

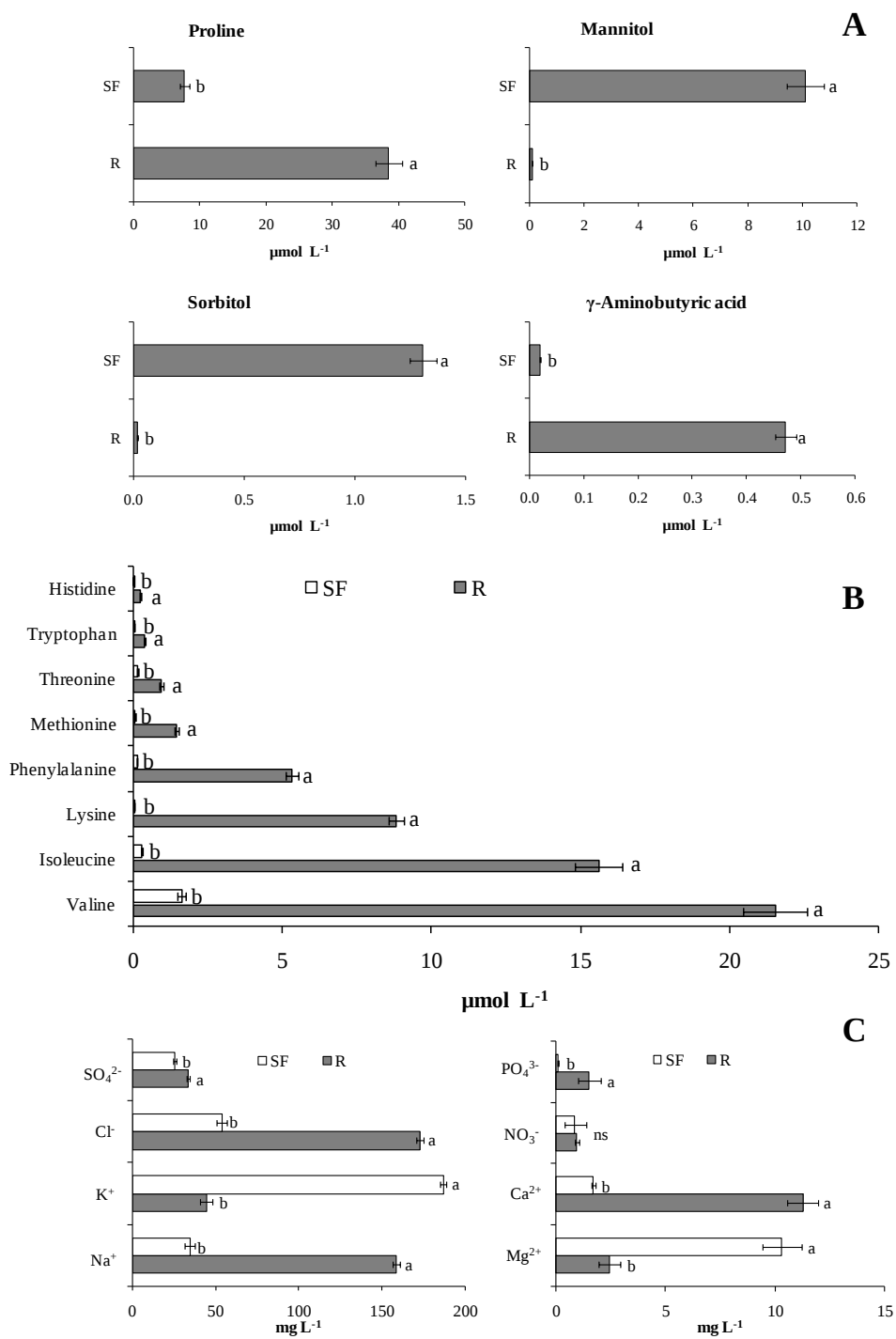


Figure S1: Super Fifty (SF) and Rydex (R) composition in terms of main compatible solutes (A), essential amino acids (B) and ions (C) from Di Stasio et al. (2018).