Transcriptional plasticity of stromal cells amplifies their differentiation efficiency *in vitro*

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Summary

We provide mechanistic evidence, that cells with established lineage-selective gene programs are more vulnerable to obtain gene signatures and phenotypes of opposing lineages, building ground for trans-differentiation between osteoblasts and adipocytes being a coordinated process rather than random and misdirected.

Abstract

Human bone marrow-derived stromal cells (also termed mesenchymal stem cell - MSCs) are progenitors capable of differentiating into bone forming osteoblasts and fat storing adipocytes. Due to the loss of bone mass being associated with increased marrow fat, trans-differentiation of osteoblasts into adipocytes been hypothesized as a contributor to osteoporotic bone loss and fragility. Reprogramming of transcriptional networks is a prerequisite for cellular differentiation, however, to which extent cell-type specific transcriptional networks modulate cellular plasticity within stromal cells remains unknown. In this study we performed gene expression analysis at bulk and single cell level in stromal cells being repeatedly exposed to osteogenic and adipogenic inducers *in vitro*. Surprisingly, cell type specific gene networks are not suppressive but instead promoting to obtain an opposing phenotype, e.g., enhanced osteoblast differentiation of adipogenic pre-stimulated stromal cells compared to undifferentiated ones. This is supported by the presence of cells simultaneously showing an osteogenic and adipogenic phenotype highlighting a strong molecular plasticity of transcriptional networks in stromal cells. These observations provide a strong molecular support for the notion of not only progenitor speciation but also the plasticity of differentiated cells contributing to the balance of bone mass and marrow fat content.

Introduction

Bone is a dynamic organ that continuously undergoes remodeling a process initially starting with osteoclasts resorbing old bone from the surface followed by the bone forming actions of osteoblasts. In healthy individuals, there is a balance in bone remodeling meaning that the amount of bone resorption and formation is equal (1, 2). However, during ageing bone mass decreases significantly mainly due to a decrease in bone forming capacity (3) and this decrease in bone mass correlates with an increase in marrow adipocyte volume both during ageing but also in subjects with idiopathic osteoporosis (4-6). This inverse relationship of bone and adipose tissue mass has been at least in part attributed to altered lineage speciation of bone resident stromal progenitor cells that give rise to both osteoblasts and adipocytes (7, 8). In addition, trans-differentiation of mature osteoblasts into adipocytes has been suggested to contribute to the increase of adipocytes on the cost of osteoblasts *in vivo* (9). Here, trans-differentiation describes a process in which cells with an established osteogenic phenotype directly obtain an adipogenic one. The concept of trans-differentiation has not fully been explored in human bone due to lack of lineage tracing techniques. In contrast, genetic mouse models with osteoblast directed overexpression of *Pparg* (10) showed loss of osteoblast function with concordant bone loss while driving expression of a mutated alpha subunit of the stimulatory G protein (Gsa^{R201C}) in adiponectin expressing cells leads to loss of adipocytes and increase in bone mass (11). These studies highlight that initial lineage commitment is not definite and can be overcome by strong signals driving maturation into another lineage *in vivo*.

To this day, several *in vitro* studies have demonstrated that a pool of human progenitor cells induced towards either the osteogenic or adipogenic lineage were capable of trans-differentiating upon response to extrinsic factors (12-14). However, such findings were considered controversial since other groups reported trans-differentiation to only be the result of progenitor cell contamination or cell fusion during cell culturing (15-17). Studies that track stromal cells during *in vitro* differentiation clearly showed that cells achieving a mature osteoblast phenotype were capable of trans-differentiating into adipocytes (13). In addition, adipogenic committed cells expressing Gsa^{R201C} were capable to form ectopic bone in transplantation assays, supporting the capability of *Adipoq*-expressing stromal cells to undergo bone formation (11).

We recently described that the cellular identity of osteoblast and adipocyte differentiation is determined by lineage-selective transcription factor networks and the confinement of the 3-d-chromatin structure in stromal progenitor cells (18, 19). However, cellular and transcriptional

plasticity of human stromal progenitors has not been studied in terms of transcriptional memory and

whether established cell-type specific transcriptional networks oppose or facilitate commitment to

other lineages. In this study we performed histochemical and gene expression analysis at the bulk

and single cell level to trace lineage-specific gene networks in immortalized human stromal cells of

bone marrow origin (20) that have been exposed to adipogenic or osteogenic inducers in a

sequential and alternating manner, respectively. We show a strong plasticity of stromal progenitors,

both at the pool and single cell level, where maturing cells were indistinguishable whether they

were derived from undifferentiated or trans-differentiated cells. While osteogenic and adipogenic

gene programs were opposing each other over time, we propose that single or multiple initiations of

cell-type specific gene programs facilitate and enhance the differentiation capacity of stromal cells

into opposing lineages. Intriguingly, cell pools that were frequently exposed to short time frames of

alternating lineage inducers showed the presence of mature osteoblast and adipocyte phenotypes.

Results

Pre-differentiation did not abrogate differentiation ability to opposing lineage

Immortalized human stromal cells from bone marrow (hBMSC-TERT4 cells, (20)) were

differentiated *in vitro* using ascorbic acid, b-glycerol phosphate, calcitriol, and dexamethasone for

osteogenic induction and insulin, isobutyl methylxanthine, dexamethasone and rosiglitazone for

adipogenic induction (fig 1A). The progression in osteogenic and adipogenic differentiation was

followed by the extent of matrix mineralization and lipid droplet formation using staining with

Alizarin red and Oil Red'O, respectively. Both matrix mineralization and lipid droplet formation

were absent at day 7, established around day 9 to 11, and further increased with prolonged exposure

to the differentiation cocktail (fig 1B). Revisiting RNA-seq data throughout hBMSC-TERT4 cell

differentiation (18) we could show that most of the transcriptional reprogramming (represented by

PC1) throughout osteoblast or adipocyte differentiation occurred within the first 7 days of

differentiation (fig 1C). However, we could show that only lipid droplet formation occurred in cells

that have been withdrawn of lineage inducers after 7 days of differentiation (fig 1D), while matrix

mineralization seemed to be dependent on further osteogenic stimulation. Next, we wanted to test

whether hBMSC-TERT4 cells were capable to obtain matrix mineralization upon prior induction

along the adipogenic lineage and vice versa. Unexpectedly, we did neither observe a diminished

osteogenic nor adipogenic potential when cells were pre-exposed to inducers of the opposite lineage

irrespective of exposure time (fig 1E). Thus, at least at the population level, osteogenic and

adipogenic differentiation potential of hBMSC-TERT4 cells was not diminished due to prior

commitment towards the opposing lineage.

hBMSC-TERT4 cells showed great plasticity at the transcriptional level upon switching lineage

inducers.

