

**Table S1.** *N. crassa* metabolites detected by  $^1\text{H}$  NMR. Metabolite resonances were identified by comparison of the spectra of extracts with those of authentic standards measured under similar conditions. The metabolite marked with an asterisk was tentatively identified.

ATP  
adenosine  
alanine  
arginine  
carnitine  
glucose  
glucose-1-phosphate\*  
glutamate  
glutamine  
isoleucine  
lactate  
leucine  
lysine  
mannitol  
ornithine  
phenylalanine  
serine  
threonine  
trehalose  
tyrosine  
UDP-galactose  
UDP-glucose  
UDP-*N*-acetylgalactosamine  
UDP-*N*-acetylglucosamine