

Figure S1. Median $^1\text{H-NMR}$ spectra of A549 (A), Caco2 (B), H4 (C), RCC (D), and SKOV3 (E) cell extracts from 1 (green), 5 (blue) and 10 (red) million cells. Keys: 1, Acetate; 2, Alanine; 3, Asparagine; 4, Aspartate; 5, Choline; 6, Creatine; 7, Formate; 8, Fumarate; 9, Glutamate; 10, Glutamine; 11, Glutathione; 12, Glycerol phosphocholine; 13, Glycine; 14, Histidine; 15, Hypoxanthine; 16, Isoleucine; 17, Lactate; 18, Leucine; 19, Lysine; 20, Methanol; 21, Methionine; 22, Myo-inositol; 23, Phenylalanine; 24, Phosphocholine; 25, Serine; 26, Succinate; 27, Taurine; 28, Threonine; 29, Trehalose; 30, Tryptophan; 31, Tyrosine; 32, Uracil; 33, Uridine; 34, Valine.

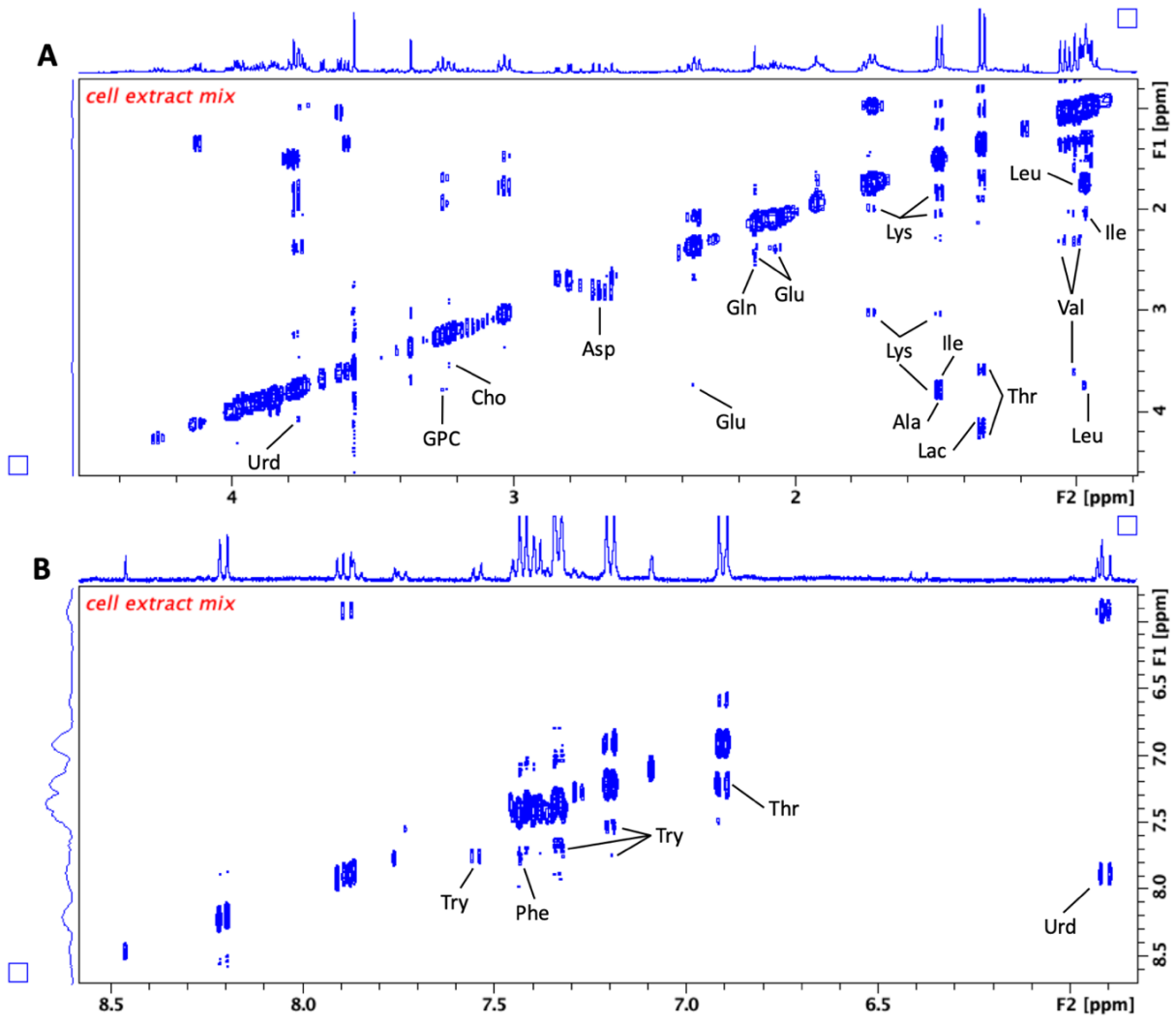


Figure S2. Typical ^1H - ^1H total correlation spectroscopy (TOCSY) two-dimensional (2D) NMR data from cell extracts for metabolite identification.

