

General Worm Growth Protocol for Tandem Mass Spectrometry

Worms are grown in high yield using peptone enriched plates seeded with the NA22 strain of *E. coli*. A day prior to starvation, worms are washed off plates with M9 buffer and treated with hypochlorite solution to stage the worms. Worms are arrested at L1 stage overnight and plated the next day to agarose plates without peptone which are seeded with the OP50 strain of *E. coli*. The worms are grown to the stage of interest and washed off with M9 buffer and sucrose floated to remove all contaminants. The worms are then frozen at -80°C until ready for digestion.

^{15}N Labeled Worms

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To label several generations of worms you will have to treat with hypochlorite solution to stage worms again towards the end of your experiment. Once your worms are grown to your stage of interest the worms are sucrose floated and frozen at -80°C .