**Table S1 SNP analysis of overproducer mutants.** We analyzed SNPs in respective amino acid biosynthesis pathways, transport and degradation.

	Process	gene	SNP	protein level	outcome	literature	notes
E. coli NGF	Biosynthesis	metA	ATC -> AGC	1296S	prevents feedback inhibition> increases production, prevents norleucine uptake	Laird et al. 2014	
		metH	GCG -> GGG	A1191G	could affect production		
			CAA> AAA	Q1194K	· · ·		
		aspC	T -> G	promoter: -8	makes precursors aspartate so could also improve production		
	Transport	metP			could be mutated		sequence unknown
	Biosynthesis	hisG	GAA -> AAA	E271K	decoupled from histidine feedback inhibition	Malykh et al 2018	
		hisl	CGC -> CGA	silent			
		hisA	GTG> GGG	V112G			
	Degradation	hutH	TTG -> CTG	silent			
		hutG	TGG -> GGG	W208G			
S. Tyhpimurium			AAT -> GAT	N210D			
			GTG -> GGG	V214G			
			GAG -> GGG	E215G			
			GAC -> GGC	D218G			
	Transport	hisJ	T->G	promoter			
		hisQ	5 mutations	between -151 and -177			
		hisP	GGT -> GGG	silent			
B. theta	Biosynthesis	BT 0531					
		BT_0532 (trpE)	GCC -> GTC	A306V	one or both of these could remove feedback inhibition	Fang et al. 2015	
			AAT -> GAT	N63D	different mutations have been described for E. coli		
		BT_0527 (trpA)	ATT -> AGT	14S			
			TGC -> GGC	C222G			
			GAA -> GGA	E223G			
			TCC -> ACC	S226T			
B. fragilis	Biosynthesis	BF638R_0532	CTC -> CGC	L26R	arginine repressor, possibly made unfunctional (interface, arginine binding)	Ginesy et al. 2015	could not fin arginine transport system, coul also be mutat

## Table S2 qPCR probes and primers.

		Sequence	Dye	Notes	
B. fragilis	Forward Primer	GCTTGCTTCCAGTCGTCTAT		Specific to B. fragilis (including 638R and NCTC	
	Probe	AGGCAGATTGCACAAGAAATGGCG	Hex	9343)	
	Reverse Primer	ATTGCAGCATTATCCACAAACA			
B. theta	Forward Primer	GCCAACCACGCTAACAATTAC		Specific to B. thetaiotaomicron (includes strain	
	Probe	CCGTAATCCATCAGATGAAACCGGCT	Texas Red	7330 and VPI-5482)	
	Reverse Primer	GTTGCTTCGGAGAGATGTATCA			
	Forward Primer	CTGCCGAACCTCGTCAAA		Specific to Salmonella enterica (many serovars	
S. Tyhpimurium	Probe	TCGCAGGATAACCGAACGTGACTT	Cy5.5	- outside of any island or removed region	
	Reverse Primer	CGAATTATGGCGGGTGAAATG			
	Forward Primer	CTATCCCAGATTGGGCTTCTTG		Returns two results only: assembly FHI72 and E. coli 536 (no K12 or common strains). Our	
E. coli	Probe	TCCTGGTCCTCCTGATGGTGAAGT	Cy5		
	Reverse Primer	CCATTGGTCAGGGTGCTAAA		NGF-1 sequence is not yet a part of the NCBI	