**Modified LB media for community studies**

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| **Reagent** | **Source** | **Catalogue number** |
| LB base | Sigma | L3022 – 250G |
| L-cysteine | Sigma | 30120 – 10G |
| Hemin | Sigma | H9030 – 1G |
| Vitamin K | Sigma | V3501 – 1G |

***Mineral salts solution (adapted from VPI Anaerobic Laboratory Manual)***

Make the mineral salt solution in a volumetric flask and using RO-H2O. Filter-sterilize (0.22µ) solution. Store at room temperature

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| **Chemical** | **For 100 mL** | **For 500 mL** |
| KH2PO4 | 0.6g | 3g |
| (NH4)2SO4 | 0.6g | 3g |
| NaCl | 1.2g | 6g\* |
| MgSO4·7H2O | 0.25g | 1.25g |
| CaCl2·7H2O | 0.16g | 0.8g |

***Supplements***

**Hemin (0.5 mg/mL):** Dissolve 50mg in 1mL NaOH (1N) and bring to 100mL with RO-H2O. Filter-sterilize (0.22µ). Store at 4°C. Add solution to fresh media before use – 1 mL/100 mL base.

**Vitamin K (0.5%):** Mix 100µL into 19.9mL 95% ethanol. Store at -20°C. Add solution to fresh media before use – 1 µL/10 mL base.

**Lactose (5 mg/mL):** Dissolve lactose in RO-H2O. Filter-sterilize (0.22µ; 50mL conical). Store at RT (in anaerobic chamber). Add solution to fresh media before use – 10 µL/mL base.

**Tween 20 (1 mg/mL):** Dissolve Tween 20 in RO-H2O. Filter-sterilize (0.22µ; 50mL conical). Store at RT (in anaerobic chamber). Add solution to fresh media before use – 10 µL/mL base.

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| **Component** | **To prepare 250mL** | **To prepare 500mL** |  |
| LB base | 7.5 g | 15 g | Before Autoclave |
| Mineral salts sol’n | 9.75 mL | 19.5 mL |
| L-cysteine | 0.094 g | 0.188 g |
| Milli-Q (deionized) Water | 232 mL | 465 mL |
| Hemin | 3.75 mL | 7.5 mL | After  Autoclave |
| Vitamin K | 3.75 µL | 7.5 µL |
| Lactose | 3.75 mL | 7.5 mL |
| Tween 20 | 3.75 mL | 7.5 mL |

Sterilize media (20 minutes on liquid cycle) and put into anaerobic chamber when cool. Before experiments, make fresh complete media by adding hemin, Vitamin K, lactose, and Tween 20 in the anaerobic chamber.