer's protocol.

*RNA isolation and qPCR*

After 48 hours, total RNA was isolated from differentiated 3T3-L1 cells using the RNeasy kit (Qiagen, Hilden, Germany). cDNA was generated using the High-Capacity cDNA Reverse Transcription kit (ThermoFisher Scientific, Waltham, MA). Measurements of mRNA were performed with SYBR green chemistry using the QuantStudio 6-flex Real-time PCR System (ThermoFisher Scientific). All data were normalized to either *Hprt* or *Actinb* by the ΔC(t) method [6, 11]. Primer sequences are listed in Supplemental Table 1.

*Measurement of intracellular cAMP levels*

After 7 days of differentiation, mature 3T3-L1 adipocytes were transfected with scrambled, control siRNA (siCon) or siRNA against 14-3-3ζ (si14-3-3ζ). After 48 hours, cells were incubated in starvation media (pH 7.4-adjusted Krebs-Ringer buffer, 5 mM glucose, and 0.2% BSA) for two hours, followed by incubation in experimental media in the presence of 1 μM Isoproterenol or 20 μM forskolin with 0.5 mM IBMX for one hour. Lysates were harvested and intracellular cAMP levels were assayed using the cAMP Parameter Assay Kit (R&D Systems, Minneapolis, MN).

*Immunoblotting and immunohistochemistry*

Differentiated 3T3-L1 cells were lysed in RIPA buffer (0.9% NaCl, 1% v/v triton X-100, 0.5% sodium deoxycholate, 0.1% SDS, and 0.6% tris base) supplemented with protease and phosphatase inhibitors (Sigma-Aldrich). Proteins were resolved by SDS-PAGE and transferred to PVDF membranes, as previously described [6, 11]. Gonadal and inguinal adipose tissues were harvested from WT and adi14-3-3ζKO mice, fixed in 4% paraformaldehyde (Sigma-Aldrich), embedded in paraffin, and sectioned to 6 μm thickness. Immunohistochemistry for perilipin (Cell Signaling Technology, Danvers, MA) or perilipin (Fitzgerald, Acton, MA) and 14-3-3ζ (Abcam, Toronto, ON) was performed with established protocols, and Cell Profiler (3.0.0) was used to determine adipocyte size, as previously described [6, 20]. To image lipid droplets, mature 3T3-L1 adipocytes were seeded in chamber slides (ThermoFisher Scientific) coated with Poly-D-lysine (Sigma-Aldrich) after electroporation with either a scrambled, control (siCon) or siRNA against 14-3-3ζ, and cells will incubated with 0.5 μm Hoechst 33342 and 2 μm Bodipy 493/503 (ThermoFisher Scientific). Following successive washes with PBS, cells were fixed with 4% paraformaldehyde and cover-slipped after addition of ProLong Gold mounting medium (ThermoFisher Scientific). All images were taken with an Evos FL fluoresecent microscope (ThermoFisher Scientific). All antibodies and their concentrations are listed in Supplemental Table 2.

*Untargeted lipidomic analysis (LC-MS)*

Methanol fixed siRNA-transfected, differentiated 3T3-L1 cells were processed for lipid extraction and untargeted LC-MS lipidomics, as previously described [21]. In brief, samples (0.50 μl to 1.82 μl), spiked with six internal standards: LPC 13:0, PC19:0/19:0, PC14:0/14:0, PS12:0/12:0, PG15:0/15:0 and PE17:0/17:0 (Avanti Polar Lipids Inc, Alabaster, USA), were analyzed using a 1290 Infinity HPLC coupled with a 6530 Accurate Mass

Quadrupole-Time-of-Flight (QTOF) equipped with a dual ion spray electrosource (Agilent, Santa Clara, CA) and operated in the positive mode. Lipids are eluted on a Zorbax Eclipse plus column (C18, 2.1 x 100 mm, 1.8 µm, Agilent Technologies Inc.) over 83 minutes at 40 $^{o}$C using a gradient of solvent A (0.2% formic acid and 10 mM ammonium formate in water) and B (0.2% formic acid and 5 mM ammonium formate in methanol/acetonitrile/methyl tert-butyl ether [MTBE], 55:35:10 [v/v/v]). MS data processing was achieved using Mass Hunter Qualitative Analysis software package (version B.06) and a bioinformatic script that we have developed and encoded in both Perl and R languages to enable optimal MS data alignment between runs. This yields a data set listing features with their mass (*m/z*), corrected signal intensity, and retention time. Lipid identification was achieved by alignment using an in-house reference database in which 498 lipids have previously been identified by MS/MS.

*Statistical analyses*

Data are expressed as mean ± standard error of the mean. Data were analyzed by one- or two-way ANOVA or Student's t-test. A p-value less than 0.05 was considered statistically significant. For lipidomic analysis, the output text file containing the processed data was imported into Mass Professional Pro software (version 12.6.1, Agilent Technologies Inc.) and independent testing of each feature was achieved using an unpaired student's *t*-test followed by Benjamini-Hochberg correction. For selecting features discriminating siCon- vs. si14-3-3ζ-transfected cells, we have applied a corrected *P*-value as an estimation of False Discovery Rate (FDR) of < 5%) and and a fold change (FC) >2 and <0.5.

## Results

### Adipocyte-specific deletion of 14-3-3ζ impairs lipolysis in mice

To investigate the *in vivo* contributions of 14-3-3ζ to lipolysis, we generated tamoxifen (TMX)-inducible, adipocyte-specific 14-3-3ζ knockout (adi14-3-3ζKO) mice whereby exon 4 of *Ywhaz* was deleted (Figure 1A). Quantitative PCR confirmed that *Ywhaz* expression was significantly decreased in gonadal white (gWAT) and inguinal white (iWAT) adipose tissues, and no effects on expression of the remaining 6 isoforms were detected (Figure 1B, Figure S1A). Following TMX treatment, no effects on body weights between adi14-3-3ζKO and Cre+ wild-type (WT) littermate controls were observed in male and female mice (Figure 1C, Figure S1B), and adipocyte-specific deletion of 14-3-3ζ did not affect glucose metabolism or insulin sensitivity, as determined by intraperitoneal glucose tolerance (IPGTT) and intraperitoneal insulin tolerance (ITT) tests (Figures 1D,E, Figure S1C,D). Additionally, no differences in circulating insulin were detected in male mice following 14-3-3ζ deletion in adipocytes (Figure 1F).

Given the presence of 14-3-3 protein binding sites in ATGL and HSL [16, 22], we sought to examine whether deletion of 14-3-3ζ in adipocytes would impact lipolysis. WT and adi14-3-3ζKO mice were fasted overnight and challenged with the β3-adrenergic agonist, CL-316,243. In male adi14-3-3ζKO mice, a significant reduction in plasma glycerol levels following intraperitoneal administration of CL-316,243 was detected (Figure 1G); however, no significant differences were observed in female adi14-3-3ζKO mice (Figure S1E). Our observation of impaired glycerol release in male adi14-3-3ζKO mice prompted us to further examine if the effect of 14-3-3ζ was specific to adipose tissue. Explant studies with gWAT were performed whereby gWAT from male WT and adi14-3-3ζKO mice were stimulated with isoproterenol, and significantly impaired isoproterenol-mediated FFA and glycerol release were detected from adi14-3-3ζKO gonadal white adipose tissue (gWAT) explants (Figure 1H). To examine the consequence of 14-3-3ζ over-expression on lipolysis, transgenic mice over-expressing a TAP-tagged human 14-3-3ζ molecule and WT littermate controls were injected with isoproterenol, and no differences were observed (Figure S2A,B). Collectively, these data demonstrate that only adipocyte-specific deletion of 14-3-3ζ is sufficient to impair lipolysis.

### Adipocyte-specific deletion of 14-3-3ζ alters gonadal adipocyte size

We previously reported that systemic deletion of 14-3-3ζ in mice caused significant reductions in the size and mass gWAT [6]. However, it was not clear if these effects were specific to 14-3-3ζ deletion in

adipocytes. In the present study, no differences in average size or distribution of adipocytes in iWAT from adi14-3-3ζKO mice were observed (Figure 2A-C). In contrast, adipocytes within gWAT were significantly smaller, and decreases and increases in the relative proportion of smaller (<200 μm) and larger (>600 μm) were observed (Figure 2D-F). When taken together, these findings suggest that the predominant effect of 14-3-3ζ deletion may be restricted to adipocytes within visceral depots.

**14-3-3ζ depletion impairs lipolysis in 3T3-L1 cells**

To further understand how 14-3-3ζ could influence lipolysis, differentiated 3T3-L1 adipocytes were transfected with siRNA against 14-3-3ζ (Figure 3A,B). No off-target effects on the expression of the remaining 14-3-3 isoforms were detected (Figure 3C). To assess the impact on lipolysis, glycerol and FFA levels were measured in the supernatant of 14-3-3ζ-depleted 3T3-L1 adipocytes after the addition of lipolytic stimuli, and when compared to control cells (siCon), knockdown of 14-3-3ζ (si14-3-3ζ) significantly impaired lipolysis in response to isoproterenol, forskolin, and dibutyryl cAMP (dbcAMP) (Figure 3D). As each compound targets effectors at different points in the β3-adrenergic receptor pathway, these findings suggest that depletion of 14-3-3ζ affects a distal event that facilitates lipolysis. In contrast to what was observed with over-expression of 14-3-3ζ *in vivo*, transient transfection of mature 3T3-L1 adipocytes with plasmid to over-express 14-3-3ζ was associated with a potentiation in isoproterenol-mediated lipolysis (Figure S2C,D).

As 14-3-3ζ depletion impaired lipolysis, it prompted further examination of where within the β3-adrenergic signaling pathway was affected by 14-3-3ζ knockdown. We first looked at mRNA expression of the β-adrenergic receptor isoforms (*Adrb1, Adrb2,* and *Adrb3*) in mature, 14-3-3ζ-depleted 3T3-L1adipocytes. While there were no changes in mRNA levels for *Adrb1* and *Adrb2*, a significant reduction in *Adrb3* mRNA levels, which is mainly expressed in adipocytes [23], was observed (Figure 4A). The attenuation of forskolin-mediated lipolysis suggested that defects in adenylyl cyclase activity could be occurring following 14-3-3ζ depletion (Figure 3D). However, no differences in the abilities of isoproterenol or forskolin to stimulate cAMP production were observed (Figure 4C), nor were significant differences in the expression of various phosphodiesterases, which degrade cAMP, detected between groups (Figure 4B). Surprisingly, significant reductions in mRNA and protein levels of *Atgl*/ATGL and *Hsl*/HSL were detected in 14-3-3ζ depleted 3T3-L1 cells (Figure 4D,E), in addition to protein abundance of the PKA target, CREB (Figure 4E). Collectively, these findings suggest that 14-3-3ζ is

required for the proper expression and function of effectors within the β-adrenergic signaling pathway that controls lipolysis.

**Deletion of 14-3-3ζ in primary white adipocytes reduces the expression of mature adipocyte markers**

To examine whether 14-3-3ζ deletion could also reduce the expression of lipases in primary adipocytes, quantitative PCR and immunoblotting was performed. Unlike what was observed in 3T3-L1 cells, mRNA levels of *Atgl* and *Hsl* were not affected by deletion of 14-3-3ζ (Figure 5A,B). Immunoblotting for HSL revealed marked reductions in protein abundance in gWAT from adi14-3-3ζKO mice (Figure 5D). Moreover, PPARγ2 protein abundance was reduced in gWAT from adi14-3-3ζKO mice was detected, which suggests a loss of adipocyte identity or maturity (Figure 5D). No differences in total TAGs were observed in gWAT or iWAT from WT and adi14-3-3ζKO mice (Figure 5E), but genes associated with *de novo* triglyceride synthesis were significantly reduced only in gWAT of adi14-3-3-ζKO mice (Figure 5F,G). Furthermore examination of genes associated with adipocyte maturity was performed, and significant reductions in adipocyte maturity genes, such as *Adipoq, Fabp4*, and *Retn*, could be detected in both iWAT and gWAT from adi14-3-3ζKO animals (Figure 5H,I). Despite the decreased levels of *Adipoq* mRNA in iWAT and gWAT, no differences in circulating adiponectin levels were observed, in addition to plasma leptin levels (Figure 5J,K).

