



(A) Comparison of formylTHFGlu₃ levels on HT115(DE3) and HT115(DE3)*aroD* *E. coli*, 3 biological replicates each ($m/z = -730.244 \pm 0.1$ Da)

(B) Traces of formylTHFGlu₃ levels in *OP50 E. coli* and *OP50* treated with 0.1 µg/ml and 1 µg/ml SMX, 2 biological replicates each ($m/z = -730.244 \pm 0.1$ Da)

(C) HPLC-MS traces of 5-methylTHFGlu₅ levels in *C. elegans* grown on *OP50 E. coli* and *OP50* plus 128 µg/ml SMX, 2 biological replicates for each condition ($m/z = -974.344 \pm 0.1$ Da)