Description of Additional Supplementary Files

**File Name:** Supplementary Data 1  
**Description:** RNAseq analysis in L4 C. elegans.

**File Name:** Supplementary Data 2  
**Description:** Lifespan quartile comparisons.

**File Name:** Supplementary Data 3  
**Description:** Thrashing replicates at each life stage.

**File Name:** Supplementary Data 4  
**Description:** Bacterial diet as a nutraceutical Log-rank analysis compared to OP50, Red, and Orange.

**File Name:** Supplementary Data 5  
**Description:** Graph and chart source data in all main figures.