The observed small, but significant impairments in *ex vivo* lipolysis (Figure 1H), decreases in the number of small (<200μm) adipocytes within gWAT (Figure 2D,F), and reductions in adipocyte maturity genes (Figure 5F,H), suggest the possibility that not all adipocytes within gWAT are affected by 14-3-3ζ deletion. Indeed, using immunohistochemistry, we confirmed the existence of a subset of adipocytes within gWAT that express 14-3-3ζ, and these adipocytes were undetectable in adi14-3-3ζKO mice (Figure 5L). Thus, the phenotype observed in adi14-3-3ζKO mice could be attributed to a specific subset of adipocytes within gWAT and that the loss of adipocyte maturity does not occur in all adipocytes within gWAT.

**Depletion of 14-3-3ζ promotes adipocyte immaturity *in vitro***

To further characterize how reductions in 14-3-3ζ could affect adipocyte maturity, 3T3-L1 adipocytes were used. Initially, Oil Red-O incorporation was used as a surrogate measure of lipid content, and knockdown of 14-3-3ζ was found to significantly reduced lipids present in 3T3-L1 cells and was associated with marked

decreases in cells containing lipid droplets (Figure 6A,B). This was also confirmed by Bodipy 493/503 imaging and biochemical measurements of total TAGs, which were associated with significant decreases in the number of Bodipy-labelled lipid droplets and TAG content, respectively (Figure 6C,D). The impact of 14-3-3ζ depletion on TAG content was more pronounced in 3T3-L1 cells than in our *in vivo* model (Figure 6D vs Figure 5E), but this could be due to the heterogeneous expression of 14-3-3ζ within gWAT (Figure 5L). Similar to what was observed in adi14-3-3ζKO adipocytes, genes associated with *de novo* triglyceride synthesis and adipocyte maturity were significantly decreased (Figure 6E,F).

**Knockdown of 14-3-3ζ is associated with distinct changes in the 3T3-L1 lipidome**

During 3T3-L1 adipocyte differentiation, significant changes in the lipidome, including specific TAG species and sphingomyelins, have been observed [24]. In contrast, de-differentiation of primary, mature adipocytes is associated with changes in the abundance of specific lipid species [25]. Collectively, these findings suggest that the lipidomic signature of cells can be an alternative approach to assess adipocyte maturity. To this end, we used untargeted LC-MS lipidomics to interrogate lipid species that are changed upon depletion of 14-3-3ζ in mature 3T3-L1 cells and to confirm if loss of 14-3-3ζ generates lipidomic signature associated with adipocyte dedifferentiation (Figure 7A). A total of 2535 features were detected, of which 549 passed the selected stringent criteria of FDR<5% and FC >2 or < 0.5. A total of 139 annotated lipids from different lipid (sub)classes were significantly changed following 14-3-3ζ depletion (Figure 7B). For example, knockdown of 14-3-3ζ predominantly enriched monoacylglycerophosphocholines (LPC) and diacylglycerophosphocholines (PC), whereas diacylglycerophosphoethanolamines (PE and PE(O)) were reduced (Figure 7B, Table 1). The vast majority of altered lipid species (73/139) were triglycerides, and 14-3-3ζ depletion primarily decreased triglycerides species with lower acyl carbon chains and lower degrees of carbon bond saturation (Figure 7C).

It has been documented that following the differentiation of 3T3-L1 adipocytes, specific triglyceride species, like those with acyl carbon chain lengths ≥48 carbon lengths and those containing mono- and polyunsaturated species like TG 48:1, 48:2, and 48:3, are increased, whereas certain triglyceride species with 56 acyl carbon and 7 unsaturated bonds are decreased [24]. Of note, knockdown of 14-3-3ζ in mature 3T3-L1 adipocytes led to significant decreases in TG 48:n species and the converse enrichment of TG 56:n species, both of which are associated with a pre-adipocyte lipidome signature (Figure 7D; Table 1) [24]. When taken

together, these findings demonstrate that 14-3-3ζ depletion is promoting the acquisition of an immature phenotype.

**Discussion**

As 14-3-3ζ and its related isoforms are implicated in diverse metabolic processes, the primary aim of this study was to examine whether 14-3-3ζ had adipocyte-specific functions. This was to build on our prior studies that identified essential roles of 14-3-3ζ in adipogenesis [6, 9, 26-31]. We focused primarily on lipolysis, as the lipolytic enzymes ATGL and HSL are both phosphorylated by PKA to create 14-3-3 protein binding sites and found that reductions in 14-3-3ζ expression could attenuate lipolysis [16, 22]. Unexpectedly, we found that 14-3-3ζ was heterogeneously expressed in adipose tissue, which suggests that a subset of adipocytes depend on 14-3-3ζ for their physiological function, and that reducing 14-3-3ζ levels could decrease PPARγ2 expression and alter adipocyte maturity. Thus, the observed impairments in lipolysis due to reductions in 14-3-3ζ expression could be due to loss of adipocyte maturity and highlight novel roles of 14-3-3ζ in adipocyte biology and overall metabolism.

Through the use of adi14-3-3ζKO mice and 3T3-L1 cells, we demonstrate for the first time that 14-3-3ζ was necessary for lipolysis in primary adipocytes and expand our knowledge on the roles of 14-3-3 proteins in lipid metabolism, which was previously limited to fatty acid and lipid synthesis [29, 30, 32-34]. For example, 14-3-3 proteins have been shown to interact with ChREBP, a key transcription factor that regulates *de novo* lipogenesis, and prevent its translocation from the cytosol to the nucleus [32-34]. Our mechanistic studies to understand how 14-3-3ζ influences lipolysis first revealed that 14-3-3ζ-depletion in 3T3-L1 adipocytes impaired the lipolytic response to three agonists, namely isoproterenol, forskolin, and dbcAMP. Decreased HSL and CREB phosphorylation suggested that depletion of 14-3-3ζ impacted the kinase activity of PKA. Indeed, binding of 14-3-3 proteins to PKA has been shown to regulate PKA activity during growth cone turning responses in neurons, as binding of the RIIα and RIIβ regulatory subunits of PKA to 14-3-3 proteins modulate PKA activity [13].

Most striking was the observation that 14-3-3ζ could influence adipocyte maturity *in vitro* and *in vivo.* We found that reducing 14-3-3ζ expression in fully mature adipocytes significantly reduced PPARγ mRNA and protein levels and genes associated with mature adipocytes. This is in contrast to our previous work where we

described essential functions of 14-3-3ζ in adipogenesis, as siRNA-mediated depletion of 14-3-3ζ abrograted 3T3-L1 differentiation. Moreover, systemic deletion of 14-3-3ζ in mice significantly reduced adiposity and decreased gonadal fat mass and reduced the expression of mature adipocyte markers, such as PPARγ and FOXO1, within gWAT of systemic KO mice [6]. Thus, 14-3-3ζ represents a critical factor in both the differentiation of pre-adipocytes and maintenance of adipocyte identity and maturity. Adipocyte dedifferentiation has been documented in pregnancy, tissue repair, and tumorigenic transformations of liposarcomas [25, 35, 36], and dedifferentiation of visceral and subcutaneous human adipocytes, as noted by decreased mRNA expression of mature adipocyte gene markers including *PPARG2, C/EBPA, LPL,* and *ADIPOQ,* has been documented [37]. The cellular mechanisms underlying adipocyte dedifferentiation can be mediated by Notch receptor activation or canonical and non-canonical WNT signaling pathways [38-40]. For example, in 3T3-L1 cells, WNT3A-associated dedifferentiation occurs by increased levels of β-catenin, which results in the induction of specific genes leading to a loss of adipocyte identify [38]. As 14-3-3ζ has been shown to be a negative regulator of β-catenin localization and expression, reducing 14-3-3ζ abundance may promote dedifferentiation through a similar mechanism [41]. Further work is required to determine whether immature 14-3-3ζ-expressing adipocytes can be transdifferentiated into other cell types, as dedifferentiated adipocytes can display multipotency and can transdifferentiated into macrophages, endothelial cells, or osteoblasts [38, 42-44].

In addition to affecting adipocyte maturity, depletion of 14-3-3ζ was also associated with marked decreases in triglyceride content and genes associated with lipid synthesis. In differentiating 3T3-L1 cells, distinct changes in the lipidome signature have been reported, whereby certain lipid species, such as triglycerides of varying acyl carbon lengths, are increased or decreased during differentiation [24]. Our unbiased lipidomic analysis revealed over 139 unique lipid species, predominantly triglycerides, whose abundance were significantly changed following 14-3-3ζ knockdown. Reducing 14-3-3ζ expression decreased levels of triglyceride species with shorter chain ≤ 54 and low number of unsaturations associated with fully differentiated 3T3-L1 cells and increased species with longer chain >54 and high number of unsaturation of undifferentiated cells [24]. The exact mechanism by which 14-3-3ζ knockdown in 3T3-L1 cells reduces intracellular lipids is not known, but it is possible that autophagy, which we have previously shown to be up-regulated by 14-3-3ζ depletion, could be a potential contributor [6, 45]. Alternatively, dedifferentiation of adipocytes is also associated with a rapid secretion of lipid droplets via a yet unknown mechanism [46].

Within a given adipose depot, it is now appreciated that heterogeneous populations of adipocytes are present. These adipocytes arise from different progenitors pools, such as those expressing DPP4, WT1, and PDFRα [47-51]. In the present study, we found that 14-3-3ζ is heterogeneously expressed in within a sub-set of adipocytes within gWAT of male mice, and the loss of 14-3-3ζ in these cells may account for the small, but significant, reductions in the expression of adipocyte maturity, lipolytic, and lipogenic genes in gWAT. To further characterize these cells, appropriate lineage tracing or reporter mice are clearly needed, and given that adipocytes within each depot may have different metabolic phenotypes [48], such tools would be critical to further define their metabolic contributions.

While the initial intent of this study was to understand the contribution of 14-3-3ζ to lipolysis, additional experiments are required to fully understand whether 14-3-3ζ regulates other aspects of adipocyte function. We previously reported that systemic 14-3-3ζ knockout mice displayed reduced adiposity, whereas transgenic mice overexpressing 14-3-3ζ gained more weight on a high-fat diet, suggesting that 14-3-3ζ promotes adipose tissue expansion [6]. Thus, placement of adi14-3-3ζKO mice on a high-fat diet will aid in assessing whether 14-3-3ζ is necessary for the development of diet-induced obesity. Decreased PPARγ expression in mouse adipocytes impairs WAT and BAT formation, as well as diet-induced obesity [52, 53], and given that adipocyte-specific deletion of 14-3-3ζ reduced PPARγ2 levels in gWAT (Figure 5D), deletion of 14-3-3ζ may also confer protection to diet-induced obesity. The regulatory roles of 14-3-3 proteins on AS160/TBC1D4 have been well-documented *in vitro* and *in vivo* [9, 54], and we initially hypothesized that deletion of 14-3-3ζ in adipocytes would result in adipocyte-specific impairments in GLUT4 translocation. However, in contrast to our previous studies with systemic 14-3-3ζ knockout mice where we detected decreased insulin sensitivity [6], no differences were observed in adi14-3-3ζKO mice. Thus, these findings suggest that the decrease in insulin sensitivity in systemic 14-3-3ζKO mice could be specific to skeletal muscle, which is the primary site of glucose disposal [55].

Collectively, results from our *in vivo* and *in vitro* models demonstrate that decreased 14-3-3ζ expression influences lipolysis via alterations in adipocyte maturity. To date, the roles of 14-3-3ζ in adipocytes are not fully known, and when taken with our previous work, this study highlights the complex functions of 14-3-3ζ in adipocytes. Additional studies are needed to further characterize the differences between adipocytes that do and do not express 14-3-3ζ, and increasing our understanding how 14-3-3ζ may regulate adipocyte function may lead to the development of novel approaches to treat lipid abnormalities stemming from obesity.

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**Authors contributions:**

A.O. designed the studies, carried out the research, interpreted the results, and wrote the manuscript. K.D. performed experiments and edited the manuscript. IRF performed experiments and analyzed data. C.D. contributed to study design and edited the manuscript. G.E.L. conceived the concept, designed and performed studies, interpreted the results, and wrote and revised the manuscript. G.E.L is the guarantor of this work.