We performed bulk RNA-sequencing on hBMSC-TERT4 cells committing towards the osteogenic

or adipogenic lineage for 7 days followed by being exposed to the opposing inducers for 4 days (fig

2A). Focusing on putative osteogenic or adipogenic marker genes (fig 2B), dimensionally reduction

of global gene expression by principle component analysis (fig 2C), or previously defined (18)

osteoblast- and adipocyte-selective gene signatures (fig 2D), we could demonstrate the obliteration

of the initial and establishment of the new lineage-selective gene programs upon switching

differentiation cocktails in hBMSC-TERT4 cells.

scRNA-seq analysis indicated similar lineage commitment from undifferentiated or pre-

differentiated cells.

Since hBMSC-TERT4 cells showed great plasticity for osteogenic and adipogenic gene expression

at the population level we generated scRNA-seq libraries from undifferentiated, 7 days committed,

and 7 days + 4days trans-differentiated cells (fig. 3A). We questioned whether cells exhibit

expression of both osteoblast and adipocyte-specific genes and whether transcriptional

reprogramming differs in cells upon direct lineage commitment versus trans-differentiation. UMAP

dimensionality reduction distinguished cells of the five libraries according to treatment protocol

(fig. 3B), and scRNA-seq libraries showed similar dynamics for selected osteoblast and adipocyte

markers compared to bulk RNA-seq (fig. 3C). In line with the results of the PCA from our bulk

RNA-seq experiments (fig. 2C), we observed a close relationship but no overlap of the scRNA-seq

libraries according to the final differentiation cocktail. Interestingly, using the expression of

osteoblast and adipocyte selective gene signatures ((18), fig. 3D) as well as pseudotime analysis

(fig. 3E and arrows in 3B) showed convergence of highly differentiated cells. This indicates that

cells which committed towards osteoblasts or adipocytes from either an un- or pre-differentiated

state are almost indistinguishable at the single cell level. In addition, scRNA-seq enabled us to track

cells that are refractory to switching differentiation cocktail i.e., cells expressing lineage-selective

genes according to the initial differentiation cocktail (fig 3F). Here, we only detected cells with

strong adipogenic phenotype, which is in line with the observation of cells with lipid-filled droplets

in cultures that received 7 days adipogenic followed by 7 days osteogenic stimulation (fig. 1D).

To get a deeper understanding of the transcriptional remodeling when comparing cells that undergo

direct differentiation and cells that show strong plasticity when exposed to switching differentiation

cocktails, we compared gene expression dynamics along pseudotime in our scRNA-seq data.

Focusing on cells that finally received the osteogenic differentiation cocktail (7dOb and 7dAd +

4dOb), we could identify three groups of genes with differential expression (expressed in 10% of

cells and p-val < 0.001) along pseudotime, 1) only in direct differentiated cells (7dOb, fig. 3G grey

group), 2) only in cells with switched media exposure (7dAd + 4dOb, fig. 3G green group), and 3)

in both (fig. 3G black group). However, for all three groups we could see a strong correlation of

gene expression in both scRNA-seq libraries (fig. 3H), indicating differences in p-value thresholds

rather than actual dynamics. For further confirmation we could show that except for 14 days of

osteoblast differentiation bulk expression data recapitulated the pseudotime-based expression

dynamics (fig. 3I). This demonstrates that at least for the time points investigated, osteogenic

commitment from undifferentiated and adipogenic stimulated cells followed almost identical

transcriptional reprograming. On the other side, we made similar observations for adipogenic

commitment from undifferentiated and osteogenic differentiated cells (fig. 3J – L).

Given the fact that almost all cells of a differentiating pool showed strong transcriptional plasticity

and that transcriptional remodeling during direct and trans-differentiation followed similar

principles we hypothesized that cells which initiate a lineage-specific gene program are also likely

to express genes related to the other lineage when induction cocktails are switched. To test this, we

followed ALP activity along the adipogenic lineage for up to 28 days followed by a stimulation

with osteogenic media for 4 days (fig. 3M). Induction of ALP activity was not diminished as more

and more cells accumulated lipid droplets during the course of pre-differentiation towards the

adipogenic lineage. Next, we employed fluorescent staining on ALP activity and lipid droplet

formation in hBMSC-TERT4 cells that have been exposed to 28 days of adipogenic cocktail

followed by 4 days of osteogenic one. Intriguingly, we observed many adipocytes based on Nile

Red staining (fig. 3N) and exactly those areas (fig. 3N, upper panel) and cells (fig. 3N, lower panel)

occupied by lipid filled droplets showed strong induction of ALP activity. This affirmed our

hypothesis that cells capable to form lipid droplets are also able to activate ALP activity upon

osteogenic stimulation.

Pre-commitment potentiated the differentiation potential of stromal cells.

