LC data acquisition method

LC-MS/MS was performed as described by Mels *et al.* (2011) with slight modifications. For separation, a C18 Zorbax SB-Aq reverse phase column (2.1mm x 150 mm x 3.5 µm, Agilent) was used. The column was kept at 30 ˚C during the entire run. One µl and 2.5 µl of sample were injected respectively for the white quadriceps and soleus samples. The chromatographic gradient started at 95 % solvent A (water with 0.1 % formic acid) with a flow of 0.3 ml/min and maintained for 1 min, before the gradient was increased to 20 % solvent B (acetonitrile with 0.1 % formic acid) over a period of 2 min. The gradient was then kept constant for 3 min after which it was increased linearly to 100 % solvent B at 13 min. Over this period, the flow was linearly increased to 0.35 ml/min at 13.1 min. After maintaining these conditions for 5 min, the gradient was decreased to 5 % solvent B at 18.5 min and kept constant for 1.5 min. A post run of 10 min was allowed to ensure equilibration of the column to give a total run time of 30 min (20 min gradient and 10 min post run) per sample. The electrospray ionisation (ESI) source gas temperature was kept at 300 ˚C, with flow rate of 7.5 l/min. Nebuliser pressure was kept at 30 psi and capillary voltage at 3500V.