**Disclosure statement:** The authors have nothing to disclose.

**Figure legends**

**Figure 1- Deletion of 14-3-3ζ in adipocytes impairs lipolysis. (A)** Experimental design to examine the role of 14-3-3ζ in lipolysis. *Adipoq*-CreERT2$^{Soff}$ mice were bred with those harboring Loxp sites flanking exon4 of *Ywhaz*, the gene encoding 14-3-3ζ. At 8-weeks of age, wildtype (WT) or adi14-3-3ζKO (KO) mice were injected with tamoxifen (TMX, 50 mg/kg; 5 days), and mice were use for experimental procedures 4 weeks after the last TMX injection. **(B)** Levels of *Ywhaz, Ywhab, Ywhag, Ywhae, Ywhah, Ywhas* and *Ywhaq* (encoding 14-3-3ζ, 14-3-3β, 14-3-3γ, 14-3-3ε, 14-3-3η, 14-3-3σ, and 14-3-3θ, respectively) in gonadal (gWAT) and inguinal (iWAT) adipose depots of male WT or adi14-3-3ζKO mice (n=8-9 WT, n=5 KO for male mice, *: $p<0.05$ when compared

to WT). **(C)** Body weights of male adi14-3-3ζKO mice following i.p injections of tamoxifen (50 mg/kg b.w) were measured weekly (n=9 WT, n=6 KO for male mice). **(D,E)** Intraperitoneal glucose (2 g/kg b.w.) (D) and insulin (0.5 U/kg b.w.) (E) tolerance tests on male adi14-3-3ζKO mice fasted for 6 and 4 hours, respectively, at 12 weeks of age (n=9 WT, n=6 KO for male mice). **(F)** Plasma insulin levels from WT and adi14-3-3ζKO mice following an overnight fast (n=9 WT, n=6 KO**). (G)** Plasma glycerol and FFA levels in male adi14-3-3ζKO mice after injection with CL-316,243 (CL, 1 mg/kg b.w.), following an overnight fast (n=9 WT, n=6 KO; *: $p<0.05$ when compared to -CL, #: $p<0.05$ when compared to WT). **(H)** Glycerol and FFA levels in the supernatant of gonadal adipose tissue explants treated with isoproterenol (Iso, 1 μM) for 2 hours. Glycerol and FFA release were normalized to the mass of the explants (n=5 WT, n=3 KO; #: $p<0.05$ when compared to WT).

**Figure 2- Loss of 14-3-3ζ in gonadal white adipocytes affects adipocyte size. (A-F)** Immunofluorescent staining was used to examine adipocyte morphology (A, D), average size (B,E), and distrubtion (C,F) in inguinal white adipose tissue (iWAT, A-C) or gonadal white adipose tissue (gWAT, D-F) of male WT and KO mice. (Representative images of n=4 mice per group; scale bar= 200 μm).

**Figure 3- Depletion of 14-3-3ζ in mature 3T3-L1 adipocytes impairs lipolysis in response to mulitple stimuli. (A,B)** Depletion of 14-3-3ζ with siRNA in mature 3T3-L1 adipocytes was confirmed by qPCR (A) (n=6; *= $p<0.05$ vs. siCon) and immunoblotting of cell lysates for 14-3-3ζ (B) (n=3 per condition). **(C)** Levels of *Ywhab, Ywhag, Ywhae, Ywhah, Ywhas* and *Ywhaq* (encoding 14-3-3β, 14-3-3γ, 14-3-3ε, 14-3-3η, 14-3-3σ, and 14-3-3θ, respectively) mRNA were measured in 14-3-3ζ-depleted 3T3-L1 adipocytes (n=6 per group). **(D)** Levels of glycerol (C) and FFA (D) released by siRNA-transfected 3T3-L1 adipocytes treated with isoproterenol (Iso, 1 μM), forskolin (10 μM) with IMBX (0.5 mM), or dibutyryl cAMP (dbcAMP, 1 mM) for 2 hours (n=6 per condition; *= $p<0.05$ when compared to respective treatment in siCon-transfected cells).

**Figure 4- 14-3-3ζ is required for the expression of lipolytic effectors. (A,B)** Quantitative PCR was used to measure mRNA levels of β-adrenergic receptor (A) and phosphodiesterase (B) isoforms in 14-3-3ζ-depleted 3T3-L1 adipocytes (n=6 per group; *= $p<0.05$ when compared to siCon). **(C)** Intracellular cAMP levels of siRNA-transfected 3T3-L1 lysates treated with isoproterenol (ISO, 1 μM) or forskolin (20 μM) for 1 hour (n=6-7 per group). **(D)** mRNA levels of *Atgl* and *Hsl* in mature 3T3-L1 cells following siRNA-mediated knockdown of 14-3-3ζ

(n=6 per group; *= p<0.05 when compared to siCon). **(E)** Immunoblotting for phosphorylated and total forms of HSL and CREB in siRNA-transfected 3T3-L1 lysates treated with isoproterenol (ISO, 1 μM), forskolin (10 μM) with IMBX (0.5 mM), or dbCAMP (1 mM) (n=6 per group).

**Figure 5- Adipocyte-specific deletion of 14-3-3ζ decreases expression of genes associated with adipocyte maturity *in vivo*. (A,B)** Quantitative PCR was used to measure mRNA levels of *Atgl* and *Hsl* (A) and *Pparg* (B) in gonadal (gWAT) and inguinal (iWAT) adipose tissues of male adi14-3-3ζKO mice (n=6 per genotype). **(C-D)** Immunoblotting was used to measure total levels of ATGL (C) and HSL and PPARγ (D) in gWAT of male adi14-3-3ζKO mice (representative of n=6 per genotype). **(E)** Total triacylglycerols (TAGs) were measured in gWAT and iWAT of WT and adi14-3-3ζKO (KO) mice. Data were normalized to total protein of each sample (n=6 per genotype). **(F-I)** Genes associated with *de novo* triglyceride synthesis (F,G) and adipocyte maturity (H,I) were measured in gWAT (F,H) and iWAT (G,I) of WT or adi14-3-3ζKO mice (n=6 per genotype, *: p<0.05 when compared to WT mice). **(J,K)** Leptin (J) and adiponectin (K) levels were determined from WT and adi14-3-3ζKO mouse plasma collected after an over-night fast (n=6 per genotype). **(L)** Immunohistochemistry was performed on paraffin-embedded gWAT sections of WT and adi14-3-3ζKO mice. Arrowheads denote adipocytes that display 14-3-3ζ immunoreactivity. (representative images of n=4 mice per group).

**Figure 6- Knockdown of 14-3-3ζ by siRNA promotes dedifferentiation *in vitro*. (A)** Oil Red-O incorporation was used to assess triglyceride levels in siCon- and si14-3-3ζ-transfected mature 3T3-L1 adipocytes (n=4; *= p<0.05 siCon vs si14-3-3ζ). **(B)** Visualization of Oil Red-O incorporated control (siCon) and 14-3-3ζ-depleted (si14-3-3ζ) 3T3-L1 adipocytes by light microscopy (representative images of n=4 per treatment). **(C)** Lipid droplets were visualized by immunofluorescent imaging of incorporated Bodipy 493/504. Hoechst 33342 was used to visualize nuclei (representative image of transfected cells, scale bar= 25 μm). **(D)** Total triglycerides were measured in mature 3T3-L1 adipocytes transfected with a scrambled control (siCon) or siRNA against 14-3-3ζ (si14-3-3ζ) (n=6; *= p<0.05 siCon vs si14-3-3ζ). **(E,F)** Following transfection with siRNA against 14-3-3ζ (si14-3-3ζ) or a scrambled control (siCon), mRNA was isolated, followed by quantitative PCR for genes

associated with *de novo* triglyceride synthesis (E) or adipocyte maturity (F) (n=6 per group, *: p<0.05 when compared to siCon).

**Figure 7- Distinct changes in the lipidome of mature 3T3-L1 cells following 14-3-3ζ knockdown.**

**(A)** Fully differentiated 3T3-L1 were electroporated with control siRNA (siCon) or siRNA against 14-3-3ζ (si14-3-3ζ), and after 48 hours, cells were collected in methanol for lipid extraction and subsequent untargeted LC-MS lipidomics. **(B)** Volcano plot depicting the 2425 features obtained following data processing. The *x* axis corresponds to fold changes (FCs) of MS signal intensity values for all these features in siCon vs si14-3-3ζ cells (in log2) and the *y* axis to *P* values (–log10). Using the selected threshold (corrected *P*-value<0.05 corresponding to a FDR<5% and FC<2 or <0,5), 549 features were found to significantly discriminate siCon vs si14-3-3ζ cells, of which 139 unique lipids from various (sub)classes (shown using color symbols) were identified using an in-house reference database. The in-set table list the number of lipid species that were found to be up- or down-regulated according to the different lipid (sub)classes following 14-3-3ζ depletion. **(C)** Triglycerides that were significantly up- or down-regulated after 14-3-3ζ knockdown were categorized by acyl carbon chain length or by the degree of saturation. **(D)** Triglycerides species that are normally enriched (TG 48:n) or depleted (TG 56:n) in differentiated 3T3-L1 cells (gray columns) were found to be significantly affected by 14-3-3ζ depletion (n=5 per group).

**Supplemental Figure legends**

**Figure S1- Deletion of 14-3-3ζ in adipose tissue of female mice does promote metabolic dysfunction.**

**(A)** Levels of *Ywhaz* mRNA were measured by quantitative PCR in gonadal (gWAT) and inguinal (iWAT) adipose tissue from female adi14-3-3ζKO mice (n=8 per genotype). **(B)** Body weights of female adi14-3-3ζKO mice following i.p injections of tamoxifen (50 mg/kg b.w) were measured weekly (n=8 per genotype). **(C,D)** Intraperitoneal glucose (2 g/kg b.w.) (D) and insulin (0.5 U/kg b.w.) (E) tolerance tests on female adi14-3-3ζKO mice fasted for 6 and 4 hours, respectively, at 12 weeks of age (n=8 per genotype). **(E,F)** Plasma glycerol and FFA levels in female adi14-3-3ζKO (E) and TAP (F) mice after injection with CL-316,243 (CL, 1 mg/kg b.w.) or isoproterenol (ISO, 1 mg/kg b.w.) following an overnight fast (adi14-3-3ζKO: n=8 WT, n=8 KO; TAP: n=9 WT, n=12 TAP).

**Figure S2- Over-expression of 14-3-3ζ does not affect lipolysis in male mice. (A)** After an over-night fast, body weights from male wild-type (WT) and TAP-14-3-3ζ over-expressing transgenic mice (TAP) were obtained (n=6 WT, n=9 TAP mice). **(B)** Following an overnight fast, plasma glycerol and FFA levels in male wild-type (WT) and TAP-14-3-3ζ over-expressing transgenic mice (TAP) were measured after an intraperitoneal injection with isoproterenol (ISO; 10 mg/kg b.w.) (n=6 WT, n=9 TAP mice). **(C)** Mature 3T3-L1 adipocytes were transfected with plasmids containing GFP (2 μg) or 14-3-3ζ IRES-GFP (2 μg), and over-expression was confirmed by immunoblotting (n=4 per group). **(D)** Free fatty acid (FFA) release into the supernatant after a 2-hour incubation with isoproterenol (ISO, 1 μM.) was measured from GFP or 14-3-3ζ IRES-GFP 3T3-L1 adipocytes (n=4, *: $p<0.05$ when comparing ISO treatments).