A. $\delta^1\text{H}$ (ppm) range between 0.8-4.6; B. $\delta^1\text{H}$ (ppm) range between 5.8-8.6. Ala, alanine; Asp, aspartate; Cho, choline; Glu, glutamate; Gln, glutamine; GPC, glycerol phosphocholine; Ile, isoleucine; Lac, lactate; Leu, leucine; Lys, lysine; Phe, phenylalanine; Thr, threonine; Try, tryptophan; Urd, uridine; Val, valine.

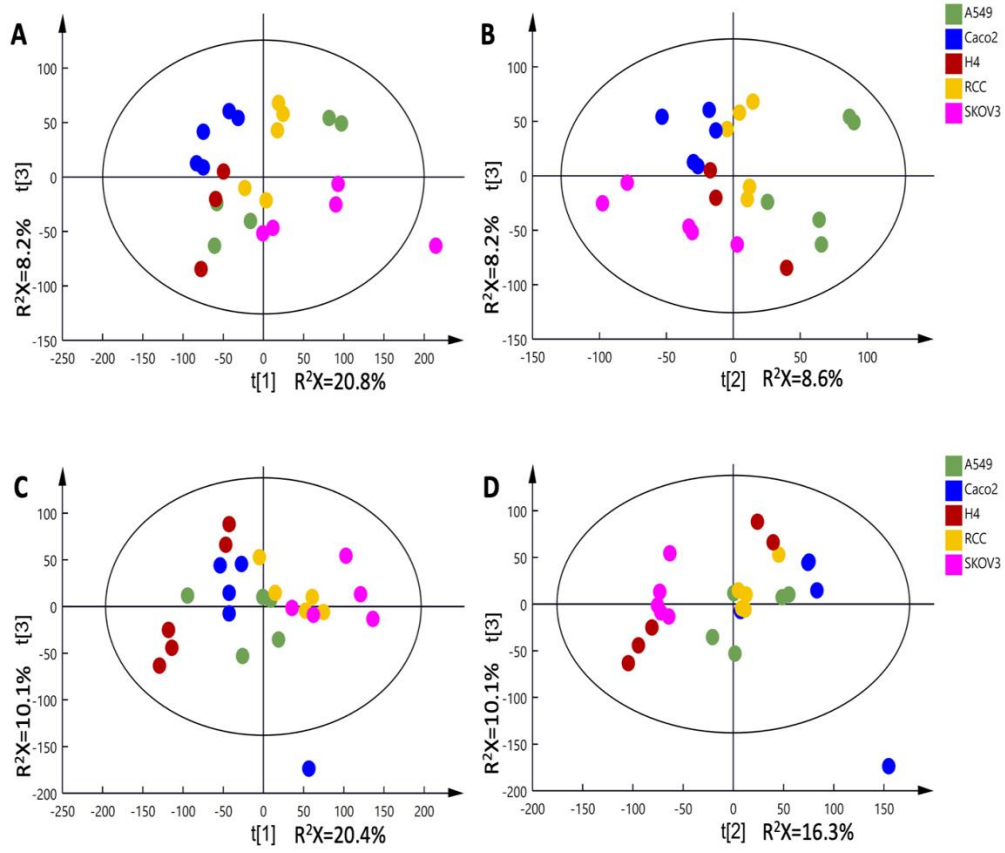


Figure S3. Principal components analysis (PCA) scores plots of ¹H-NMR spectra of cellular extracts from 5 (A, t[1] vs. t[3]; B, t[2] vs. t[3]) and 10 (C, t[1] vs. t[3]; D, t[2] vs. t[3]) million cells with 5 replicates per cell type. R²X represents the fraction of variation in the NMR spectral data (R²X) modelled by each of the principal components. t[1], t[2] and t[3] are the 1st, 2nd and 3rd principal component.

