Medium Name	Base	Supplements	Used For
MLBC Growth Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin	General MLBC culture
MLBC Control Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin, 50 µg/mL Ascorbic Acid	Baseline for differentiation assays
MLBC Tenogenic Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin, 50 µg/mL Ascorbic Acid, 10 ng/mL TGF-β1	Tenogenic differentiation
MLBC Endochondral Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin, 50 µg/mL Ascorbic Acid, 100 nM Dexamethasone, 40 µg/mL L-Proline, 1 mM Sodium Pyruvate, ITS supplement	Endochondral differentiation
MLBC Osteogenic Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin, 50 µg/mL Ascorbic Acid, 10 mM β-Glycerophosphate, 200 ng/mL BMP2	Osteogenic differentiation
MLBC Starvation Medium	MEMα	5.5 mM Glucose, serum-free	Stimulation assays (e.g., IGF1, TGF-β1)
RTT Growth Medium	DMEM	20% FBS, 1% Penicillin-Streptomycin, 1% NEAA, 0.1% β-Mercaptoethanol	RTT baseline culture
RTT 3D Tenogenic Medium	DMEM	20% FBS, 1% Penicillin-Streptomycin, 1% NEAA, 0.1% β-Mercaptoethanol, 300 µg/mL Ascorbic Acid	RTT tenogenic differentiation
RTT DMEM/F12 Control Medium	DMEM/F12	1% Penicillin-Streptomycin	RTT culture and screens
RTT DMEM/F12 Tenogenic Medium	DMEM/F12	1% Penicillin-Streptomycin, 50 µg/mL Ascorbic Acid	RTT tenogenic differentiation
hMSC Standard Growth Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin	Immortalized hMSC culture
hMSC Tenogenic Medium	DMEM	10% FBS, 1% Penicillin-Streptomycin, 50 µg/mL Ascorbic Acid, 10 ng/mL TGF-β1	hMSC tenogenic differentiation
hMSC Basal Medium (Lonza)	MSCBM® + SingleQuots®	Proprietary mix including FBS, insulin, hydrocortisone, etc. (Lonza MSCGM™ BulletKit)	Standardized hMSC expansion