

Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

Please do not complete any field with "not applicable" or n/a. Refer to the help text for what text to use if an item is not relevant to your study.

For final submission: please carefully check your responses for accuracy; you will not be able to make changes later.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

- | n/a | Confirmed |
|-----------------------|---|
| <input type="radio"/> | <input checked="" type="radio"/> The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement |
| <input type="radio"/> | <input checked="" type="radio"/> A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| <input type="radio"/> | <input checked="" type="radio"/> The statistical test(s) used AND whether they are one- or two-sided
<i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i> |
| <input type="radio"/> | <input checked="" type="radio"/> A description of all covariates tested |
| <input type="radio"/> | <input checked="" type="radio"/> A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input checked="" type="radio"/> A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals) |
| <input type="radio"/> | <input checked="" type="radio"/> For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
<i>Give P values as exact values whenever suitable.</i> |
| <input type="radio"/> | <input checked="" type="radio"/> For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings |
| <input type="radio"/> | <input checked="" type="radio"/> For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes |
| <input type="radio"/> | <input checked="" type="radio"/> Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated |

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection	<input type="text" value="Zeiss Zen for microscopy imaging."/>
Data analysis	<input type="text" value="Imaris v10.0.0 for image analysis."/>

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

The main data discussed in this protocol are available in the supporting primary research papers (<https://www.nature.com/articles/s43018-020-00147-8>, <https://www.nature.com/articles/s44161-022-00047-3>, and [https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(23\)00010-4](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(23)00010-4)). The raw datasets of the main data and of the additional new data shown in this work are available for research purposes from the corresponding authors upon reasonable request.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences

Behavioural & social sciences

Ecological, evolutionary & environmental sciences

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	<input type="text" value="Not applicable, as this work describes a protocol. The sample size information of the original works that adopted the described protocol can be"/>
Data exclusions	<input type="text" value="No data excluded."/>
Replication	<input type="text" value="Not applicable, as this work describes a protocol. For the original works that adopted the described protocol, technical replicates and"/>
Randomization	<input type="text" value="Not applicable, as this work describes a protocol. For the original works that adopted the described protocol, all mice used were age- and gender-"/>
Blinding	<input type="text" value="Not applicable, as this work describes a protocol."/>

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	<input type="text"/>
Research sample	<input type="text"/>
Sampling strategy	<input type="text"/>
Data collection	<input type="text"/>
Timing	<input type="text"/>
Data exclusions	<input type="text"/>
Non-participation	<input type="text"/>
Randomization	<input type="text"/>

Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	<input type="text"/>
Research sample	<input type="text"/>
Sampling strategy	<input type="text"/>
Data collection	<input type="text"/>
Timing and spatial scale	<input type="text"/>
Data exclusions	<input type="text"/>
Reproducibility	<input type="text"/>
Randomization	<input type="text"/>
Blinding	<input type="text"/>

Did the study involve field work? Yes No

Field work, collection and transport

Field conditions	<input type="text"/>
Location	<input type="text"/>
Access & import/export	<input type="text"/>
Disturbance	<input type="text"/>

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

- n/a Involved in the study
- Antibodies
 - Eukaryotic cell lines
 - Palaeontology and archaeology
 - Animals and other organisms
 - Human research participants
 - Clinical data
 - Dual use research of concern

Methods

- n/a Involved in the study
- ChIP-seq
 - Flow cytometry
 - MRI-based neuroimaging

Antibodies

- Antibodies used
- Validation

Eukaryotic cell lines

Policy information about [cell lines](#)

- Cell line source(s)
- Authentication
- Mycoplasma contamination
- Commonly misidentified lines
(See [ICLAC](#) register)

Palaeontology and Archaeology

- Specimen provenance
- Specimen deposition
- Dating methods
- Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.
- Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

- Laboratory animals
- Wild animals
- Field-collected samples
- Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Human research participants

Policy information about [studies involving human research participants](#)

- Population characteristics
- Recruitment
- Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the [ICMJE guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration	<input type="text"/>
Study protocol	<input type="text"/>
Data collection	<input type="text"/>
Outcomes	<input type="text"/>

Dual use research of concern

Policy information about [dual use research of concern](#)

Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No	Yes
<input type="radio"/>	<input checked="" type="radio"/> Public health
<input type="radio"/>	<input checked="" type="radio"/> National security
<input type="radio"/>	<input checked="" type="radio"/> Crops and/or livestock
<input type="radio"/>	<input checked="" type="radio"/> Ecosystems
<input type="radio"/>	<input checked="" type="radio"/> Any other significant area

Experiments of concern

Does the work involve any of these experiments of concern:

No	Yes
<input type="radio"/>	<input checked="" type="radio"/> Demonstrate how to render a vaccine ineffective
<input type="radio"/>	<input checked="" type="radio"/> Confer resistance to therapeutically useful antibiotics or antiviral agents
<input type="radio"/>	<input checked="" type="radio"/> Enhance the virulence of a pathogen or render a nonpathogen virulent
<input type="radio"/>	<input checked="" type="radio"/> Increase transmissibility of a pathogen
<input type="radio"/>	<input checked="" type="radio"/> Alter the host range of a pathogen
<input type="radio"/>	<input checked="" type="radio"/> Enable evasion of diagnostic/detection modalities
<input type="radio"/>	<input checked="" type="radio"/> Enable the weaponization of a biological agent or toxin
<input type="radio"/>	<input checked="" type="radio"/> Any other potentially harmful combination of experiments and agents

ChIP-seq

Data deposition

- Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).
- Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links <i>May remain private before publication</i>	<input type="text" value="GSE221949"/>
Files in database submission	<input type="text"/>
Genome browser session (e.g. UCSC)	<input type="text"/>

Methodology

Replicates	<input type="text"/>
Sequencing depth	<input type="text"/>
Antibodies	<input type="text"/>
Peak calling parameters	<input type="text"/>
Data quality	<input type="text"/>
Software	<input type="text"/>

Flow Cytometry

Plots

Confirm that:

- The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- All plots are contour plots with outliers or pseudocolor plots.
- A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation

Instrument

Software

Cell population abundance

Gating strategy

- Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

Magnetic resonance imaging

Experimental design

Design type

Design specifications

Behavioral performance measures

Acquisition

Imaging type(s)

Field strength

Sequence & imaging parameters

Area of acquisition

Diffusion MRI Used Not used

Preprocessing

Preprocessing software

Normalization

Normalization template

Noise and artifact removal

Volume censoring

Statistical modeling & inference

Model type and settings

Effect(s) tested

Specify type of analysis: Whole brain ROI-based Both

Statistic type for inference
(See [Eklund et al. 2016](#))

Correction

Models & analysis

n/a Involved in the study

Functional and/or effective connectivity

Graph analysis

Multivariate modeling or predictive analysis

Functional and/or effective connectivity

Graph analysis

Multivariate modeling and predictive analysis