Having shown that hBMSC-TERT4 cells have an enormous plasticity in terms of differentiation

quality we next questioned whether pre-exposition to adipogenic inducers enhances osteogenic

potential and vice versa. Adipogenic and, although to a lesser extent, osteogenic pre-stimulation

enhanced matrix mineralization (fig. 4A) and lipid droplet formation (fig. 4B) of cultures that have

been switched to osteogenic and adipogenic inducers, respectively. These observations were

supported by gene expression analysis of the osteoblast and adipocyte-selective genes *ALPL* and

ADIPOQ (fig. 4C). Next, we wanted to test whether this enhanced osteogenic or adipogenic

potential due to opposing pre-differentiation could rescue bio-banked primary cells that have been

previously identified with low osteogenic or adipogenic potential (21). Like the observations in

hBMSC-TERT4 cells we could show a strong enhancement of the osteogenic potential if cells have

been pre-exposed to adipogenic inducers (fig. 4D & E), with enabling mineralization in cultures that

did otherwise not show any signs of late osteoblast commitment during directed differentiation. On

the other side, enhancement of adipogenic differentiation due to prior osteogenic differentiation was

mild (fig. 4F) in line with observations from hBMSC-TERT4 cells. These results collectively show

that the *in vitro* differentiation potential of stromal progenitors from bone marrow origin towards

osteoblasts and to a lesser extent towards adipocytes could be potentiated by an initial commitment

to the other lineage.

hBMSC-TERT4 cells showed repeated transcriptional plasticity

We were intrigued by the transcriptional plasticity of stromal progenitor cells upon switching

lineage inducers once and questioned if this plasticity persists after repeated switching. Using bulk

RNA-seq in hBMSC-TERT4 cells that switched lineage inducers twice, at day 3 and 7 of

differentiation (fig. 5A), we showed that stromal progenitors maintain lineage plasticity at the

transcriptional level globally (fig. 5B), for lineage selective gene signatures (fig. 5C), and for

selected gene markers (fig. 5D). Thus, even cells with increased osteogenic potential due to pre-

induction with adipogenic inducers maintained the capacity to re-activate adipogenic gene

expression, and vice versa. Using activity (fig. 5E) and mRNA expression (fig 5F) of alkaline

phosphatase, we could demonstrate the ability of cells to enhance and repress an osteogenic

phenotype when cells were exposed to osteogenic or adipogenic inducers. Interestingly, repeated

changing of lineage inducers built-up both ALP activity and *ALPL* mRNA expression, indicating

that at least for osteogenic differentiation alternating lineage commitment increased the

responsiveness of cells to osteogenic inducers. Having shown that exposure to adipogenic inducers

diminished the osteogenic phenotype but also increased osteogenic responsiveness, at least for

alkaline phosphatase, we questioned if a continuous alternating exposure to osteogenic and

adipogenic inducers would finally lead to calcification and lipid droplet formation. hBMSC-TERT4

cells exposed to 4 day turns of osteogenic or adipogenic inducers for a total of 32 days (fig. 6A)

showed both the presence of lipid droplet filled cells and strong matrix mineralization (fig. 6B).

Quantifying mRNA expression of *ALPL* and *ADIPOQ* after 6 to 8 rounds of media switching

showed that cells maintained oscillating expression patterns of induction and repression, and that

inducibility of *ALPL* and *ADIPOQ* still increased over time (fig. 6C). Using fluorescence

microscopy, we could show that ALP activity was especially strong in cells with lipid accumulation

(fig. 6D - F) highlighting that these cells despite their adipogenic phenotype had a very strong

osteogenic inducibility. Single nuclei sequencing of hBMSC-TERT4 cells subjected to 8 rounds of

media switching demonstrated four distinct cell clusters (fig. 6G & H), 1) proliferating cells (cluster

0) strongly expressing genes such as *MDM2*, *ZMAT3* and *SLC7A11*; 2) cells expressing high levels

of pre-adipocyte markers (cluster 1) such as *PDGFRA*, *PDGFRB*, and *FGF10*; 3) cells expressing

mature adipocyte genes (cluster 2) such as *ADIPOQ*, *PLIN1* and *HSD11B1*; and 4) cells expressing

mature osteoblast genes (cluster 3) such as *POSTN*, *RUNX2* and *COL1A1*. The latter two clusters

were low in numbers, but interestingly, cells of cluster 3, that express mature osteoblast genes were

also high in *PPARG* expression (fig. 6H) and our previously defined adipocyte gene signature (fig

6I). Quantifying those osteoblast and adipocyte gene signatures at single nuclei level showed, that

there were indeed cells expressing both osteoblast and adipocyte associated genes at the same time

(fig. 6J). These data indicate that repeated switching of lineage-inducers led to individual cells

expressing features from both lineages in line with the high ALP activity levels in lipid-droplet

positive cells.

Discussion

Stromal cells showed both cellular and transcriptional plasticity upon changing lineage inducers

The aim of this study was to investigate the cellular and transcriptional plasticity of human stromal

progenitors towards the osteogenic and adipogenic lineage *in vitro*. We observed high cellular and

transcriptional plasticity within hBMSC-TERT4 cells since *ALPL* expression, matrix

mineralization, *ADIPOQ* expression and lipid droplet formation were similar or higher in cells

exposed to opposing lineage inducers compared with directly differentiated cells. A previous study

showed that mature osteoblasts, selected through an osteocalcin promoter driven GFP reporter, were able to obtain both an adipogenic or chondrogenic phenotype (13), indicating maintenance of multipotency in differentiated cells *in vitro*. Both our bulk and single cell RNA-seq data indicated that upon lineage switching, the establishment of the new lineage-selective gene program occurred while the old got silenced. This suggests a potential trans-differentiation to occur without reactivation of a stable progenitor state.

