

Table S2. Protocol for C+Y_B medium preparation.

In this protocol we describe how we prepare 1L of C+Y_B medium.

1. Add the following components to a sterile flask in this order:

Media component	Concentration
arginine	150 mg/L
asparagine	40 mg/L
cystine	120 mg/L
glutamine	20 mg/L
glycine	80 mg/L
isoleucine	200 mg/L
leucine	400 mg/L
serine	250 mg/L
valine	250 mg/L
CaCl ₂	2.5 mg/L
MgCl ₂ ·6H ₂ O	0.5 g/L
maltose	2 g/L
adenine	5 mg/L
sodium acetate	2 g/L
sodium pyruvate	240 mg/L
nicotinic acid	0.2 mg/L
pyridoxine hydrochloride	0.2 mg/L
D-calcium pantothenate	0.6 mg/L
thiamine hydrochloride	0.2 mg/L
riboflavin	0.1 mg/L
choline chloride	4 mg/L
yeast extract	8 g/L
bovine serum albumin	0.48 g/L
NaCl	2 g/L

2. Add 1L of sterile distilled water and mix by shaking.
3. Add the liquid components to give these concentrations:

potassium phosphate buffer, pH 7.4	50 mM
- 1M solution - K ₂ HPO ₄	11.2 mL
- 1M solution - KH ₂ PO ₄	38.8 mL
MnSO ₄ ·4H ₂ O	25 µg/L*
biotin	0.2 µg/L*

* MnSO₄·4H₂O stock preparation: 1mL distilled water + 0.0025g MnSO₄·4H₂O. <stable at 4C>

- Add 10µL of the stock to 1L of medium (final concentration of 25 µg/L)

* Biotin stock preparation: 10mL distilled water + 0.0002g biotin. <stable at 4C>

- Add 10µL of the stock to 1L medium (final concentration of 0.2 µg/L)

4. Mix the medium in a magnetic stirrer for 30-60 minutes.
5. Filter the medium through 0.2 µm filter.
6. Store at 4C and protected from light.