

Supplementary table 1 Antibodies

Antibody	Dilution	Amount of protein loaded on gel (μ g)	Cat. no	Manufacturer
P70S6K ¹	1:1000	30	2708	Cell signaling
phospho-P70S6K Thr ³⁸⁹	1:1000	30	9234	Cell signaling
eEF-2 ²	1:5000	30	2332	Cell signaling
phospho-eEF-2 ^{Thr56}	1:5000	30	2331	Cell signaling
4E-BP1 ³	1:1000	60	9452	Cell signaling
phospho-4EBP-1 ^{Thr37/46}	1:1000	60	9455	Cell signaling
Secondary anti-rabbit	1:3000		7074	Cell signaling

¹ Ribosomal protein S6 kinase

² Eukaryotic elongation factor 2

³ Eukaryotic translation initiation factor 4E-binding protein 1