Some adipogenic committed cells maintain speciation in the absence of adipogenic signals

We have previously shown that enhancer activation during adipogenesis and osteogenesis of stromal cells differ, with adipogenesis relying on *de novo* enhancer activation while osteogenesis involves activation of pre-established enhancers (18). Based on network and single cell RNA-seq analysis, we further suggested a higher degree of self-maintaining regulatory circuits within adipogenic compared to osteogenic gene programs (18). Here, we detected mature lipid filled cells in cultures deprived from adipogenic inducers but not mineralized matrix in those deprived from osteogenic inducers. In line, scRNA-seq validated the presence of cells with a mature adipogenic gene signature that were refractory to switching from adipogenic to osteogenic stimulation (7d Ad + 4d Ob). In line with our observations, Schilling, T. et al. reported the abolishment of osteogenic gene expression (*ALPL* and *BGLAP*) upon switching to adipogenic inducers while adipogenic transcripts (*PPARG* and *LPL*) were still present upon switching to osteogenic inducers in human primary stromal cells (12). Likewise, Meyer, M. B. et al. reported that lineage switching in murine bone marrow-derived stromal cells from osteogenic to adipogenic inducers drastically decreased osteogenic transcripts (*Spp1* and *Runx2*) levels comparable to or lower than that of undifferentiated cells. In contrast, adipogenic transcript levels (*Pparg* and *Adipoq*) remained significantly higher after switching from adipogenic to osteogenic inducers compared to uninduced cells (22). Of note, our results might be biased with 7 days of initial differentiation being the more optimal time point for the establishment of the adipogenic transcriptional network compared to the osteogenic one. With the temporal stimulations we did, we suggest at least in some cells the transcriptional remodeling during adipogenesis to be a molecular switch or "point-of-no-return" in which transcriptional maturity is reached and maintained prior to phenotypic changes while osteogenic maturation occurs in a linear manner. Interestingly, the latter does not require continuous stimulation as alternating exposure to osteogenic and adipogenic inducers facilitated matrix mineralization.

Induction of opposing lineage programs increased differentiation potential of stromal cells

Heterogeneity among primary stromal cells has been well known and varying osteogenic capacity has been reported between donor cells and for different subpopulations of individual donors (23, 24). Obtaining strong and reproducible lineage speciation of primary stromal cells is an unmet need for cell-based therapies and for the activation of endogenous progenitor cells to boost bone formation during regeneration and bone loss. Despite part of the interindividual differences in the osteogenic or adipogenic capacity of primary cells can be attributed to clinical and cellular features (21, 25), some primary cultures are unable to form mineralized matrix or lipid filled cells. Using hBMSC-TERT4 and primary cells we showed that preinduction towards the opposing lineage increases the adipogenic and osteogenic differentiation capacity and was even capable to restore matrix mineralization in osteogenic non-responsive primary cells. This observation seemed to be also present in the studies by Schilling et al. (12) and Meyer, M. B. et al. (22), in which mineralization was visually enhanced, however not quantified, when cells were first exposed to adipogenic inducers. Whether the lack of osteogenic potential in selected primary cultures is due to the absence of stimulating or presence of inhibiting signals is speculative, however, differentiation boosting effects of pre-stimulation with adipogenic inducers was persistent across different donors. This increased osteogenic potential upon adipogenic pre-stimulation could potentially be associated with synchronization of the cells in terms of stochastic gene expression (26), induction of gene programs that are common between osteoblast and adipocyte differentiation, inhibition of stemness factors, or due to sensitizing general cellular machineries responsible for transcription, translation, and singling cascades which make cells more susceptible to respond to changes in extracellular stimuli.

Transcriptional plasticity is not a singular event in vitro

We showed that the transcriptional plasticity of differentiating stromal cells *in vitro* was neither hampered by maturation of the cells nor repeated media switching which intuitively contrasts the hypothesis of terminally differentiated cells. We therefore propose that the niche and not the intrinsic cellular programs prevent lineage switching *in vivo*. Such a theory is supported by the observations of Clabaut et al. (9) showing osteoblasts to obtain an adipocyte like phenotype in co-culture settings *in vitro* and to express adipogenic markers in bone biopsy sections of elderly subjects. In line, our staining and single nuclei RNA-seq analysis strongly supported the notion of

cells with adipogenic and osteogenic phenotypes and gene signatures being simultaneously present
at least for a limited period of time. This might explain why consecutive changes of differentiation
media led to the presence of both lipid droplet accumulating adipocytes and matrix mineralizing
osteoblasts. Despite we provided phenotypical staining and gene expression at single cell
resolution, we did not track individual cells throughout consecutive rounds of media change. Being
able to track single and multiple rounds of acquiring osteogenic and adipogenic phenotypes *in vitro*
as well as *in vivo* would answer how directed trans-differentiation contributes to bone loss in
conditions with increased marrow adipogenesis such as unloading (27), type I diabetes (28),
osteoporosis (5), dietary intervention and radiation (29). Finally, since adipogenic stimulation did
increase the osteogenic potential, it seems like a lack of bone-forming signals are of more
importance for age-related bone loss than increased adipogenic signals.

Materials and methods

Cell culturing

hBMSC-TERT4 cells (20) or bio-banked primary stromal cells (21) were seeded in tissue culture
flasks and expanded in culture medium consisting of minimum essential medium (MEM, 32561-
094, Invitrogen) supplemented with 10% fetal bovine serum (FBS, 16000044, Life Technologies)
and 1% penicillin/streptomycin (P/S, 15140-130, Invitrogen) and incubated at 37 °C with 5% CO_2
and 95% humidity. hBMS-TERT4 cells were used at passages 43 to 50 and expanded at a split-ratio
of 1:4 twice a week. Bio-banked primary cells were used at passage 2 to 4 and split 1:3 once a
week. Culture medium was changed three times a week and the cells were either passaged or set out
for experiments by trypsinization using 0.05% Trypsin-EDTA (25300062, Thermo Fisher
Scientific) when reaching 80-90% confluency. Contamination with Mycoplasma was checked in the
research unit every second month using either fresh conditioned media, or media stored at 4 °C until
PCR test. All cultures reported here were negative of Mycoplasma.

