

Table S1. Natural regeneration per forests types, species, and regeneration circle (RC1—5 m² for seedlings with height of 10-39.9 cm; RC2- 10 m² for saplings 40-129.9 cm in height; RC3- 20 m² for saplings with height >130 cm and dbh<6 cm) (N ha⁻¹mean±standard error). Minimum and maximum values (indicated in brackets) correspond to average of the four regeneration sub-plots per plot.

Regeneration species	RC1 (N ha ⁻¹)		RC2 (N ha ⁻¹)		RC3 (N ha ⁻¹)		TOTAL (N ha ⁻¹)	
	virgin	Former virgin	virgin	Former virgin	virgin	Former virgin	virgin	Former virgin
<i>Fagus sylvatica</i>	2639 (0-9778)	2194 (444-10000)	1458 (0-3444)	1264 (0-4444)	1576 (500-3333)	2007 (0-5000)	5673	5465
<i>Abies alba</i>	111 (0-444)	806 (0-5333)	14 (0-111)	153 (0-1111)	160 (0-278)	111 (0-611)	285	1070
<i>Acer pseudoplatanus</i>	22 (0-222)	-	-	-	-	14 (0-111)	22	14
<i>Picea abies</i>	-	-	14 (0-111)	-	21 (0-167)	14 (0-111)	35	14
<i>Populus tremula</i>	-	167 (0-167)	-	14 (0-111)	-	-	-	181
Total regeneration	2772	3167	1486	1431	1753	2146	6015	6744