**Supplementary materials**

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| **(a)** | **(b)** |
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| **(c)** | **(d)** |
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**Figure S1.** Effects of sesamolin and sesamin on the lifespan of wild-type *C. elegans* under dead bacterial or alive bacterial culture. (a, b) For lifespan assay with dead bacterial, the nematodes were grown on plates containing SM 256 nmol/plate or SA 16 nmol/plate (n = 90) as described in Methods. (c, d) For lifespan assay with alive bacterial, the nematodes were grown on plates containing SM 256 nmol/plate or SA 16 nmol/plate (n = 90) as described in Methods. The figures in upper, middle and bottom are from one of the three independent experiments, respectively.