No.	Biochemical class	Full compound	Name used	Abbrev.	% w/v of Compound	No. carbon atoms	Total molar mass (g)	Carbon component molar mass (g)	Molarity of carbon component (mol/L)
1	Monosaccharide	D-Arabinose	D-Arabinose	DAra	0.5	5	150.13	150.13	0.333
2	Monosaccharide	L-Arabinose	L-Arabinose	LAra	0.5	5	150.13	150.13	0.333
3	Monosaccharide	D-Xylose	Xylose	Xyl	0.5	5	150.13	150.13	0.333
4	Monosaccharide	D-Ribose	Ribose	Rib	0.5	5	150.13	150.13	0.333
5	Monosaccharide	L-Rhamnose monohydrate	Rhamnose	Rha	0.5	6	182.17	164.16	0.305
6	Monosaccharide	D-Fructose	Fructose	Fru	0.5	6	180.16	180.16	0.278
7	Monosaccharide	D-Galactose	Galactose	Gal	0.5	6	180.16	180.16	0.278
8	Monosaccharide	D-Glucose	Glucose	Glu	0.5	6	180.16	180.16	0.278
9	Low conc.	0.1X D-Glucose	Glucose01	Glu01	0.05	6	180.16	180.16	0.278
10	Monosaccharide	D-Mannose	Mannose	Man	0.5	6	180.16	180.16	0.278
11	Monosaccharide	N-Acetyl-D-glucosamine	GlcNAc	Glc	0.5	8	221.21	221.21	0.226
12	TCA	Sodium acetate	Acetate	Ace	0.5	2	82.03	59.04	0.847
13	TCA	Sodium pyruvate	Pyruvate	Pyr	0.5	3	110.04	87.05	0.574
14	Low conc.	0.1X Sodium pyruvate	Pyruvate01	Pyr01	0.5	3	110.04	87.05	0.574
15	TCA	Sodium fumarate dibasic	Fumarate	Fum	0.5	4	160.04	114.06	0.438
16	TCA	Disodium succinate	Succinate	Succ	0.5	4	162.05	116.07	0.431
17	TCA	Sodium citrate dihydrate	Citrate	Cit	0.5	6	294.1	189.1	0.264
18	Sugar alcohol	Glycerol	Glycerol	Glyl	0.5	3	92.09	92.09	0.543
19	Low conc.	0.1X Glycerol	Glycerol01	Glyl01	0.05	3	92.09	92.09	0.543
20	Sugar alcohol	D-Mannitol	Mannitol	Manl	0.5	6	182.17	182.17	0.274
21	Sugar alcohol	D-Sorbitol	Sorbitol	Sorl	0.5	6	182.17	182.17	0.274
22	Amino acid	L-Alanine	Alanine	Ala	0.5	3	89.09	89.09	0.561
23	Amino acid	L-Serine	Serine	Ser	0.5	3	105.09	105.09	0.476
24	Amino acid	L-Proline	Proline	Pro	0.5	5	115.13	115.13	0.434
25	Low conc.	0.1X L-Proline	Proline01	Pro01	0.05	5	115.13	115.13	0.434

26	Amino acid	L-Glutamine	Glutamine	Gln	0.5	5	146.14	146.14	0.342
27	Amino acid	L-Isoleucine	Isoleucine	Ile	0.5	6	131.17	131.17	0.381
28	Amino acid	L-Arginine	Arginine	Arg	0.5	6	174.2	174.2	0.287
29	Disaccharide	D-Trehalose dihydrate	Trehalose	Tre	0.5	12	378.33	342.3	0.146
30	Disaccharide	D-Cellobiose	Cellobiose	Cel	0.5	12	342.3	342.3	0.146
31	Disaccharide	D-Maltose monohydrate	Maltose	Mal	0.5	12	342.3	342.3	0.146
32	Disaccharide	D-Sucrose	Sucrose	Suc	0.5	12	342.3	342.3	0.146
33	Low conc.	0.1X D-Sucrose	Sucrose01	Suc01	0.05	12	342.3	342.3	0.146
34	Disaccharide	D-Lactose monohydrate	Lactose	Lac	0.5	12	360.31	342.3	0.146
35	Trisaccharide	D-Raffinose pentahydrate	Raffinose	Raf	0.5	18	594.5	504.42	0.099
36	Trisaccharide	D-Melezitose monohydrate	Melezitose	Mel	0.5	18	522.45	504.44	0.099
37	Arabinogalactan	Arabinogalactan	Arabinogalactan	Aran	0.5	–	–	–	–
38	Uridine	Uridine	Uridine	Uri	0.5	9	244.2	244.2	0.205
39	Mix	Mix	Mix	Mix	0.5	–	–	–	–
40	Water	Water	Water	Wat	–	–	–	–	–

Table S2. Carbon sources used in coculture experiment.