

**Table S5 *Escherichia coli* sampling parameters:** Sampling methods and parameters tested for sampling *E.coli* , listed with resulting energy charge (EC) ± standard deviation (SD) for cultures in rich and mineral medium

Method	Sampling parameters					Average EC ± SD	
	Filter	Filter pore size (µm)	Vacuum preassure (Below ambient, mbar)	Sampling OD <sub>600</sub>	Sampling volume (mL)	Rich medium	Mineral medium
Filtering	Whatman glass microfiber filter GF/C™ (1822-047, GE Healthcare) stacked on Supor hydrophilic polyethersulfone filter (60110, Pall)	1.2, 0.8	350-500	1	10	0.43 ± 0.10	0.52 ±0.11
	Supor hydrophilic polyethersulfone filter (60110, Pall)	0.8	200	1	2 x 5*	0.61 ± 0.04	0.61 ±0.21
Cold centrifugation	Time (min)	Temperature (°C)	Centrifugal force (x g)	Sampling OD <sub>600</sub>	Sampling volume (mL)		
	2 x 5**	4	4500	1	10	0.34 ± 0.14	0.45 ±0.16

\* 2 filters, 5 ml/filter to decrease biomass/filter. Filters were consequitively sampled and pooled into one extract

\*\* Pellets were re-suspended in cold MQ-H<sub>2</sub>O between centrifugation steps