In vitro cell differentiation

<u>Osteoblast differentiation</u>

hBMSC-TERT4 cells and primary cells were seeded with a density of 30,000 and 20,000 cells/cm^2
to achieve approximately 80% confluency the following day and expanded for 72 hours in culture
medium. After 72 hours, culture medium was replaced with osteoblast induction medium consisting
of MEM supplemented with 10% FBS, 1% P/S, 5mM ß-glycerophosphate (50020-100, Sigma-

Aldrich), 10nM dexamethasone (D4902, Sigma-Aldrich), 50µg/mL 2-phosphate ascorbic acid

(A4544, Sigma-Aldrich) and 10nM 1,25-vitamin D_3 (D1530, Sigma-Aldrich). Media was refreshed

every 2-3 days.

<u>Adipocyte differentiation</u>

hBMSC-TERT4 and primary cells were seeded with a density of 30 000 cells/cm^2 to achieve

approximately 100% confluency the following day and expanded for 72 hours in culture medium.

After 72 hours, culture medium was replaced with adipocytic induction medium consisting of

Dulbecco's modified Eagle's medium (DMEM, 41965062, Thermo Fisher Scientific) supplemented

with 10% FBS, 1% P/S, 100nM dexamethasone, 3µg/mL insulin (I9278, Sigma-Aldrich), 1µM

rosiglitazone (BRL, 71740, Cayman Chemicals) and 225µM 3-isobutyl-1-methylxanthine (IBMX,

I5879-5G, Sigma-Aldrich). Media was refreshed every 2-3 days.

Cellular assays for measuring osteogenic differentiation

<u>Alizarin Red staining and quantification</u>

Matrix mineralization was measured through Alizarin Red staining. Differentiated cells were

washed with phosphate-buffered saline without Ca^{2+} and Mg^{2+} (PBS, 14190-169, Invitrogen), fixed

with 77% ice-cold ethanol (51976, Sigma-Aldrich) at -20°C for 1 hour and washed with H_2O. Fixed

cells were stained with 40 mM Alizarin Red dye (A5533-25G, Sigma-Aldrich) dissolved in distilled

H_2O (pH=4.2) for 10 min with agitation at room temperature (RT) and washed with PBS. Stained

cells were scanned, and images were captured with a magnification of 4x using an Olympus IX50

microscope. Alizarin Red staining was extracted for quantification by adding H_2O with 20%

methanol (65548, Sigma-Aldrich) and 10% acetic acid (20302236, VWR) to the cells and incubated

for 10 min at RT with shaking. Absorbance was measured at 450 nm and 570 nm.

<u>Alkaline Phosphatase (ALP) activity</u>

Prior to measuring ALP activity, cell viability was measured through CellTiter-Blue assay

according to manufacturer's protocol (30) by replacing culture media with cell viability media

(CellTiter-Blue (208657 (G8081), ILS Danmark) and culture medium, 1:5 respectively) and

incubated at 37°C for 1 hour. Fluorescence intensity (579Ex/584Em) was measured with a

FLUOstar Omega plate reader. For ALP activity, cells were washed twice with tris-buffered saline

(TBS, (Lab44416.5000, Bie & Berntsen), pH=7,5), fixed in 3.7% formaldehyde (F1635, Sigma-

Aldrich) – 90% ethanol for 30s and incubated with 1 mg/mL P-nitrophenylphosphate (dissolved in

50 mM NaHCO$_3$ and 1 mM MgCl$_2$ at pH=9.6, 71768-5G, Sigma-Aldrich) for 20 min. at 37°C.

Absorbance was measured at 405 nm and ALP activity was normalized to cell viability.

ALP staining

Differentiated cells were washed with PBS, fixed in acetone (168014, ILS) / 10mM citrate buffer

(168782, ILS) solution (3:2) at RT for 5 min and incubated in 0.2mg/mL Naphtol ((N6125-1G,

Sigma-Aldrich) in H$_2$O and N,N-Dimethylformamide (68-12-2, Sigma-Aldrich), 100:1) and

0.8mg/mL Fast red ((F8764, Sigma-Aldrich) in 0.1M Tris buffer) solution for 1 hour at RT. Cells

were rinsed with H$_2$O two times. Stained cells were scanned, and images were captured with a

magnification of 4x using an Olympus IX50 microscope.

Cellular assays for measuring adipocyte differentiation

Oil Red'O staining and quantification

Lipid accumulation was measured through Oil Red'O staining. Differentiated cells were washed

with PBS, fixed with 4% paraformaldehyde (PFA, D383004, Hounisen) in PBS at RT for 10 min

and washed with PBS. Fixed cells were stained with Oil Red'O solution (3:2 of 3mg/ml Oil Red'O

(O0625, Sigma-Aldrich) in 100% isopropanol (I9516, Sigma-Aldrich) with H$_2$O) for 1 hour at RT

and rinsed with H$_2$O. Images of lipid droplets were captured with a magnification of 10x using an

Olympus IX50 microscope. Oil Red'O staining was extracted for quantification by adding

isopropanol to the cells and incubated for 10 min at RT with agitation. Absorbance was measured at

500 nm.

ELF^{TM} 97 Endogenous Phosphatase and Nile Red fluorescent labeling

Cells were stained with ELF 97 Endogenous Phosphatase Detection Kit (E6601, Thermo Fisher

Scientific) and Nile Red (N3013, Sigma-Aldrich) according to manufacturer's protocol. Briefly,

cells were fixed in 4% PFA for 10 min at RT, washed twice with PBS, permeabilized in 0.2%

Tween$^®$ 20 (655205, Sigma-Aldrich) for 10 min and rinsed in PBS. Fixed and permeabilized cells

were incubated in ELF phosphatase substrate diluted 20-fold in detection buffer for a few min at RT

and development of fluorescent signal was monitored using a fluorescence microscope. Cells were

washed in PBS and incubated with 5 µg/mL Nile Red dye (in PBS) for 10 min in the dark at RT.

Fluorescence images of cells stained with Nile Red and ELF (485Ex/572Em and 345Ex/530Em,

respectively) were taken with 4 and 10x magnification on a LEICA DFC300 FX microscope. To

quantify fluorescent signal, we used ImageJ (1.53t) and converted images of individual fluorescent

channels to 32-bit grey scales. Background was subtracted with a mask of 50.0 pixels. Adipocyte

areas were manually defined using the red channel (NileRed) and the area was transferred on

corresponding images of the blue channel (ELF). Pixel intensity was quantified for both channels at

selected area.