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**Table 1- List of lipid species that were significantly up- and down-regulated following 14-3-3ζ depletion**

**Lipids selection**
Normalisation cyclioess;
Unpaired t-test
With Benjamini-Hochberg correction
FDR<5%
FC>2
549 significatively different entities from which:
86 unique lipids annotated with Metlin and confirmed by manual inspection
53 unique lipids identified with their acyl-chains using our in-house database

## Down regulated entities

| Compound | ionisation mode | Masse | m/z | RT | Adduct | p | p (Corr) | FC (abs) | Regulation (SiZeta vs SiCon) | FC |
|---|---|---|---|---|---|---|---|---|---|---|
| LPC24:0 | POS | 607.4558 | 608.4636 | 16.71 | [M+H]+ | 1.22E-03 | 5.22E-03 | 2.66 | down | -2.66 |
| PE(14:0_22:6) | POS | 735.4838 | 736.4916 | 17.99 | [M+H]+ | 5.86E-04 | 3.08E-03 | 2.12 | down | -2.12 |
| PE(16:0_18:1) | POS | 717.5301 | 718.5379 | 26.12 | [M+H]+ | 8.47E-06 | 1.83E-04 | 2.05 | down | -2.05 |
| PE(34:2) | POS | 715.5146 | 716.5224 | 22.86 | [M+H]+ | 4.66E-06 | 1.17E-04 | 2.95 | down | -2.95 |
| PE(36:2) | POS | 743.5465 | 744.5543 | 26.52 | [M+H]+ | 1.28E-05 | 2.38E-04 | 2.27 | down | -2.27 |
| PE(O-18:0/18:1) | POS | 731.5832 | 732.591 | 32.48 | [M+H]+ | 1.67E-04 | 1.33E-03 | 3.12 | down | -3.12 |
| PE(O-18:1/18:1) | POS | 729.5661 | 730.5739 | 31.82 | [M+H]+ | 1.38E-03 | 5.72E-03 | 3.71 | down | -3.71 |
| PE(O-18:2/18:2) | POS | 725.5349 | 726.5427 | 25.52 | [M+H]+ | 5.78E-05 | 6.54E-04 | 8.72 | down | -8.72 |
| PE(O-36:3) | POS | 727.551 | 728.5588 | 28.82 | [M+H]+ | 1.03E-04 | 9.63E-04 | 3.35 | down | -3.35 |
| PE(O-34:3) | POS | 699.5192 | 700.527 | 24.95 | [M+H]+ | 4.85E-05 | 5.90E-04 | 3.89 | down | -3.89 |
| PE(O-34:2) | POS | 701.5323 | 702.5401 | 27.78 | [M+H]+ | 1.13E-04 | 1.02E-03 | 3.99 | down | -3.99 |
| PI(16:0_20:4) | POS | 875.5525 | 876.5603 | 18.17 | [M+NH4]+ | 9.78E-06 | 2.01E-04 | 2.21 | down | -2.21 |
| TG(16:0_15:0_18:1) | POS | 840.722 | 841.7298 | 55.85 | [M+Na]+ | 1.45E-04 | 1.22E-03 | 2.14 | down | -2.14 |
| TG(16:0_16:0_18:1) | POS | 854.7393 | 855.7471 | 59.61 | [M+Na]+ | 1.96E-04 | 1.47E-03 | 2.37 | down | -2.37 |
| TG(18:2_18:2_12:0) | POS | 815.7022 | 816.71 | 42.55 | [M+NH4]+ | 5.45E-05 | 6.25E-04 | 3.37 | down | -3.37 |
| TG(18:3_181_12:0) | POS | 815.7027 | 816.7105 | 42.79 | [M+NH4]+ | 1.35E-04 | 1.15E-03 | 2.13 | down | -2.13 |
| TG 39:0 | POS | 697.6248 | 698.6326 | 40.4 | [M+NH4]+ | 1.80E-06 | 6.32E-05 | 2.98 | down | -2.98 |
| TG 39:0 | POS | 697.6248 | 698.6326 | 40 | [M+NH4]+ | 1.91E-04 | 1.44E-03 | 2.11 | down | -2.11 |
| TG 39:1 | POS | 695.6087 | 696.6165 | 38.62 | [M+NH4]+ | 4.76E-05 | 5.88E-04 | 4.14 | down | -4.14 |
| TG 40:1 | POS | 709.6248 | 710.6326 | 39.55 | [M+NH4]+ | 7.19E-06 | 1.66E-04 | 3.26 | down | -3.26 |
| TG 40:2 | POS | 707.6085 | 708.6163 | 37.94 | [M+NH4]+ | 3.30E-05 | 4.59E-04 | 3.54 | down | -3.54 |
| TG 41:0 | POS | 725.6559 | 726.6637 | 42.74 | [M+NH4]+ | 1.11E-07 | 9.60E-06 | 2.64 | down | -2.64 |
| TG 41:1 | POS | 723.6399 | 724.6477 | 40.56 | [M+NH4]+ | 4.65E-06 | 1.17E-04 | 3.58 | down | -3.58 |
| TG 41:2 | POS | 721.6242 | 722.632 | 38.8 | [M+NH4]+ | 2.38E-05 | 3.60E-04 | 4.03 | down | -4.03 |
| TG 42:2 | POS | 735.6393 | 736.6471 | 39.72 | [M+NH4]+ | 1.24E-05 | 2.38E-04 | 3.69 | down | -3.69 |
| TG 43:0 | POS | 753.6882 | 754.696 | 45.99 | [M+NH4]+ | 1.22E-05 | 2.38E-04 | 2.17 | down | -2.17 |
| TG 43:1 | POS | 751.671 | 752.6788 | 42.51 | [M+NH4]+ | 6.52E-04 | 3.29E-03 | 3.08 | down | -3.08 |
| TG 43:1 | POS | 751.6709 | 752.6787 | 42.95 | [M+NH4]+ | 2.17E-05 | 3.48E-04 | 2.87 | down | -2.87 |
| TG 43:2 | POS | 749.6569 | 750.6647 | 41.14 | [M+NH4]+ | 3.18E-03 | 1.06E-02 | 3.29 | down | -3.29 |
| TG 43:2 | POS | 749.6555 | 750.6633 | 40.7 | [M+NH4]+ | 7.98E-06 | 1.80E-04 | 3.21 | down | -3.21 |
| TG 43:3 | POS | 747.6403 | 748.6481 | 39.08 | [M+NH4]+ | 2.18E-05 | 3.48E-04 | 3.55 | down | -3.55 |
| TG 44:1 | POS | 765.6875 | 766.6953 | 45.28 | [M+NH4]+ | 2.44E-04 | 1.69E-03 | 17.67 | down | -17.67 |
| TG 44:1 | POS | 765.6871 | 766.6949 | 43.96 | [M+NH4]+ | 9.51E-04 | 4.28E-03 | 7.54 | down | -7.54 |
| TG 44:2 | POS | 763.6717 | 764.6795 | 42.39 | [M+NH4]+ | 7.08E-04 | 3.48E-03 | 3.14 | down | -3.14 |
| TG 44:2 | POS | 763.6706 | 764.6784 | 41.86 | [M+NH4]+ | 6.05E-05 | 6.62E-04 | 2.55 | down | -2.55 |
| TG 44:3 | POS | 761.6561 | 762.6639 | 40.25 | [M+NH4]+ | 5.36E-05 | 6.25E-04 | 3.25 | down | -3.25 |
| TG 44:3 | POS | 761.6557 | 762.6635 | 39.94 | [M+NH4]+ | 1.57E-04 | 1.29E-03 | 3.07 | down | -3.07 |
| TG 45:1 | POS | 779.7032 | 780.711 | 45.64 | [M+NH4]+ | 1.26E-04 | 1.09E-03 | 4.46 | down | -4.46 |
| TG 45:2 | POS | 777.6873 | 778.6951 | 43.79 | [M+NH4]+ | 1.22E-03 | 5.22E-03 | 2.64 | down | -2.64 |
| TG 45:3 | POS | 775.6706 | 776.6784 | 40.93 | [M+NH4]+ | 4.04E-04 | 2.44E-03 | 2.47 | down | -2.47 |
| TG 45:4 | POS | 773.6569 | 774.6647 | 39.49 | [M+NH4]+ | 1.04E-02 | 2.71E-02 | 2.97 | down | -2.97 |
| TG 46:1 | POS | 793.7186 | 794.7264 | 47.63 | [M+NH4]+ | 4.13E-04 | 2.46E-03 | 2.09 | down | -2.09 |
| TG 46:3 | POS | 789.6866 | 790.6944 | 42.56 | [M+NH4]+ | 2.42E-03 | 8.54E-03 | 2.35 | down | -2.35 |
| TG 46:4 | POS | 787.6688 | 788.6766 | 40.44 | [M+NH4]+ | 6.79E-05 | 7.14E-04 | 3.65 | down | -3.65 |
| TG 46:4 | POS | 787.6686 | 788.6764 | 40.98 | [M+NH4]+ | 3.68E-03 | 1.19E-02 | 2.77 | down | -2.77 |
| TG 47:1 | POS | 807.7336 | 808.7414 | 51.35 | [M+NH4]+ | 7.30E-04 | 3.56E-03 | 2.01 | down | -2.01 |
| TG 47:2 | POS | 805.7191 | 806.7269 | 45.9 | [M+NH4]+ | 2.11E-03 | 7.74E-03 | 2.70 | down | -2.70 |
| TG 47:3 | POS | 803.7031 | 804.7109 | 44.01 | [M+NH4]+ | 1.54E-03 | 6.18E-03 | 2.41 | down | -2.41 |
| TG 47:4 | POS | 801.6871 | 802.6949 | 41.54 | [M+NH4]+ | 7.89E-05 | 7.99E-04 | 3.21 | down | -3.21 |
| TG 48:3 | POS | 817.7181 | 818.7259 | 45.7 | [M+NH4]+ | 6.81E-03 | 1.95E-02 | 2.68 | down | -2.68 |
| TG 49:3 | POS | 831.7349 | 832.7427 | 47.66 | [M+NH4]+ | 1.72E-03 | 6.64E-03 | 3.87 | down | -3.87 |
| TG 49:3 | POS | 859.7577 | 860.7655 | 49.06 | [M+NH4]+ | 1.02E-02 | 2.67E-02 | 2.11 | down | -2.11 |
| TG 49:4 | POS | 829.7197 | 830.7275 | 44.25 | [M+NH4]+ | 1.33E-05 | 2.47E-04 | 2.99 | down | -2.99 |
| TG 49:4 | POS | 829.7191 | 830.7269 | 45.08 | [M+NH4]+ | 9.04E-04 | 4.16E-03 | 2.98 | down | -2.98 |
| TG 49:4 | POS | 829.719 | 830.7268 | 44.6 | [M+NH4]+ | 1.10E-04 | 1.00E-03 | 2.81 | down | -2.81 |
| TG 49:4 | POS | 829.7197 | 830.7275 | 43.91 | [M+NH4]+ | 6.31E-05 | 6.70E-04 | 2.75 | down | -2.75 |
| TG 49:5 | POS | 827.7039 | 828.7117 | 42 | [M+NH4]+ | 7.08E-04 | 3.48E-03 | 4.50 | down | -4.50 |
| TG 50:4 | POS | 843.7345 | 844.7423 | 45.96 | [M+NH4]+ | 2.17E-05 | 3.48E-04 | 2.38 | down | -2.38 |
| TG 50:4 | POS | 843.734 | 844.7418 | 46.92 | [M+NH4]+ | 1.10E-03 | 4.86E-03 | 2.14 | down | -2.14 |
| TG 50:5 | POS | 841.7172 | 842.725 | 43.32 | [M+NH4]+ | 2.49E-05 | 3.74E-04 | 4.04 | down | -4.04 |
| TG 51:5 | POS | 855.735 | 856.7428 | 44.86 | [M+NH4]+ | 4.58E-04 | 2.64E-03 | 4.46 | down | -4.46 |
| TG 51:5 | POS | 855.7338 | 856.7416 | 45.32 | [M+NH4]+ | 2.67E-04 | 1.82E-03 | 2.76 | down | -2.76 |
| TG 53:4 | POS | 885.777 | 886.7848 | 47.44 | [M+NH4]+ | 8.33E-03 | 2.27E-02 | 2.46 | down | -2.46 |
| TG 53:5 | POS | 883.7652 | 884.773 | 48.15 | [M+NH4]+ | 3.14E-04 | 2.05E-03 | 2.20 | down | -2.20 |

