**Supplementary Figure 1: Detailed description of Western blotting antibodies and procedures.**

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| **Antibody** |  | **Manufacturer company** |  | **Catalog number** |  | **Protein****molecular weight (kDa)** |  | **Gel %** |  | **Protein amount loaded****(μg)** |  | **Blotting transfer time (min)** |  | **Blocking reagent** |  | **Primary antibody concentration** |  | **Secondary** **antibody concentration** |
| Nrf2 |  | Abcam |  | ab62352 |  | 100 |  | 12.5 |  | 12.5 |  | 90 |  | BSA 4% |  | 1:1500 |  | 1:5000 |
| pSer40 Nrf2 |  | Abcam |  | ab76026 |  | 100 |  | 10 |  | 15 |  | 90 |  | BSA 4% |  | 1:5000 |  | 1:5000 |
| Keap1 |  | Proteintech |  | 10503-2-AP |  | 70 |  | 10 |  | 7.5 |  | 90 |  | BSA 4% |  | 1:3000 |  | 1:10000 |
| Catalase |  | Cell Signaling |  | 14097 |  | 60 |  | 10 |  | 12.5 |  | 90 |  | Blotto 5% |  | 1:2000 |  | 1:5000 |
| SOD1 |  | Abcam |  | ab16831 |  | 17 |  | 15 |  | 12.5 |  | 90 |  | BSA 4% |  | 1:2000 |  | 1:5000 |
| SOD2 |  | Cell Signaling |  | 13141 |  | 22 |  | 15 |  | 12.5 |  | 90 |  | BSA 4% |  | 1:20000 |  | 1:10000 |
| GR  |  | Proteintech |  | 18257-1-AP |  | 10 |  | 5 |  | 5 |  | 90 |  | Blotto 2.5% |  | 1:2000 |  | 1:10000 |