



Figure S1. Trypan blue yields similar viability results as alamarBlue. In (A), alamarBlue and trypan blue results are directly compared following cold shock at the indicated temperatures. In (B), cells were exposed to either control (25°C), cold shock (-16°C for 2 h), or RCH (0°C for 2 h then -16°C for 2 h), and viability was assessed with trypan blue. For both experiments, viability was measured 24 h after cold exposure. Bars represent mean \pm sem, $N = 3$, and in (A) viability is expressed relative to the control at 25°C. For (A), note that data were collected at other temperatures, but this figure only includes conditions for which we collected both trypan blue and alamarBlue data. For (B), note that the conditions used in this pilot experiment are different from those used to demonstrate RCH in the main text. For the experiment in the main text, we elected for RCH conditions that are more ecologically relevant and similar to conditions used for assessing RCH *in vivo*.

Dataset 1

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