Title

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# ABSTRACT

# INTRODUCTION

# METHODS

## Animal Husbandry

Mice were maintained in in ventilated cages at 70F at 40-60% humidity in a room with a 12-hour light/dark cycle (ZT0=6:00AM). Mice were provided *ad libitum* access to food and water unless otherwise noted.

For Muscle *Tsc1* knockout mice, wild-type mice were generated by crossing XXX. are defined as homozygous floxed *Tsc1*, absent the *Ckmm*-Cre transgene, while Muscle *Tsc1* knockout mice are defined as homozygous floxed *Tsc1*, with one copy of the *Ckmm*-Cre transgene. A/J mice (RRID:IMSR\_JAX:000646) were purchased at 8 weeks of age from The Jackson Laboratories.

## Rodent Diets

Mice were maintained on a normal chow diet (Lab Diet 5L0D; 5% of calories from fat, 24% from protein, 36% carbohydrate) unless otherwise specified. For ketogenic diet interventions mice were placed on either a ketogenic diet (Research Diets D17053002, 85% fat, 15% protein, 0% carbohydrates) or a matched synthetic control diet (Research Diets D1053001 10% fat, 15% protein, 75% carbohydrates). Both diets were in meal not pellet format and were provided in custom jars with holes to provide access.

## BHB Tolerance Test

Fed mice were intraperitoneally injected with 1 mg/kg (A/J ketogenic diet studies) or 1.5 mg/kg (muscle *Tsc1* knockout and diversity outbred studies) of beta-hydroxybutyrate dissolved in PBS at approximately ZT8. Prior to the injection, and then every 15 afterwards, a tail blood draw was collected and analyzed using a Precision Xtra Ketone Body Assay.

## Statistical Analysis

All statistical analyses were performed using R version 4.2.2. We set statistical significance for this study at 0.05. For pairwise testing, we first tested for normality via Shapiro Wilk tests, and then equal variance using Levene’s test. On this basis either Mann-Whitney, Welch’s or Student’s *t* tests were performed. For longitudinal data, including BHB tolerance tests we constructed mixed linear models using the lme4 package (version 3.1; ). The repeated measure (random intercept) was the animal, and chi-squared tests were performed comparing models with and without diet terms. For experiments with both rodent sexes, we first tested for modification by sex using the interaction terms from a 2x2 ANOVA, and if significant reported this effect.

# RESULTS

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## Activation of MTOR promotes Ketone Disposal

To test whether activation of mTORC1 in muscle tissue alters disposal of ketone bodies, we performed a BHB tolerance test in *Tsc1* knockout mice. The *Ckmm*-Cre induced ablation of *Tsc1* causes activation of mTORC1 in muscle tissues. As shown in Figure 3A, both male and female knockout mice cleared the injected beta-hydroxybutyrate much more rapidly than their wild-type littermates. Using mixed-linear models and using sex as a covariate, and the animal as a random intercept, we found a significant reduction in BHB levels after the challenge (p=0.004). Similarly, when calculating the area under the curve from 0 to 60 minutes, there was a reduction in the knockouts, after adjusting for sex (25%; p=0.016). When stratifying by sex, knockouts had 41% lower AUC in males and 11% lower in females though this modification by did not reach statistical significance (p=0.20).

## MTORC regulates expression of Ketolysis genes

## KD Feeding Does not Improve BHB Disposal in A/J Mice

We hypothesized that prolonged exposure to elevated ketone body levels would result in physiological adaptations, resulting in improved disposal of ketone bodies. To test this hypothesis in male wild-type A/J mice we fed 10-week-old A/J mice a control or a ketogenic diet for three weeks and then performed a BHB tolerance test. As expected, baseline ketone body levels were elevated from 0.43 mg/dL to 0.75 mg/dL in this assay (p=0.017). Upon injection we were surprised to observe that ketone body levels remain elevated more-so in the ketogenic diet-fed mice than the control mice (Figure 2A), even after subtracting for baseline differences (Figure 2B-C). These data suggest that ketone disposal is not improved after three weeks of a ketogenic relative to a control diet, and may actually be somewhat worsened in A/J mice (p=0.274 via linear mixed models).

## KD Increases Muscle MTOR activity

# DISCUSSION