Bulk RNA-sequencing

RNA was extracted and purified from hBMSC-TERT4 cells using TRIzol (15596018, Invitrogen)

and Econo Spin columns (Epoch Life Sciences, TX, USA) and unstranded RNA-seq libraries were

constructed from 1 µg of total RNA according to manufactor's instruction (TruSeq 2, Illumina).

Libraries were sequenced on an Illumina Novaseq and reads were mapped to the human genome

(GRCh38) using STAR (31), and tag counts were summarized at the gene level using HOMER (32)

allowing only one read per position per length. Differential gene expression analysis and

normalization were performed with DESeq2 (33).

Single cell and single nuclei RNA-sequencing

For single cell RNA-seq, hBMSC-TERT4 cells were trypsinized, spun down at 200 g and washed

twice in culture media. Cells were separated using a 40 µm mesh, washed 3 times in PBS with

0.04% non-acetylated BSA, and cell numbers were adjusted to 0.7×10^6 cells per ml followed by a

final transfer through a 40 µm mesh. Using 10^4 cells as input material single cell RNA-sequencing

libraries were prepared according to the manufacturer's instructions (10x Genomics). Cell gene

count matrices were generated from raw sequencing data using zUMI pipeline (34) with human

genome GRCh38 which yielded the following cell numbers: 2,597 undifferentiated; 4,434 for 7

days Ob; 8,630 for 7 days Ad; 7,251 for 7 days Ad + 4 day Ob; and 11,328 for 7 days Ob + 4 day

Ad. Single cell data were merged and filtered for high quality droplets (mitochondrial percentage

less than 10%, gene count higher than 200) using Seurat package (35) yielding a gene count matrix

for 29,939 cells. Pseudotime and differential gene expression analysis was carried out using

Monocle 2 (36).

For single nuclei RNA-seq, cells were trypsinized, centrifugated at 200 g for 5 min at 4°C, and

supernatant was carefully removed without touching the upper layer. Cells were subjected to nuclei

isolation following a protocol adjusted from Hauwaert et al. (37). Briefly, cells were dounced 5

times in nuclei isolation buffer consisting of 250 mM Sucrose (84097, Sigma-Aldrich), 10 mM
HEPES (22320022, Thermo Fisher Scientific), 1.5 mM MgCl$_2$ (M2670, Sigma-Aldrich), 10 mM
KCl (P9541, Sigma-Aldrich), 0.001% IGEPAL CA-630 (I8896, Sigma-Aldrich), 0.2 mM DL-
Dithiothreitol (43819, Sigma-Aldrich) and 0.5 U/mL RNase inhibitor (40,000 U/mL, M0314L,
Bionordika) in DEPC-treated water. Nuclei were passed through a 30 μm cell strainer, centrifugated
at 200 g for 10 min at 4°C and resuspended in nuclei resuspension buffer consisting of 1% BSA
(A9418, Sigma-Aldrich) in PBS, 2 mM MgCl$_2$ and 0.04 U/μL RNase inhibitor in PBS followed by
a final transfer through a 30 μm cell strainer. Nuclei fixation followed by library preparation was
carried out according to manufacturer's instructions (Parse Biosciences Evercode WT, version 2).
Raw sequencing reads processed with the Parse Biosciences Split Pipeline were mapped to the
human genome (GRCh38) and yielded a gene count matrix of 5055 cells. Clustering was performed
in Seurat (35).
Doublet scores were calculated using scran (38). Quantification of previously defined osteoblast
and adipocyte gene signatures (18) was done by summing scaled expression values.
427

Real time PCR (qRT-PCR)
RNA from hBMSC-TERT4 cells were extracted using TRIzol (15596018, Invitrogen) and isolated
using Econo Spin columns (Epoch Life Sciences, TX, USA). Reverse-transcription of RNA into
cDNA was achieved using the RevertAid H Minus First Strand cDNA Synthesis Kit (Thermo
Scientific^{TM}). Fast SYBR Green Master Mix (4385612, Applied Biosystems) and primers (specified
below) were mixed to run quantitative Real-time PCR on an Applied Biosystems 7500 machine.
Alpha-tubulin (*TUBA*) or TATA-binding protein (*TBP*) were used for normalization. Primer
sequences for *ADIPOQ* (For: TGGGGGTGTCCTGGTACATGTGCAGAAAT; Rev:
ACGCCTTTCATGACGCATTCCACCACC), *ALPL* (For: ACGTGGCTAAGAATGTCATC; Rev:
CTGGTAGGCGATGTCCTTA), *TBP* (For: GCCCGAAACGCCGAATAT; Rev:
CCTCATGATTACCGCAGCAAA) and *TUBA* (For: GAGGCTGACGCAGAATGCA; Rev:
TCTGTGGCAATCCGGTTCA) were used.
440

Statistical analyses
All statistical analysis were carried out in R, and unpaired student's t-test was used for qPCR data
and quantification of ALP activity, matrix mineralization, and lipid droplet formation in hBMSC-
TERT4 cells. Paired student's t-test was used for differentiation assays of primary cells. Statistics

for sequencing-based methods were derived from Seurat, DEseq2, and Monocle 2. Replicates are
indicated in the individual figures.
447

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454

455 **Conflict of Interest Statement**
456 The authors of this paper have no conflict of interest to declare.
457

458 **Author Contribution Statement**
459 Ali Jasim Mohammad Jamil did the experimental work, analyzed data, and wrote the initial
460 manuscript draft. Alexander Rauch was the principal supervisor who designed the study, provided
461 guidance for experimental work and data analysis, and edited to manuscript to the final draft.
462

463 **Ethics Statement**
464 Biobanked primary cells were previously obtained from orthopedic surgeries at Odense University
465 Hospital which was approved under journal S-20160084 with all subjects providing written consent
466 and received oral and written information.
467

