

Table S1. Composition of initial defined media (modified DMEM/F-12*)

INORGANIC SALTS			
CaCl₂	793.1 µM	NaH₂PO₄	452.9 µM
Fe(NO₃)₃·9H₂O	123.8 nM	FeSO₄· 7H₂O	1.5 µM
MgSO₄	405.8 µM	CuSO₄ · 5H₂O	5.2 nM
KCl	4.2 mM	MgCl₂	301.0 µM
NaHCO₃	14.3 mM	Na₂H₂PO₄	400 µM
NaCl	119.7 mM	ZnSO₄ · 7H₂O	1.5 µM
VITAMINS			
Niacinamide	16.6 µM	Folic Acid	6 µM
Biotin	14.3 nM	D-Calcium Pantothenate	4.7 µM
Thiamine HCl	6.4 µM	Thymidine	1.5 µM
Myo-inositol	69.9 µM	Riboflavin	581.9 nM
Pyridoxal	9.8 µM	Vit B12	501.7 nM
Choline chloride	64.3 µM	Pyridoxine HCl	150.7 nM
AMINO ACIDS			
L-Cysteine	100.2 µM	L- Arginine	846.7 µM
L-Methionine	115.5 µM	L-Valine	451.3 µM
L-Glycine	249.8 µM	L-Glutamic acid	50.0 µM
L-Asparagine	56.8 µM	L-Isoleucine	415.2 µM
L-Tryptophan	44.2 µM	L-Leucine	450.1 µM
L-Histidine	150.2 µM	L-Lysine	624.1 µM
L-Phenylalanine	214.8 µM	L-Proline	149.9 µM
L-Tyrosine	213.6 µM	L-Threonine	448.8 µM
L-Aspartic acid	50.0 µM	Cystine	130.2 µM
L-Serine	249.8 µM	Glutamine	2.5 mM
L-Alanine	50.0 µM		
OTHER			
Na Pyruvate	0.5 mM	Putrescine	918.8 µM
Hypoxanthine	15.4 µM	DL-68-Lipoic acid	508.9 nM
Linoleic acid	149.7 nM		

*A modification of the Gibco Dulbecco's Modified Eagle Medium DMEM/F-12, no phenol red, was used as starting point to develop our minimal media for *C. jejuni* M1cam. No glucose was added to the formulation.