## UP regulated

| Compound | ionisation r | Masse | m/z | RT | Adduct | p | p (Corr) | FC (abs) | Regulation (Si | Zeta FC |
|---|---|---|---|---|---|---|---|---|---|---|
| LPC14:0-a | POS | 467.2995 | 468.3073 | 6.7 | [M+H]+ | 2.77E-03 | 9.54E-03 | 3.82 | Up | 3.82 |
| LPC15:0 | POS | 481.3152 | 482.323 | 7.92 | [M+H]+ | 1.58E-02 | 3.82E-02 | 2.06 | Up | 2.06 |
| LPC18:1 bc | POS | 521.3474 | 522.3552 | 9.49 | [M+H]+ | 8.11E-03 | 2.22E-02 | 2.25 | Up | 2.25 |
| LPC19:0-b | POS | 537.3784 | 538.3862 | 11.59 | [M+H]+ | 2.68E-06 | 8.10E-05 | 2.56 | Up | 2.56 |
| LPC20:3-b | POS | 545.3484 | 546.3562 | 9.04 | [M+H]+ | 9.24E-03 | 2.48E-02 | 3.28 | Up | 3.28 |
| LPC20:4 b | POS | 543.3313 | 544.3391 | 8.16 | [M+H]+ | 5.10E-05 | 6.06E-04 | 13.05 | Up | 13.05 |
| LPC20:5 | POS | 541.3151 | 542.3229 | 6.98 | [M+H]+ | 3.84E-04 | 2.36E-03 | 8.83 | Up | 8.83 |
| LPC22:5 | POS | 569.3492 | 570.357 | 8.69 | [M+H]+ | 6.94E-04 | 3.44E-03 | 6.23 | Up | 6.23 |
| LPC22:6-a | POS | 567.3307 | 568.3385 | 7.74 | [M+H]+ | 1.06E-02 | 2.76E-02 | 3.23 | Up | 3.23 |
| LPC22:6-b | POS | 567.331 | 568.3388 | 8.1 | [M+H]+ | 2.02E-04 | 1.51E-03 | 6.64 | Up | 6.64 |
| | | | | | | | | | | |
| LPE20:4-b | POS | 501.2852 | 502.293 | 8.37 | [M+H]+ | 1.85E-03 | 7.01E-03 | 4.90 | Up | 4.90 |
| LPE22:6-b | POS | 525.2839 | 526.2917 | 8.3 | [M+H]+ | 3.46E-03 | 1.13E-02 | 4.73 | Up | 4.73 |
| | | | | | | | | | | |
| PC(15:0_20:4) | POS | 767.5452 | 768.553 | 20.38 | [M+H]+ | 9.42E-09 | 1.98E-06 | 4.45 | Up | 4.45 |
| PC(15:0_22:6) | POS | 791.5451 | 792.5529 | 19.75 | [M+H]+ | 4.96E-05 | 5.97E-04 | 2.32 | Up | 2.32 |
| PC(16:0_15:0) | POS | 719.546 | 720.5538 | 22.71 | [M+H]+ | 2.04E-06 | 6.87E-05 | 2.65 | Up | 2.65 |
| PC(16:0_16:0) | POS | 733.5607 | 734.5685 | 24.62 | [M+H]+ | 2.38E-05 | 3.60E-04 | 2.50 | Up | 2.50 |
| PC(16:0_20:4n-3) | POS | 781.5604 | 782.5682 | 22.13 | [M+H]+ | 9.12E-09 | 1.98E-06 | 4.74 | Up | 4.74 |
| PC(16:0_20:5) | POS | 779.5448 | 780.5526 | 19.99 | [M+H]+ | 6.70E-08 | 7.05E-06 | 3.15 | Up | 3.15 |
| PC(16:0_22:4) | POS | 809.5916 | 810.5994 | 24.9 | [M+H]+ | 6.60E-05 | 6.98E-04 | 2.71 | Up | 2.71 |
| PC(16:0_22:5) | POS | 807.5757 | 808.5835 | 23.56 | [M+H]+ | 3.26E-08 | 4.65E-06 | 3.75 | Up | 3.75 |
| PC(17:0_20:4n-3) | POS | 795.5773 | 796.5851 | 23.99 | [M+H]+ | 3.34E-09 | 1.98E-06 | 4.15 | Up | 4.15 |
| PC(17:0_22:6) | POS | 819.5757 | 820.5835 | 23.26 | [M+H]+ | 7.25E-07 | 3.37E-05 | 2.14 | Up | 2.14 |
| PC(17:1_20:4) | POS | 793.5606 | 794.5684 | 20.99 | [M+H]+ | 1.85E-04 | 1.42E-03 | 3.03 | Up | 3.03 |
| PC(18:0_20:4) | POS | 809.5941 | 810.6019 | 25.9 | [M+H]+ | 4.05E-08 | 5.16E-06 | 5.33 | Up | 5.33 |
| PC(18:0_22:5n-3) | POS | 835.6064 | 836.6142 | 26.29 | [M+H]+ | 8.29E-09 | 1.98E-06 | 2.98 | Up | 2.98 |
| PC(18:0_22:6) | POS | 833.5905 | 834.5983 | 25.12 | [M+H]+ | 3.68E-08 | 4.95E-06 | 2.72 | Up | 2.72 |
| PC(18:1_22:5) | POS | 833.5923 | 834.6001 | 23.08 | [M+H]+ | 1.21E-07 | 9.80E-06 | 2.83 | Up | 2.83 |
| PC(19:0_20:4) | POS | 823.6086 | 824.6164 | 27.85 | [M+H]+ | 3.77E-05 | 4.99E-04 | 2.04 | Up | 2.04 |
| PC(20:1_22:6) | POS | 859.6084 | 860.6162 | 25.52 | [M+H]+ | 2.08E-04 | 1.53E-03 | 2.23 | Up | 2.23 |
| PC(22:3_18:0) | POS | 839.6394 | 840.6472 | 31.55 | [M+H]+ | 5.87E-05 | 6.55E-04 | 2.91 | Up | 2.91 |
| PC(18:1_22:6) | POS | 831.5771 | 832.5849 | 21.97 | [M+H]+ | 4.43E-07 | 2.66E-05 | 2.59 | Up | 2.59 |
| PC(36:5) | POS | 779.5452 | 780.553 | 19.35 | [M+H]+ | 3.05E-07 | 2.00E-05 | 3.22 | Up | 3.22 |
| PC(36:6) | POS | 777.529 | 778.5368 | 17.48 | [M+H]+ | 3.23E-07 | 2.06E-05 | 2.19 | Up | 2.19 |
| PC(37:5) | POS | 793.5608 | 794.5686 | 21.73 | [M+H]+ | 1.90E-07 | 1.44E-05 | 2.90 | Up | 2.90 |
| PC(38:3) | POS | 811.6094 | 812.6172 | 27.51 | [M+H]+ | 2.61E-07 | 1.76E-05 | 2.66 | Up | 2.66 |
| PC(38:4)-OH | POS | 825.5867 | 826.5945 | 19.27 | [M+H]+ | 2.23E-03 | 8.06E-03 | 2.23 | Up | 2.23 |
| PC(38:4) | POS | 809.5927 | 810.6005 | 24.21 | [M+H]+ | 8.77E-06 | 1.85E-04 | 2.63 | Up | 2.63 |
| PC(38:4) | POS | 807.5778 | 808.5856 | 22.62 | [M+H]+ | 8.51E-10 | 1.98E-06 | 4.94 | Up | 4.94 |
| PC(38:6) | POS | 805.5602 | 806.568 | 20.5 | [M+H]+ | 7.80E-08 | 7.71E-06 | 4.47 | Up | 4.47 |
| PC(39:5) | POS | 821.5928 | 822.6006 | 24.43 | [M+H]+ | 9.83E-08 | 9.15E-06 | 3.41 | Up | 3.41 |
| PC(39:6) | POS | 819.5757 | 820.5835 | 21.41 | [M+H]+ | 4.42E-05 | 5.60E-04 | 2.06 | Up | 2.06 |
| PC(39:6) | POS | 819.5765 | 820.5843 | 22.18 | [M+H]+ | 1.86E-04 | 1.42E-03 | 2.88 | Up | 2.88 |
| PC(40:4) | POS | 837.6233 | 838.6311 | 28.73 | [M+H]+ | 1.02E-05 | 2.04E-04 | 2.41 | Up | 2.41 |
| PC(40:6) | POS | 833.5928 | 834.6006 | 23.93 | [M+H]+ | 2.25E-03 | 8.09E-03 | 3.65 | Up | 3.65 |
| | | | | | | | | | | |
| PC(O-16:0/20:4) | POS | 767.5803 | 768.5881 | 24.2 | [M+H]+ | 1.08E-07 | 9.60E-06 | 4.43 | Up | 4.43 |
| PC(O-16:1/22:5) | POS | 791.5811 | 792.5889 | 24 | [M+H]+ | 2.83E-08 | 4.28E-06 | 3.31 | Up | 3.31 |
| PC(O-22:0/20:4) | POS | 851.6757 | 852.6835 | 35.52 | [M+H]+ | 1.04E-04 | 9.67E-04 | 2.70 | Up | 2.70 |
| PC(O-36:5) | POS | 765.5667 | 766.5745 | 21.88 | [M+H]+ | 3.81E-05 | 5.01E-04 | 2.25 | Up | 2.25 |
| PC(O-38:4) | POS | 795.6114 | 796.6192 | 28.11 | [M+H]+ | 9.39E-04 | 4.27E-03 | 2.17 | Up | 2.17 |
| | | | | | | | | | | |
| PE(O-16:0/22:6) | POS | 749.535 | 750.5428 | 24.18 | [M+H]+ | 3.28E-03 | 1.09E-02 | 2.40 | Up | 2.40 |
| | | | | | | | | | | |
| PS(38:4) | POS | 811.5372 | 812.545 | 22.97 | [M+H]+ | 1.30E-06 | 5.07E-05 | 3.08 | Up | 3.08 |
| | | | | | | | | | | |
| SM(d18:1/16:0) | POS | 702.5663 | 703.5741 | 19.95 | [M+H]+ | 3.32E-05 | 4.60E-04 | 2.04 | Up | 2.04 |
| GlcCer(d18:1/16:0) | POS | 699.5624 | 700.5702 | 21.05 | [M+H]+ | 7.30E-05 | 7.59E-04 | 2.61 | Up | 2.61 |
| CE20:4 | POS | 689.6104 | 690.6182 | 49.76 | [M+NH4]+ | 2.62E-05 | 3.91E-04 | 2.33 | Up | 2.33 |
| | | | | | | | | | | |
| TG 53:4 | POS | 885.7803 | 886.7881 | 55.51 | [M+NH4]+ | 8.84E-07 | 3.96E-05 | 3.92 | Up | 3.92 |
| TG 53:5 | POS | 883.7684 | 884.7762 | 50.97 | [M+NH4]+ | 1.00E-06 | 4.18E-05 | 4.52 | Up | 4.52 |
| TG 54:5 | POS | 897.7802 | 898.788 | 52.78 | [M+NH4]+ | 1.74E-04 | 1.37E-03 | 4.14 | Up | 4.14 |
| TG 54:6 | POS | 895.7654 | 896.7732 | 49.98 | [M+NH4]+ | 2.15E-06 | 7.02E-05 | 2.54 | Up | 2.54 |
| TG 55:4 | POS | 913.8117 | 914.8195 | 62.21 | [M+NH4]+ | 1.16E-04 | 1.04E-03 | 2.16 | Up | 2.16 |
| TG 55:4 | POS | 913.8109 | 914.8187 | 60.2 | [M+NH4]+ | 4.81E-08 | 5.54E-06 | 4.29 | Up | 4.29 |
| TG 55:4 | POS | 913.8095 | 914.8173 | 63.62 | [M+NH4]+ | 2.27E-07 | 1.62E-05 | 6.28 | Up | 6.28 |
| TG 55:6 | POS | 909.7801 | 910.7879 | 49.95 | [M+NH4]+ | 2.20E-05 | 3.49E-04 | 3.61 | Up | 3.61 |
| TG 55:6 | POS | 909.7812 | 910.789 | 52.7 | [M+NH4]+ | 5.59E-07 | 2.88E-05 | 6.47 | Up | 6.47 |
| TG 55:7 | POS | 907.7659 | 908.7737 | 47.97 | [M+NH4]+ | 2.00E-08 | 3.46E-06 | 3.42 | Up | 3.42 |
| TG 56:3 | POS | 929.8412 | 930.849 | 79.24 | [M+NH4]+ | 8.58E-06 | 1.83E-04 | 3.14 | Up | 3.14 |
| TG 56:4 | POS | 927.827 | 928.8348 | 67.08 | [M+NH4]+ | 1.53E-05 | 2.73E-04 | 3.61 | Up | 3.61 |
| TG 56:4 | POS | 927.8244 | 928.8322 | 68.81 | [M+NH4]+ | 2.18E-07 | 1.60E-05 | 5.91 | Up | 5.91 |
| TG 56:5 | POS | 925.8109 | 926.8187 | 59.57 | [M+NH4]+ | 5.45E-06 | 1.32E-04 | 8.54 | Up | 8.54 |
| TG 54:3 | POS | 901.812 | 902.8198 | 66.65 | [M+NH4]+ | 4.91E-07 | 2.66E-05 | 3.20 | Up | 3.20 |
| TG 58:7 | POS | 949.8144 | 950.8222 | 56.2 | [M+NH4]+ | 6.02E-09 | 1.98E-06 | 10.86 | Up | 10.86 |
| TG(18:0_16:0_20:4) | POS | 899.7958 | 900.8036 | 59.22 | [M+NH4]+ | 3.55E-07 | 2.20E-05 | 5.27 | Up | 5.27 |
| TG(18:1_16:0_22:5) | POS | 923.7959 | 924.8037 | 52.64 | [M+NH4]+ | 7.28E-09 | 1.98E-06 | 5.84 | Up | 5.84 |
| TG(18:1_16:0_22:6) | POS | 921.7813 | 922.7891 | 50.28 | [M+NH4]+ | 1.17E-08 | 2.19E-06 | 5.09 | Up | 5.09 |
| TG(18:1_16:0_24:5) | POS | 951.8288 | 952.8366 | 58 | [M+NH4]+ | 1.70E-07 | 1.33E-05 | 4.23 | Up | 4.23 |
| TG(18:1_18:0_22:5) | POS | 951.8276 | 952.8354 | 59.37 | [M+NH4]+ | 5.76E-09 | 1.98E-06 | 7.57 | Up | 7.57 |

