

MMP stands for mixed muscle protein; MPE stands for molar percent excess. FSR stands for fractional synthesis rate.

sample #	ID	Tissue=Gast	tissue fluid mpe	mmp mpe	FSR (%/hr)
1	080617-1	R. medial superficial	26.02	0.0169	0.2595
2		L. medial superficial	29.02	0.0165	0.2274
3		R. medial deep	26.14	0.0127	0.1942
4		L. medial deep	28.66	0.0131	0.1825
5		R. lateral superficial	28.39	0.0178	0.2511
6		L. lateral superficial	28.02	0.0181	0.2588
7		R. lateral deep	27.05	0.0229	0.3394
8		L. lateral deep	25.90	0.0266	0.4110
9	080617-2	R. medial superficial	25.58	0.0205	0.3209
10		L. medial superficial	20.46	0.0125	0.2453
11		R. medial deep	26.73	0.0112	0.1676
12		L. medial deep	22.31	0.0178	0.3199
13		R. lateral superficial	27.76	0.0170	0.2449
14		L. lateral superficial	23.57	0.0156	0.2645
15		R. lateral deep	25.98	0.0229	0.3525
16		L. lateral deep	25.42	0.0198	0.3121
17	UU11	R. medial superficial	15.80	0.0063	0.1588
18		L. medial superficial	15.35	0.0045	0.1173
19		R. medial deep	15.72	0.0069	0.1755
20		L. medial deep	12.51	0.0042	0.1338
21		R. lateral superficial	14.78	0.0048	0.1287
22		L. lateral superficial	13.47	0.0060	0.1770
23		R. lateral deep	16.60	0.0092	0.2215
24		L. lateral deep	15.47	0.0120	0.3102
25	UU12	R. medial superficial	24.10	0.0171	0.2835
26		L. medial superficial	16.25	0.0082	0.2020
27		R. medial deep	22.97	0.0235	0.4087
28		L. medial deep	19.81	0.0207	0.4188
29		R. lateral superficial	23.32	0.0115	0.1966
30		L. lateral superficial	15.88	0.0022	0.0557
31		R. lateral deep	24.52	0.0162	0.2647
32		L. lateral deep	15.23	0.0040	0.1053
33	MEK080318	R. medial	21.64	0.0029	0.0536

34		superficial			
35		L. medial	22.73	0.0027	0.0467
36		superficial			
37		R. medial deep	23.67	0.0088	0.1482
38		L. medial deep	25.51	0.0143	0.2240
39		R. lateral	26.03	0.0051	0.0787
40		superficial			
41		L. lateral superficial	23.89	0.0073	0.1214
42		R. lateral deep	26.62	0.0066	0.0987
43		L. lateral deep	24.76	0.0130	0.2098
44	MEK080507	R. medial	21.61	0.0017	0.0319
45		superficial			
46		L. medial	20.24	0.0067	0.1330
47		superficial			
48		R. medial deep	23.74	0.0083	0.1391
49		L. medial deep	21.01	0.0150	0.2855
50		R. lateral	22.76	0.0091	0.1596
51		superficial			
52		L. lateral superficial	19.27	0.0063	0.1317
53		R. lateral deep	22.40	0.0086	0.1530
54		L. lateral deep	22.78	0.0189	0.3318
55	MEK080519	R. medial	19.68	0.0004	0.0089
56		superficial			
57		L. medial	15.00	0.0016	0.0425
58		superficial			
59		R. medial deep	18.73	0.0143	0.3059
60		L. medial deep	15.96	0.0059	0.1485
61		R. lateral	19.30	0.0025	0.0509
62		superficial			
63		L. lateral superficial	14.81	0.0027	0.0736
64		R. lateral deep	19.13	0.0153	0.3198
65		L. lateral deep	17.40	0.0114	0.2615
66	071220-3	R. medial	28.82	0.0116	0.1604
67		superficial			
68		L. medial	25.39	0.0127	0.1995
69		superficial			
70		R. medial deep	30.68	0.0158	0.2055
71		L. medial deep	28.22	0.0166	0.2353
72		R. lateral	24.72	0.0070	0.1133
73		superficial			
74		L. lateral superficial	24.03	0.0063	0.1055
75		R. lateral deep	30.66	0.0175	0.2284
76		L. lateral deep	29.48	0.0202	0.2735
77	UU13	R. medial	20.06	0.0118	0.2362
78		superficial			
79		L. medial	18.99	0.0065	0.1379
80		superficial			
81		R. medial deep	19.64	0.0064	0.1304
82		L. medial deep	17.47	0.0176	0.4036
83		R. lateral	19.03	0.0118	0.2485
84		superficial			
85		L. lateral superficial	17.67	0.0101	0.2287

71		R. lateral deep	19.19	0.0107	0.2231
72		L. lateral deep	19.57	0.0113	0.2306
73	UU14	R. medial superficial	21.74	0.0082	0.1503
74		L. medial superficial	21.84	0.0167	0.3064
75		R. medial deep	24.08	0.0226	0.3749
76		L. medial deep	22.22	0.0208	0.3749
77		R. lateral superficial	21.14	0.0092	0.1748
78		L. lateral superficial	22.41	0.0158	0.2818
79		R. lateral deep	24.22	0.0238	0.3926
80		L. lateral deep	22.65	0.0215	0.3797
81	UU15	R. medial superficial	16.91	0.0218	0.5153
82		L. medial superficial	15.88	0.0169	0.4253
83		R. medial deep	16.23	0.0305	0.7529
84		L. medial deep	16.57	0.0241	0.5814
85		R. lateral superficial	15.47	0.0205	0.5306
86		L. lateral superficial	17.58	0.0223	0.5072
87		R. lateral deep	16.11	0.0306	0.7598
88		L. lateral deep	16.75	0.0201	0.4805
89	UU16	R. medial superficial	14.92	0.0377	1.0119
90		L. medial superficial	14.54	0.0108	0.2960
91		R. medial deep	15.31	0.0569	1.4853
92		L. medial deep	17.92	0.0229	0.5116
93		R. lateral superficial	17.25	0.0142	0.3293
94		L. lateral superficial	14.13	0.0037	0.1061
95		R. lateral deep	17.81	0.0230	0.5170
96		L. lateral deep	14.92	0.0025	0.0682
97	UU17	R. medial superficial	31.62	0.0165	0.2090
98		L. medial superficial	30.41	0.0180	0.2369
99		R. medial deep	35.19	0.0194	0.2200
100		L. medial deep	30.48	0.0187	0.2457
101		R. lateral superficial	34.48	0.0183	0.2125
102		L. lateral superficial	31.05	0.0179	0.2310
103		R. lateral deep	34.57	0.0240	0.2782
104		L. lateral deep	30.37	0.0250	0.3288