Table S1. Groundwater sample volumes and recoveries of DNA, RNA and protein

	Volume Filtered	Number of Hole Punches for Nucleic	Volume Filtered Through Hole	Number of Hole Punches for Nucleic	DNA recovered (ng)		RNA recovered (μg)		Protein recovered (µg)	
Well	(L)	Acids Extraction	Punches (L)	Acids Extraction	F	PF	F	PF	F	PF
PM2A2	9.5	5	0.125	5	102	38	2.6	2.1	30	n/a
EW1	12	5	0.158	5	46	13	1.9	1.5	46	n/a
O-BH09-A1	11.25	5	0.148	5	2.8	2.5	bd	bd	60	n/a
O-BH10-A1	8.25	5	0.109	5	2.4	3.4	bd	bd	60	n/a

^{*}bd means that RNA was below detection in extractant fluid. n/a indicates not extracted.