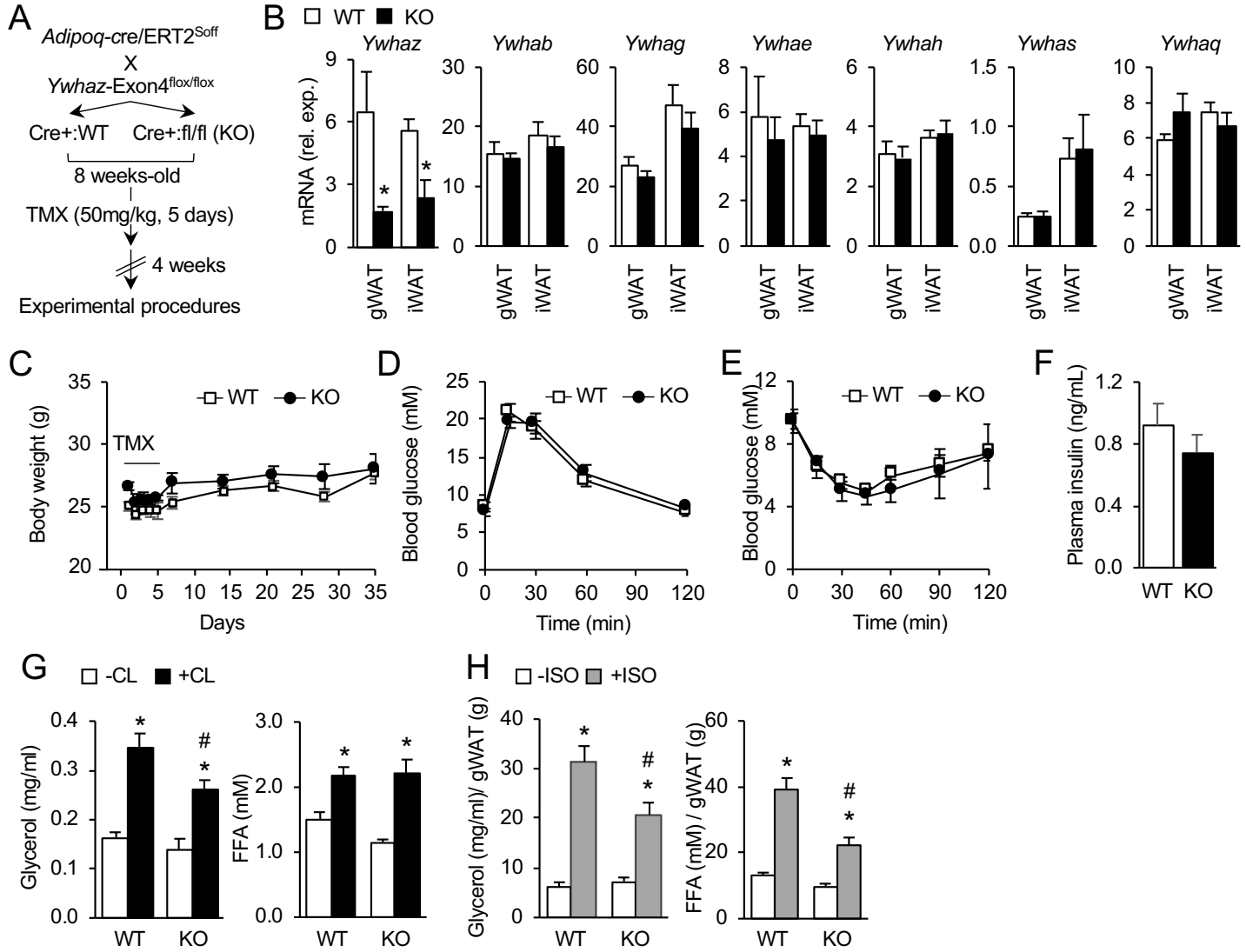
**Supplemental Table 1. Primer sequences used for qPCR**

| Gene | Forward Sequence (5'-3') | Reverse Sequence (5'-3') |
|---|---|---|
| *Ywhab* | AATGCCACCCAGGCAGAAAGCA | CTTGGTAAGCCTGCTGGGAGTT |
| *Ywhag* | GGACTATTACCGTTACCTGGCAG | CTGCATGTGCTCCTTGCTGATC |
| *Ywhae* | CTAACACTGGCGAGTCCAAGGT | GTAAGCCACGAGGCTGTTCTCT |
| *Ywhah* | CCGCGTATAAGGAAGCCTTCGA | AGGCTTGCTCTGGTGCATTCTG |
| *Ywhas* | CATGAAGAGCGCCGTGGAAAAG | CTCTTCTGCTCGATGCTGGACA |
| *Ywhaq* | GCTGAAGTAGCTTGTGGCGATG | ATGCGTAGGCTGCATCTCCTTC |
| *Ywhaz* | CAGAAGACGGAAGGTGCTGAGA | CTTTCTGGTTGCGAAGCATTGGG |
| *Hprt1* | TCCTCCTCAGACCGCTTTT | CCTGGTTCATCATCGCTAATC |
| *Adrb1* | CTCGTCCGTCGTCTCCTTCTAC | GTCGATCTTCTTTACCTGTTTTTGG |
| *Adrb2* | TTGCAGTGGATCGCTATGTTG | TGACCACTCGGGCCTTATTCT |
| *Adrb3* | CCTTCAACCCGGTCATCTAC | GAAGATGGGGATCAAGCAAGC |
| *Pde3b* | CTTCACAAGGGATTGAGTGGCAGAACC | CATCCATGACTTGAAACACTGACTTCTTGG |
| *Pde4a* | TGGATGCCGTGTTCACAGACCTGG | GTTCTCAAGCACAGACTCATCGTTGTAC |
| *Pde4b* | CAGGAAAATGGTGATTGACATGGTGTTGG | CGAAGAACCTGTATCCGGTCAGTATAG |
| *Pde4d* | GGTCATTGACATTGTCCTGGCGACAG | CAGTGCACCATATTCTGAAGGACCTGG |
| *Pparg* | GGTCAGCTCTTGTGAATGGAA | ATCAGCTCTGTGGACCTCTCC |
| *Fabp4* | AGTACTCTCTGACCGGATGG | GGAAGCTTGTCTCCAGTGAA |
| *Fasn* | TGGGTTCTAGCCAGCAGAGT | ACCACCAGAGACCGTTATGC |
| *Atgl* | AACACCAGCATCCAGTTCAA | GGTTCAGTAGGCCATTCCTC |
| *Hsl* | ACCGAGACAGGCCTCAGTGTG | GAATCGGCCACCGGTAAAGAG |
| *Magl* | GTGCCTACCTGCTCATGGAAT | GAGGACGGAGTTGGTCACTTC |
| *Lpl* | GTGACCGATTTCATCAAGTTTGGAG | GACGGACACAAAGTTAGCACCAC |

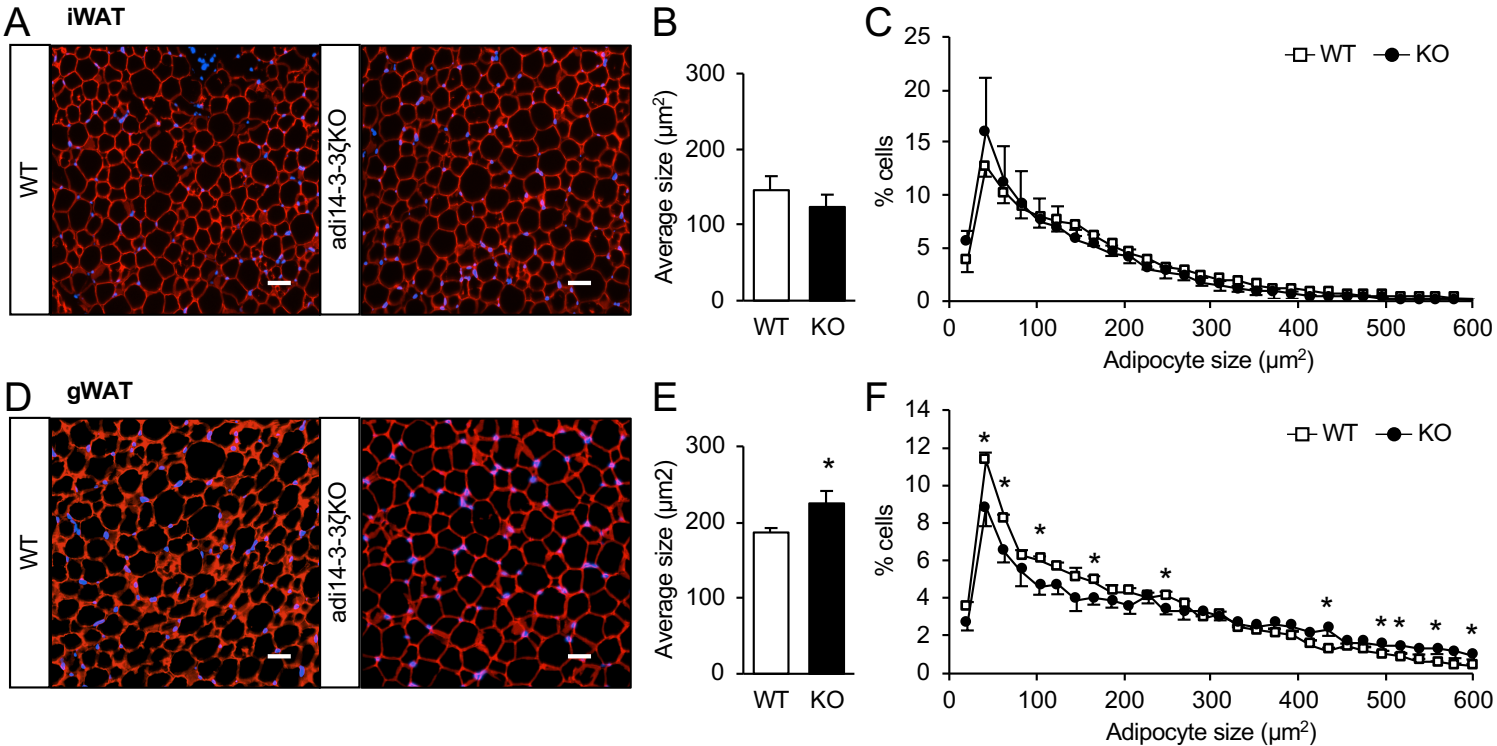
**Supplemental table 2: Antibodies used**