468 **Data Availability Statement**
469 Raw sequencing data of hBMSC-TERT4 cells reported in this study have been deposited under the
470 NCBI Gene Expression Omnibus: GSE288316. Scripts for data processing and visualization to
471 recapitulate the analyses of sequencing based data are available at the open science framework:
472 https://osf.io/ c84vs/ and at GitHub: https://github.com/drarauch/InVitroPlasticity.
473

474 **Figure legends**
475 **Figure 1: hBMSC-TERT4 cells show phenotypic plasticity.**

A) Model showing differentiation protocol and time points used to harvest RNA for gene expression analyses. **B)** Matrix mineralization (Alizarin Red) and ælipid droplet formation (Oil Red'O) in hBMSC-TERT4 cells after the indicated time points of osteoblast or adipocyte differentiation. **C)** PCA plot from RNA-seq data in osteogenic (upper panel) and adipogenic (lower panel) differentiated hBMSC-TERT4 cells for indicated time points. Arrows are hand drawn for visualization. **D)** Matrix mineralization (left panel) and lipid droplet formation (right panel) of hBMSC-TERT4 cells after 14 days of differentiation initiation. Cells were initiated for the indicated time points and switched to culture media (black), osteogenic media (blue), or adipogenic media (red) for the remaining time. **E)** Matrix mineralization (left panel) and lipid droplet formation (right panel) in hBMSC-TERT4 cells exposed to 14 days of osteogenic and adipogenic cocktail after pre-stimulation with culture media (black), osteogenic media (blue), or adipogenic media (red) for the indicated time points.

Figure 2: hBMSC-TERT4 cells show transcriptional plasticity.

A) Model showing differentiation protocol and time points used to harvest RNA for gene expression analyses. **B)** Bar plot of RNA-seq derived gene counts of osteoblast-specific *ALPL* and *LMCD1* as well as adipocyte-specific *PLIN1* and *ADIPOQ* expression. DESeq2 derived adjusted p-values. **C)** PCA plot from RNA-seq data of hBMSC-TERT4 cells for indicated time points. Arrows are hand drawn for visualization. **D)** Line plots showing scaled gene expression levels of previously identified gene signatures that are osteoblast-selective induced (n = 291), adipocyte-selective induced (n = 358), or adipocyte-selective repressed (n = 766). Black line indicates mean. Colored lines show normal differentiation, and grey lines show media switching.

Figure 3: hBMSC-TERT4 cells show lineage plasticity at single cell level.

A) Model showing differentiation protocol and time points used to harvest RNA for single cell gene expression analyses. **B)** UMAP-plot showing scRNA-seq libraries of hBMSC-TERT4 cells. Arrows indicate pseudotime trajectories for individual samples. **C)** Violin plots denoting expression of osteoblast markers *ALPL* and *LMCD1* as well as adipocyte markers *PLIN1* and *ADIPOQ* across scRNA-seq samples of hBMSC-TERT4 cells. **D)** Feature plot quantifying summed expression levels of previously defined gene signatures that are adipocyte-specific induced (upper panel) or osteoblast-specific induced (lower panel). Sum was calculated using scaled expression levels. E) Feature plot showing pseudotime values of individual RNA-seq samples. These data are the basis

for the arrows in Fig. 3B. **F)** Density plot contrasting summed expression levels of previously

defined gene signatures that are adipocyte-specific (Ad-scaled) and osteoblast-specific (Ob-scaled)

induced for the individual scRNA-seq samples. **G)** Heat map showing genes differentially

expressed ($p < 0.001$) and ordered by pseudotime (100 bins) analysis in hBMSC-TERT4 cells

receiving finally osteogenic media. Grey, significant in 7d Ob, green significant in 7d Ad + 4d Ob,

black significant in both samples. **H)** Ranked Pearson's correlation of pseudotime expression in 7d

Ob and 7d Ad + 4d Ob of gene groups in Fig. 4G. **I)** Heat map showing scaled bulk RNA-

sequencing expression values in hBMSC-TERT4 cells for the indicated time points. Genes are

ordered as in Fig. 4G. **J)** Heat map showing genes differentially expressed ($p < 0.001$) and ordered

by pseudotime (100 bins) analysis in hBMSC-TERT4 cells receiving finally adipogenic media.

Grey, significant in 7d Ad, green significant in 7d Ob + 4d Ad, black significant in both samples.

K) Ranked Pearson's correlation of pseudotime expression in 7d Ad and 7d Ob + 4d Ad of gene

groups in Fig. 4J. **L)** Heat map showing scaled bulk RNA-sequencing expression values in

hBMSC-TERT4 cells for the indicated time points. Genes are ordered as in Fig. 4J. **M)** hBMSC-

TERT4 cells were either maintained in culture media (ctr), osteogenic media (Ob), or adipogenic

media (Ad) for the indicated time points (rows) and if indicated treated with additional 4 days of

osteogenic media (columns). ALP activity, matrix mineralization (Alizarin Red) or lipid

accumulation (Oil Red'O) was assessed (columns). **N)** hBMSC-TERT4 cells were exposed to

adipogenic inducers for 28 days followed by 4 days of osteogenic stimulation (corresponds to lower

right pictures in Fig. 4M). Lipid droplet formation and ALP activity was determined by NileRed

(yellow) or ELF fluorescence (Blue) staining. 10 x magnification, DIC - Differential Interference

Contrast.

Figure 4: Lineage switching amplifies differentiation potential of stromal cells.

A) hBMSC-TERT4 cells were directly differentiated for the indicated time points to the osteogenic

lineage or pre-treated with adipogenic inducers for 7 days. Matrix mineralization (Alizarin Red)

was assessed and quantified. Unpaired t-test, n= 3. **B)** hBMSC-TERT4 cells were directly

differentiated for the indicated time points to the adipogenic lineage or pre-treated with osteogenic

inducers for 7 days. Lipid droplet formation (Oil Red'O) was assessed and quantified. Unpaired t-

test, n= 4. **C)** Relative mRNA expression levels of *ALPL* (left panel, cells from Fig. 4A) and

ADIPOQ (right panel, cells from Fig. 4B) in hBMSC-TERT4 cells. Unpaired t-test, n= 3.

