## Supplementary Tables

**Supplementary Table 1. DHM treatment extends *Drosophila* lifespans.**

### A. Survival data (related to Figure 1B)

| Repeat 1 | Genotype/Treatment | MedLifespan (days) | MaxLifespan (days) | n Dead | n Censored | % Median Increase | p-value (log rank) vs control |
|----------|-------------------|--------------------|-------------------|--------|------------|------------------|-----------------------------|
|          | 0μM DHM           | 63.0               | 85.5              | 97     | 3          |                  | 3.968                       | 0.854633423                |
|          | 10μM DHM          | 65.5               | 84.5              | 98     | 2          | 14.289           | 0.002907536                |
|          | 40μM DHM          | 72.0               | 94.0              | 98     | 2          | 11.555           | 0.00345051                 |
|          | 100μM DHM         | 66.5               | 86.5              | 95     | 5          | 5.556            | 0.499356215                |

### B. Survival data (related to Figure 1E)

| Repeat 3 | Genotype/Treatment | MedLifespan (days) | MaxLifespan (days) | n Dead | n Censored | % Median Increase | p-value (log rank) vs control |
|----------|-------------------|--------------------|-------------------|--------|------------|------------------|-----------------------------|
|          | 0μM DHM           | 65.0               | 83.0              | 98     | 2          | 7.692            | 0.002907536                |
|          | 10μM DHM          | 70.0               | 86.0              | 100    | 0          | 13.08            | 9.67294E-07                |
|          | 40μM DHM          | 73.5               | 91.0              | 100    | 0          | 13.08            | 9.67294E-07                |
|          | 100μM DHM         | 67.0               | 85.0              | 99     | 1          | 3.077            | 0.018283705                |

### B. Survival data (related to Figure 1E)

| Genotype/Treatment | MedLifespan (days) | MaxLifespan (days) | n Dead | n Censored | % Median Increase | p-value (log rank) vs control |
|--------------------|--------------------|--------------------|--------|------------|------------------|-----------------------------|
| 0μM DHM            | 59.0               | 78.0               | 97     | 3          |                  |                             |
| 0μM DHM (30 days)  | 64.0               | 82.5               | 99     | 1          | 8.474            | 0.00345051                 |
| +40 μM DHM         | 69.5               | 89.5               | 98     | 2          | 17.80            | 1.32311E-06                |
Supplementary Table 2. DHM improves the tolerance of the stresses. Data are related to Figure 2.
Survival data (related to Figure 2A)
Repeat 1

| Genotype/Treatment | MedLifespan (days) | MaxLifespan (days) | n Dead | n Censored | % Median Increase | p-value (log rank) vs control |
|--------------------|-------------------|--------------------|--------|------------|------------------|------------------------------|
| 0μM DHM            | 8.5               | 10.5               | 100    | 0          |                  |                              |
| 40μM DHM           | 9.5               | 13                 | 100    | 0          | 12.5             | 0.013031225                  |

Repeat 2

| Genotype/Treatment | MedLifespan (days) | MaxLifespan (days) | n Dead | n Censored | % Median Increase | p-value (log rank) vs control |
|--------------------|-------------------|--------------------|--------|------------|------------------|------------------------------|
| 0μM DHM            | 9.5               | 11.5               | 100    | 0          |                  |                              |
| 40μM DHM           | 11                | 15.5               | 100    | 0          | 15.79            | 2.71896E-05                  |

Supplementary Table 3. DHM promotes the FOXO activity. Data are related to Figure 3.
Survival data (related to Figure 3D)

| Genotype/Treatment | MedLifespan (days) | MaxLifespan (days) | n Dead | n Censored | % Median Increase | p-value (log rank) vs control |
|--------------------|-------------------|--------------------|--------|------------|------------------|------------------------------|
| DαGal4>foxo RNAi   | 58.5              | 76.0               | 99     | 1          |                  |                              |
| DαGal4>foxo RNAi+DHM | 64.5            | 78.5               | 97     | 3          | 10.27            | 0.00004425                    |
| DαGal4>foxo RNAi+RU | 48.0              | 67.0               | 100    | 0          | -17.95           | 0.000031107                   |
| DαGal4>foxo RNAi+RU+DHM | 50.5           | 71.5               | 97     | 3          | -13.68           | 0.00693181                    |

\[ DαGal4>foxo RNAi+RU vs DαGal4>foxo RNAi+RU+DHM \]

\[ 0.0936647 \]