| Target | Host species | Dilution | Source | Product ID | RRID |
|---|---|---|---|---|---|
| Phosphorylated HSL (S660) | Rabbit | 1:1000 | Cell Signaling Technology | 4126 | AB_490997 |
| HSL | Rabbit | 1:1000 | Cell Signaling Technology | 4107 | AB_2296900 |
| Phosphorylated CREB (S133) | Rabbit | 1:1000 | Cell Signaling Technology | 9198 | AB_2561044 |
| CREB | Rabbit | 1:1000 | ThermoFisher | MA1-083 | AB_558523 |
| ATGL | Rabbit | 1:1000 | Cell Signaling Technology | 2439 | AB_2167953 |
| PPARγ | Rabbit | 1:1000 | Cell Signaling Technology | 2443 | AB_823598 |
| β-actin | Mouse | 1:1000 | Cell Signaling Technology | 3700 | AB_2242334 |
| β-tubulin | Mouse | 1:1000 | Cell Signaling Technology | 86298 | AB_2715541 |
| Anti-rabbit IgG HRP-linked antibody | Goat | 1:2000 | Cell Signaling Technology | 7074 | AB_2099233 |
| Anti-mouse IgG HRP-linked antibody | Goat | 1:5000 | Cell Signaling Technology | 7076 | AB_330924 |
| 14-3-3ζ | Rabbit | 1:1000 | Cell Signalling Technology | 7413 | AB_10950820 |
| 14-3-3ζ | Abcam | 1:!00 | Abcam | Ab51129 | AB_867447 |
| Perilipin | Rabbit | 1:1000 | Cell Signaling Technology | 9349 | AB_10829911 |
| Perilipin | Guinea pig | 1:1500 | Fitzgerald | 20R-PP004 | AB_1288416 |

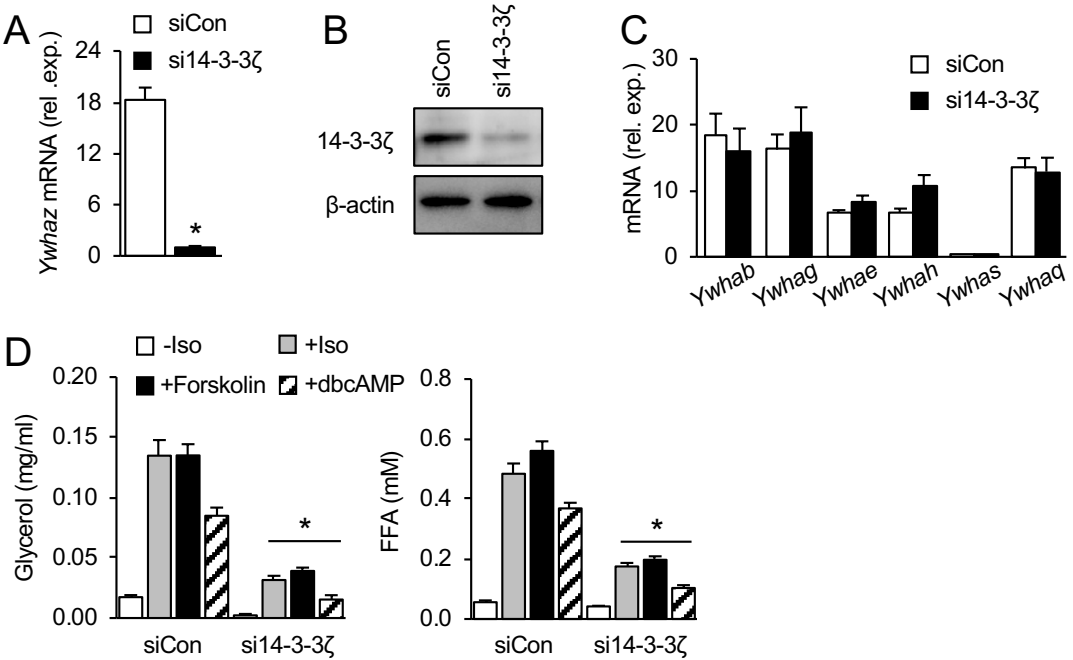
# Figure 1


A
Adipoq-cre/ERT2Soff
X
Ywhaz-Exon4flox/flox
Cre+:WT
Cre+:fl/fl (KO)
8 weeks-old
TMX (50mg/kg, 5 days)
4 weeks
Experimental procedures
B
WT
KO
Ywhaz
Ywhab
Ywhag
Ywhae
Ywhah
Ywhas
Ywhaq
mRNA (rel. exp.)
gWAT
iWAT
C
WT
KO
TMX
Body weight (g)
Days
D
WT
KO
Blood glucose (mM)
Time (min)
E
WT
KO
Blood glucose (mM)
Time (min)
F
Plasma insulin (ng/mL)
WT
KO
G
-CL
+CL
Glycerol (mg/ml)
FFA (mM)
WT
KO
H
-ISO
+ISO
Glycerol (mg/ml)/ gWAT (g)
FFA (mM) / gWAT (g)
WT
KO

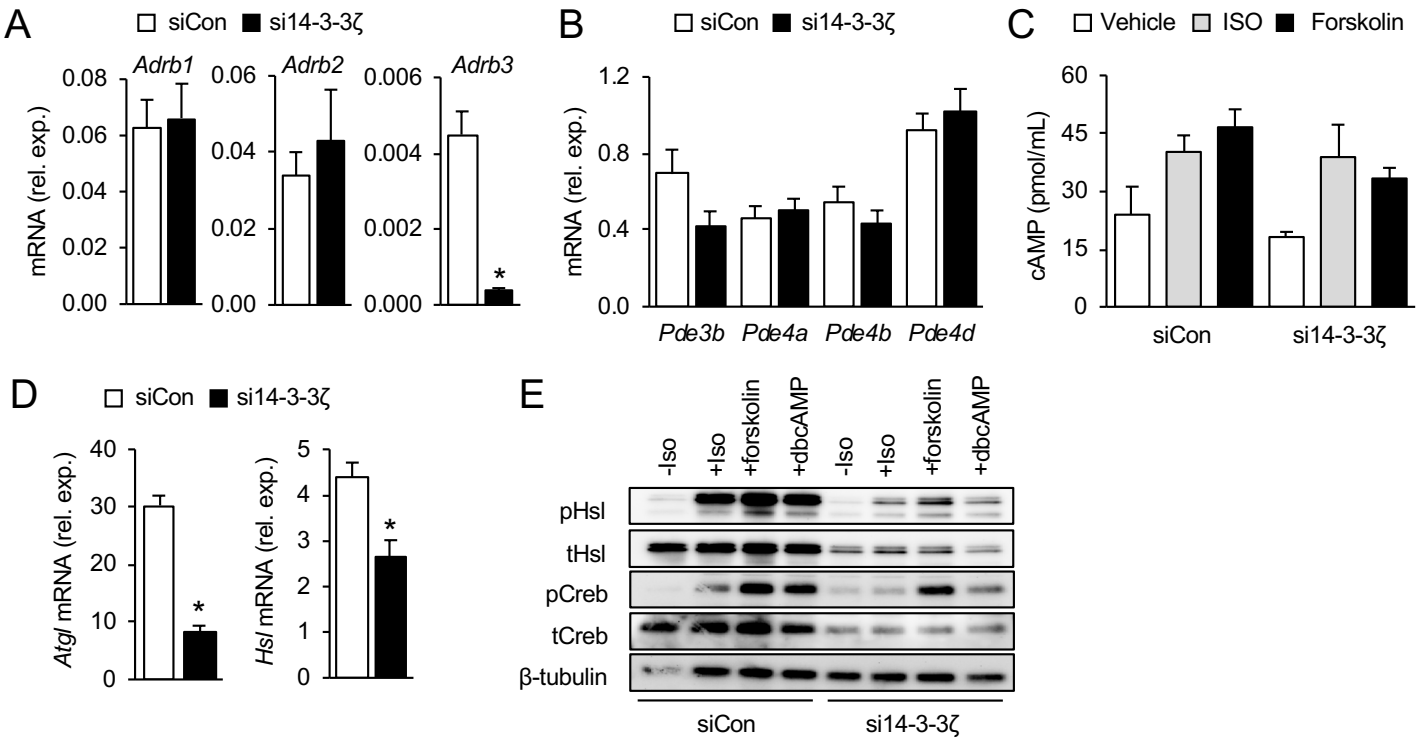
# Figure 2


A
iWAT
WT
adi14-3-3ζKO
B
Average size (μm²)
300
200
100
0
WT
KO
C
% cells
25
20
15
10
5
0
WT
KO
0
100
200
300
400
500
600
Adipocyte size (μm²)
D
gWAT
WT
adi14-3-3ζKO
E
Average size (μm2)
300
200
100
0
*
WT
KO
F
% cells
14
12
10
8
6
4
2
0
WT
KO
*
0
100
200
300
400
500
600
Adipocyte size (μm²)

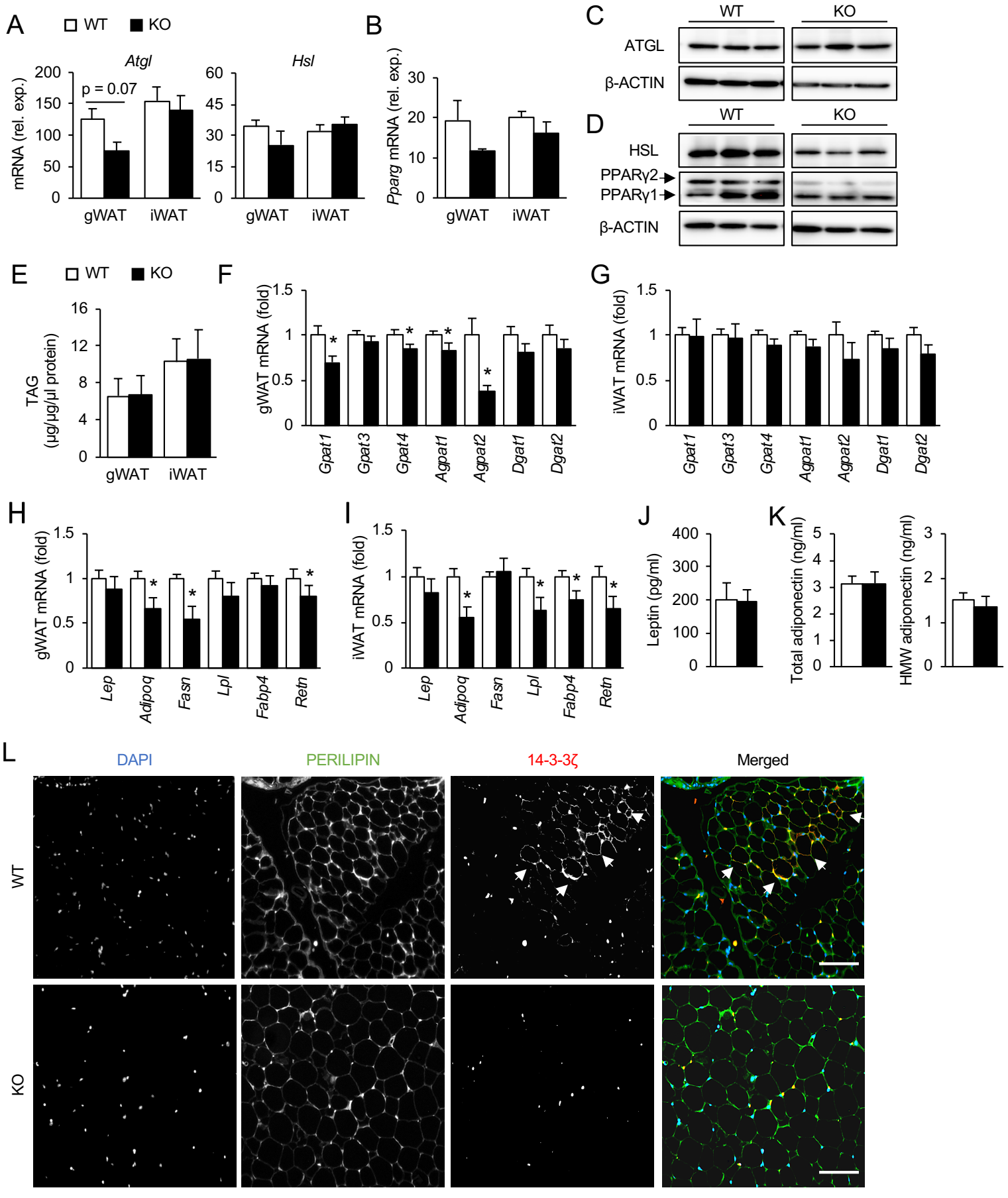
# Figure 3


A
siCon
si14-3-3ζ
Ywhaz mRNA (rel .exp.)
24
18
12
6
0
*
B
siCon
si14-3-3ζ
14-3-3ζ
β-actin
C
siCon
si14-3-3ζ
mRNA (rel. exp.)
30
20
10
0
Ywhab
Ywhag
Ywhae
Ywhah
Ywhas
Ywhaq
D
-Iso
+Iso
+Forskolin
+dbcAMP
Glycerol (mg/ml)
0.20
0.15
0.10
0.05
0.00
*
siCon
si14-3-3ζ
FFA (mM)
0.8
0.6
0.4
0.2
0.0
*
siCon
si14-3-3ζ