Expression was normalized to *TBP*. **D)** Biobanked primary stromal cells were directly differentiated

for 11 days with osteogenic media or pre-treated for 7 days with culture media or adipogenic

inducers. Matrix mineralization (Alizarin Red) was assessed and quantified. Paired t-test, n= 4.

Empty panels represent detached cells. **E)** ALP activity was determined in cells from Fig. 4D.

Paired t-test, n= 4. **F)** Biobanked primary stromal cells were directly differentiated for 11 days with

adipogenic media or pre-treated for 7 days with culture media or osteogenic inducers. Lipid droplet

formation (Oil Red'O) was assessed and quantified. Paired t-test, n= 4. Empty panels represent

detached cells.

Figure 5: hBMSC-TERT4 cells maintain plasticity after repeated lineage switching.

A) Model showing differentiation protocol and time points used to harvest RNA for gene

expression analyses. **B)** PCA plot from RNA-seq data of hBMSC-TERT4 cells for indicated time

points. Arrows are hand drawn for visualization. **C)** Box plot showing scaled gene expression

levels of previously identified gene signatures that are osteoblast-selective induced (top, n = 291),

adipocyte-selective induced (middle, n = 358), or adipocyte-selective repressed (bottom, n = 766).

White boxes indicate direct differentiation, blue boxes change to osteogenic and red box change to

adipogenic media. Small graphs to the side show mean expression levels of gene signatures as

previously defined (18). **D)** Bar plot of RNA-seq derived gene counts of osteoblast-specific *ALPL*

and *LMCD1* as well as adipocyte-specific *PLIN1* and *ADIPOQ* expression in hBMSC-TERT4 cells.

DESeq2 derived adjusted p-values. **E)** ALP staining on hBMSC-TERT4 cells were exposed to

culture media (ctr), osteogenic media (Ob), or adipogenic media (Ad) for 4 days and media was

afterwards switched along the arrows of the tree up to a total of 4 switches and 16 days stimulation

in total. **F)** Relative mRNA expression levels of *ALPL* from cells in Fig 5E. n = 2. White bars

correspond to blue or red bars in the panel above. *ALPL* was normalized to *TBP*.

Figure 6: Repeated time-limited lineage switching induces lipid accumulation in calcified

cultures.

A) Model showing differentiation protocol with switching lineage inducers every 4 days for a total

of 32 days. **B)** Matrix mineralization (Alizarin Red) and lipid droplet formation (Oil Red'O) in cells

maintained in culture media (black) or exposed to indicated differentiation cocktails. **C)** Relative

mRNA expression levels of *ALPL* (left panel, cells from Fig. 6B third row) and *ADIPOQ* (right

panel, cells from Fig. 6B second row) in hBMSC-TERT4 cells. Unpaired t-test, n= 3. Expression

was normalized to *TBP*. **D)** Lipid droplet formation and ALP activity was determined by NileRed

(yellow) or ELF fluorescence (Blue) staining. Upper panel corresponds to cells in Fig. 6B second
row, middle panel to cells in Fig. 6B third row, and lower panel to cells in fig.6B fourth row. 10 x
magnification, DIC - Differential Interference Contrast. **E)** Box plot quantifying ELF and Nile Red
fluorescence intensity using Nile Red objects of cells shown in Fig. 6D. Number of quantified cells
when subjected to media switching starting with 1) osteogenic media (n=50), 2 adipogenic media
(n=99) or 3) induced along the adipogenic lineage only (n=72). Unpaired t-test. **F)** Scatter plot
contrasting quantification of ELF and Nile Red fluorescence intensity at Nile Red spots for cells in
Fig. 6D. Lines represent linear regression and its statistics are indicated. **G)** UMAP plot of single
nuclei RNA-seq of hBMSC-TERT4 cells undergoing differentiation for 32 days, starting with
adipogenic stimulation and switching differentiation media every fourth day (corresponds to cells in
Fig. 6B second row). **H)** Dot plot showing cluster specific gene expression of genes with
differential expression across clusters (first 12 genes), previously defined gene signatures that are
either osteoblast-selective (Ob scaled) or adipocyte-selective (Ad scaled) induced, *LMCD1*, *ALPL*,
and *PPARG* in snRNA-seq of cells in Fig. 6G **I)** Violin plots quantifying Ob-scaled (upper panel) or
Ad-scaled (lower panel) in clusters of snRNA-seq of cells in Fig. 6G. **J)** Scatter plot contrasting Ob-
scaled and Ad-scaled in clusters of snRNA-seq of cells in Fig. 6G. Color code shows predicted
doublet score of the individual nuclei.

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688

Figure 1

Figure 2

A

50 µg/ml Vitamin C
10 mM Vitamin D3
10 µM Dexamethasone
10 mM β-glycerophosp

0.5 mM IBMX
10 µg/ml Insulin
1 µM Rosiglitazone
100 µM Dexamethasone

MSC

11d 7d 3d 1d 4h MSC 4h 1d 3d 7d 11d

RNA-seq

Ad
Ob

B

ALPL   *LMCD1*   *PLIN1*   *ADIPOQ*

RNA-seq counts (x10³)

Ad
Ob

C

PC2 (14%)

PC1 (57%)

- 7d Ob + 4d Ad
- 7d Ob
- 3d Ob
- 1d Ob
- 4h Ob
- MSC
- 4h Ad
- 1d Ad
- 3d Ad
- 7d Ad
- 7d Ad + 4d Ob

D

Scaled RNA expr.

Ob-selective   Ad-selective   Ad-repressed

11d 7d 3d 1d 4h MSC 4h 1d 3d 7d 11d
Ad Ob   Ad Ob

Figure 3

Figure 4

Figure 5

Figure 6