

Table S1. Growth rates (μ) with its standard deviation (STDV) measured for MG1655 and ppGpp⁰ strain in different media.

	Medium ^a	μ (h ⁻¹)	STDV
MG1655	LB	2.30	0.013
	Medium A + glucose 0.2% + 19 AA ₄₀ + S ₄₀₀	1.40	0.001
	M9 + glucose 0.2% + 19 AA ₄₀ + S ₄₀₀	1.58	0.005
	M9 + glucose 0.2% + Σ set + (GNQY) ₄₀	0.97	0.036
	M9 + glucose 0.2% + Σ set	0.83	0.005
	M9 + glucose 0.2%	0.64	0.036
	M9 + succinate 0.4%	0.52	0.012
ppGpp⁰	LB	1.94	0.004
	Medium A + glucose 0.2% + 19AA ₄₀ + S ₄₀₀	1.38	0.029
	M9 + glucose 0.2% + 19AA ₄₀ + S ₄₀₀	1.80	0.066
	M9 + glucose 0.2% + Σ set + (GNQY) ₄₀	1.08	0.028
	M9 + glucose 0.2% + Σ set	0.47	0.067

^a Σ set = (DEFHILTV)₄₀ + S₄₀₀. Subscript numbers indicate concentration used ($\mu\text{g/ml}$). 19 AA = all amino acids except serine.