FILE S1. PROTOCOL FOR LIQUID-BASED NAA-MEDIATED DEGRADATION EXPERIMENTS IN *C. ELEGANS*.

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| STEP | SOLUTION | COMMENTS |
| (1) Wash off synchronized animals with 500 µL of NAA in M9 from an NGM plate seeded with *E. coli* OP50. | Dilute NAA (N1641) in 1X M9 buffer to the desired concentration. | NAA arrives at 5.4 mM. Store at 4°C. |
| (2) Transfer animals to a concave well on a spot plate.  | N/A | Transferring animals to a microcentrifuge tube is not recommended, as animals need to thrash freely.  |
| (3) House the spot plate inside a homemade humidity chamber. | N/A | An empty pipet box suffices as a homemade humidity chamber. Place wet paper towels along the edges of the box and place dry paper towels along the edges of the lid. |
| (4) Seal the pipet box with parafilm. | N/A | N/A |
| (5) Incubate for a desired period of time. | N/A | N/A |
| (6) Take up 1.2 µL from the bottom of the well. | N/A | N/A |
| (7) Dispense onto a 5% agar pad containing 10 mM sodium azide and secure animals with a coverslip. | N/A | N/A |
| (8) Image animals under a microscope. | N/A | N/A |