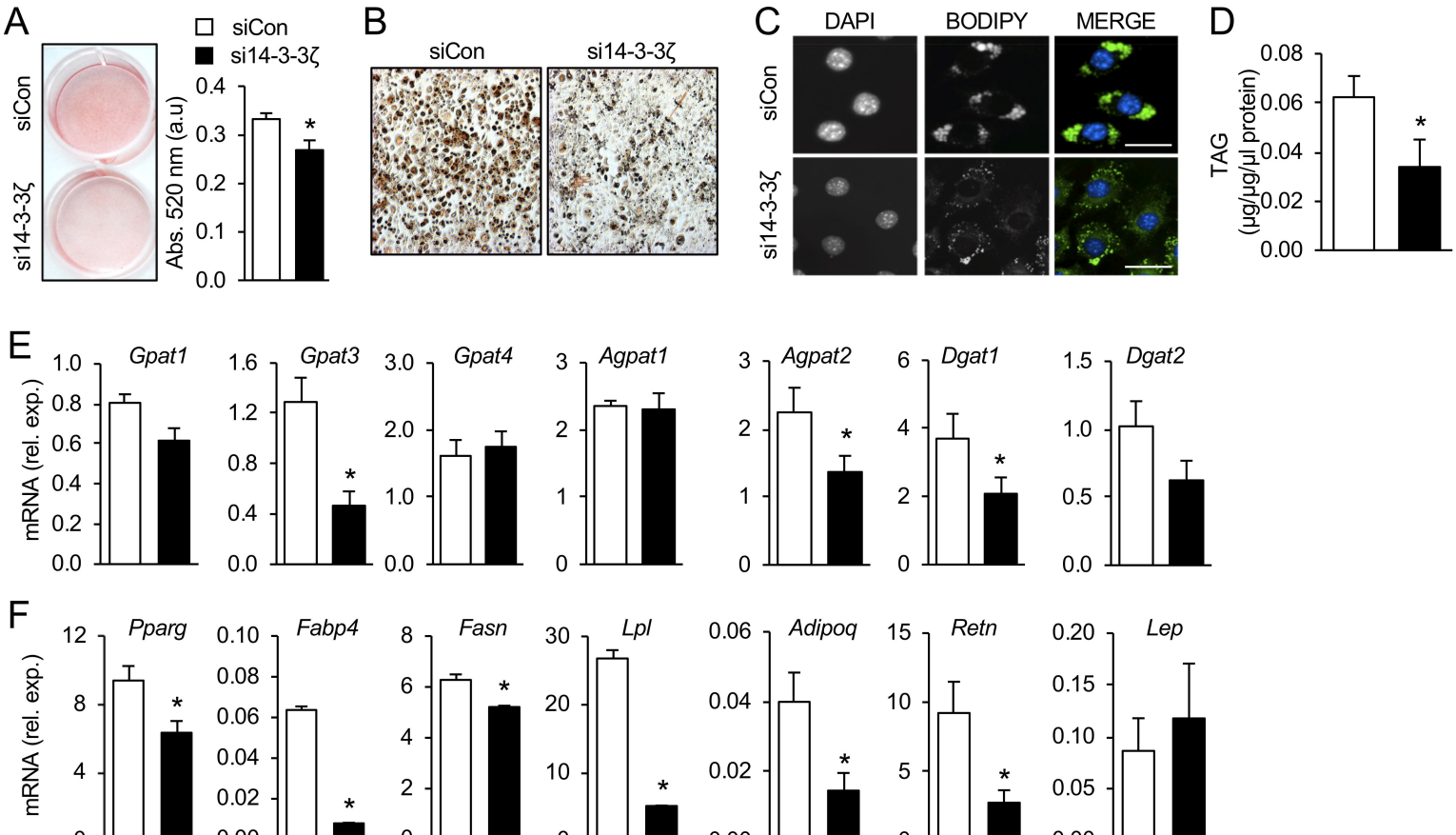
# Figure 4


A
siCon
si14-3-3ζ
Adrb1
Adrb2
Adrb3
mRNA (rel. exp.)
0.08
0.06
0.04
0.02
0.00
0.06
0.04
0.02
0.00
0.006
0.004
0.002
0.000
*
B
siCon
si14-3-3ζ
mRNA (rel. exp.)
1.2
0.8
0.4
0.0
Pde3b
Pde4a
Pde4b
Pde4d
C
Vehicle
ISO
Forskolin
cAMP (pmol/mL)
60
45
30
15
0
siCon
si14-3-3ζ
D
siCon
si14-3-3ζ
Atgl mRNA (rel. exp.)
40
30
20
10
0
*
Hsl mRNA (rel. exp.)
5
4
3
2
1
0
*
E
-Iso
+Iso
+forskolin
+dbcAMP
-Iso
+Iso
+forskolin
+dbcAMP
pHsl
tHsl
pCreb
tCreb
β-tubulin
siCon
si14-3-3ζ

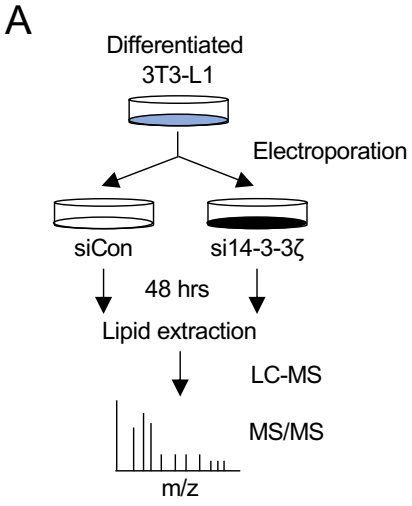
# Figure 5

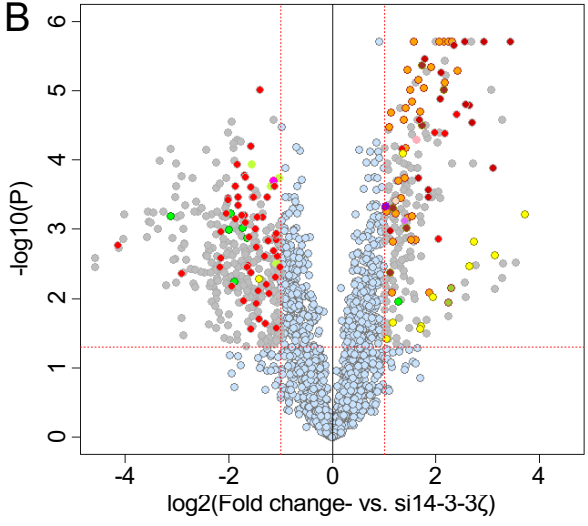

A
WT
KO
Atgl
Hsl
mRNA (rel. exp.)
p = 0.07
gWAT
iWAT
B
Pparg mRNA (rel. exp.)
C
ATGL
β-ACTIN
D
HSL
PPARγ2
PPARγ1
E
TAG (μg/μg/μl protein)
F
gWAT mRNA (fold)
Gpat1
Gpat3
Gpat4
Agpat1
Agpat2
Dgat1
Dgat2
G
iWAT mRNA (fold)
H
Lep
Adipoq
Fasn
Lpl
Fabp4
Retn
I
J
Leptin (pg/ml)
K
Total adiponectin (ng/ml)
HMW adiponectin (ng/ml)
L
DAPI
PERILIPIN
14-3-3ζ
Merged

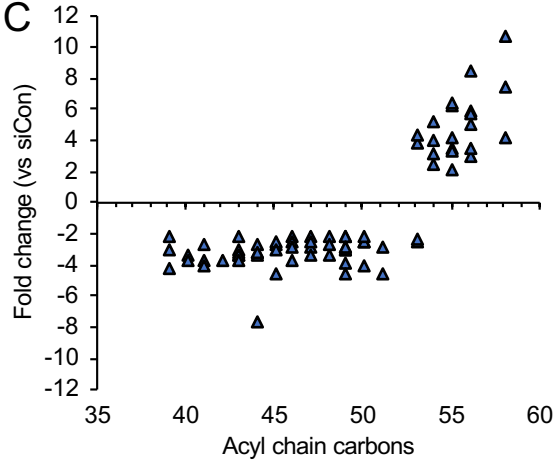
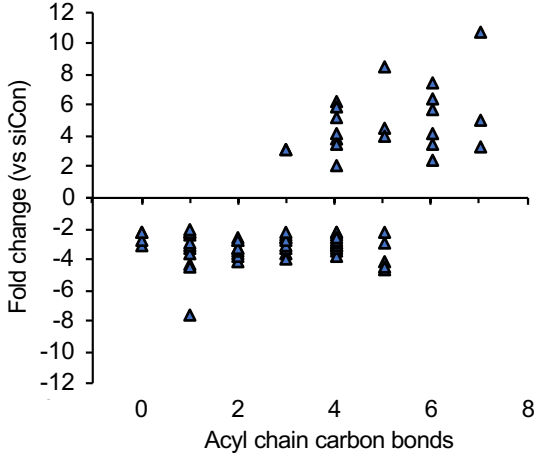
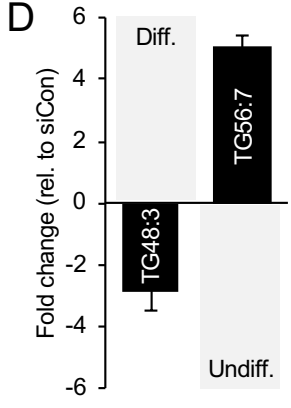
# Figure 6


A
siCon
si14-3-3ζ
Abs. 520 nm (a.u)
0.4
0.3
0.2
0.1
0.0
*
B
siCon
si14-3-3ζ
C
DAPI
BODIPY
MERGE
siCon
si14-3-3ζ
D
TAG
(µg/µg/µl protein)
0.08
0.06
0.04
0.02
0.00
*
E
mRNA (rel. exp.)
Gpat1
Gpat3
Gpat4
Agpat1
Agpat2
Dgat1
Dgat2
F
mRNA (rel. exp.)
Pparg
Fabp4
Fasn
Lpl
Adipoq
Retn
Lep

# Figure 7




| Lipid Class | Up Regulated | Down Regulated |
|---|---|---|
| LPC | 10 | 1 |
| PC | 31 | - |
| PC(O) | 5 | - |
| PC-OH | 1 | - |
| LPE | 2 | - |
| PE | - | 4 |
| PE(O) | 1 | 6 |
| PI | - | 1 |
| PS | 1 | - |
| Sphingomyelin | 1 | - |
| GlcCeramide | 1 | - |
| Cholesteryl Ester | 1 | - |
| TG (<54 carbons) | 2 | 52 |
| TG (>54 carbons) | 19 | - |
| Unknown | | |