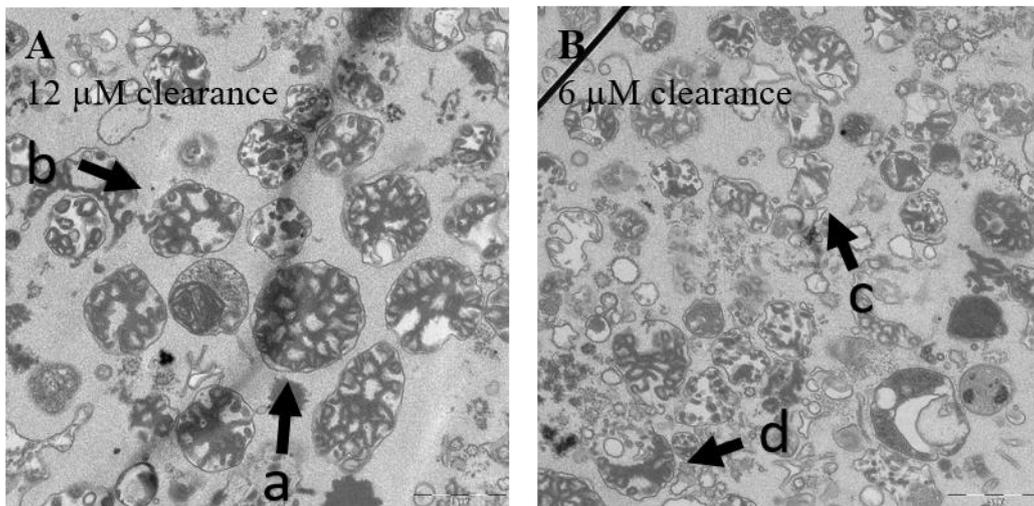
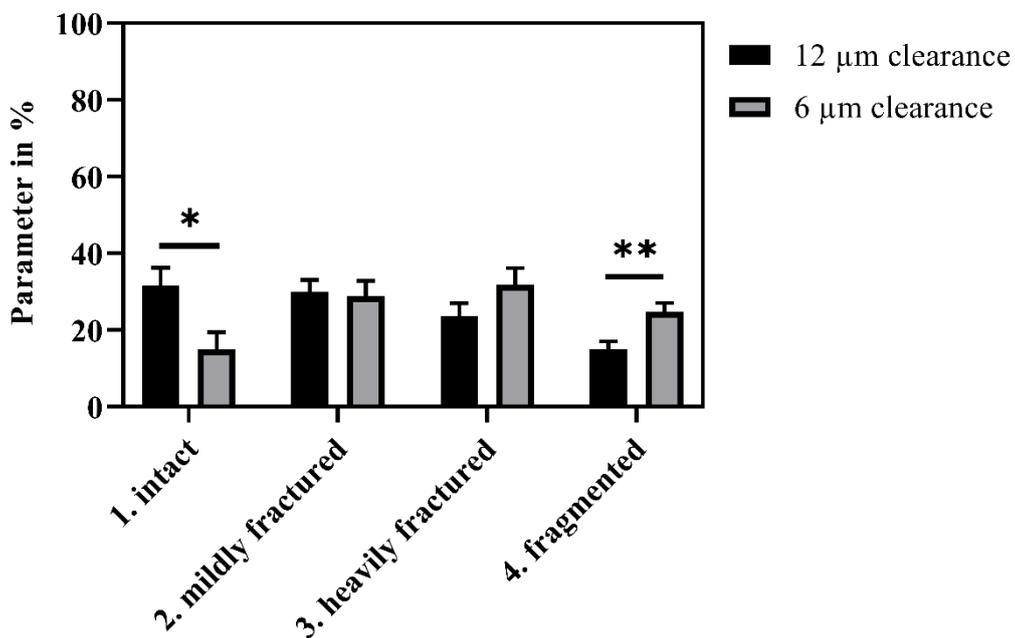


1 **Supplementary Material:**



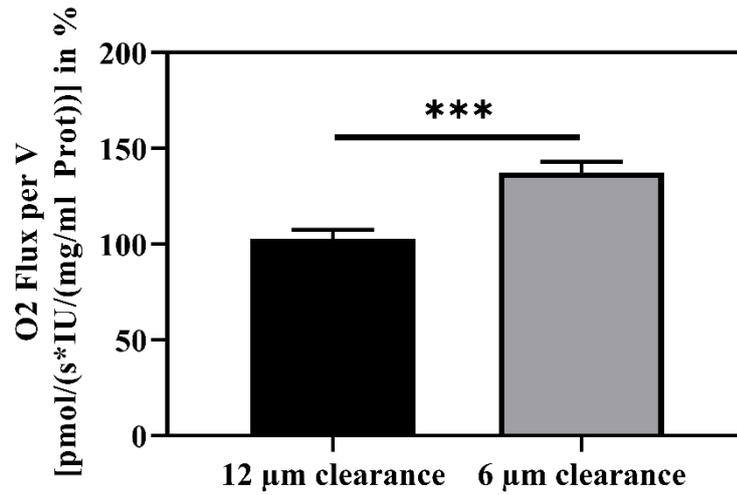
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*Supp.1: Transmission electron microscopic pictures of mitochondria from C. elegans isolated with a 12μm (A) or 6μm ball clearance (B). Degrees of damage are indicated by exemplary pointers (a = “intact”; b = “mildly fractured”; c = “heavily fractured” and d = “fractured”).*



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*Supp. 2: Mitochondria isolated from nematodes with 12 μm or 6 μm clearance were assessed by transmission electron microscopy and categorized into four categories (intact, mildly fractured, heavily fractured and fragmented) as described in the Methods section. Mean ± SEM; students t-test; p\* < 0.05, p\*\* < 0.01.*



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15 **Supp. 3:** Cytochrome *c* addition, as a marker for intactness of the outer mitochondrial membrane, increases  
16 respiration after isolation with a 6 μm compared to a 12 μm clearance, indicating a fractured outer membrane.  
17 *n* = 5; Mean ± SEM; students *t*-test; *p*\*\*\* < 0.001.

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