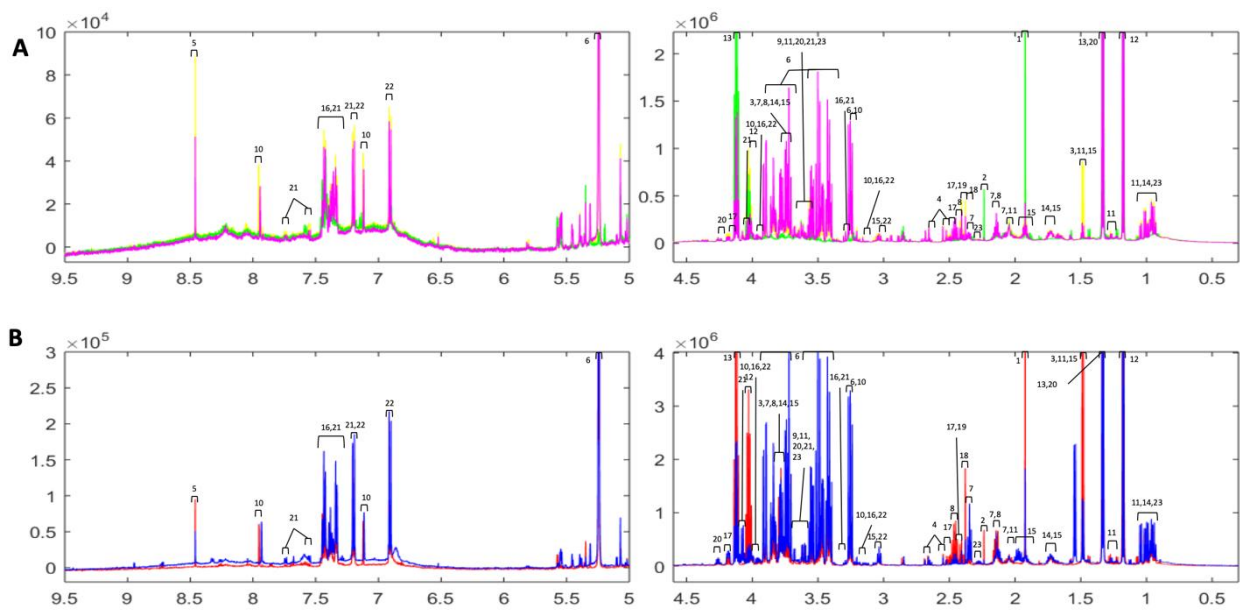


Figure S4. 600 MHz ^1H -NMR spectra of RPMI (A) and DMEM (B) culture media obtain from A549 (green), RCC (yellow), SKOV3 (pink), H4 (red) and Caco2 (blue) cell culture experiments (5 million cells were present). Keys: 1, Acetate; 2, Acetone; 3, Alanine; 4, Citrate; 5, Formate; 6, Glucose; 7, Glutamate; 8, Glutamine; 9, Glycine; 10, Histidine; 11, Isoleucine; 12, Isopropanol; 13, Lactate; 14, Leucine; 15, Lysine; 16, Phenylalanine; 17, Pyroglutamate; 18, Pyruvate; 19, Succinate; 20, Threonine; 21, Tryptophan; 22, Tyrosine; 23, Valine.

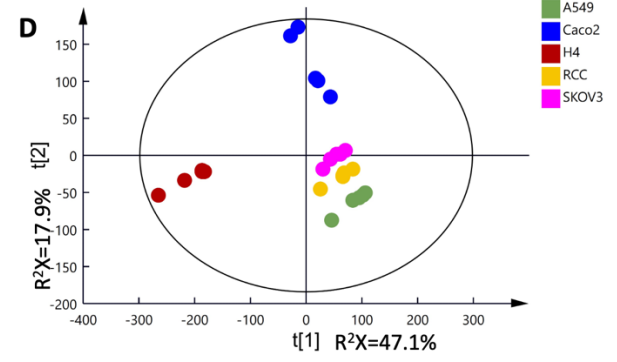
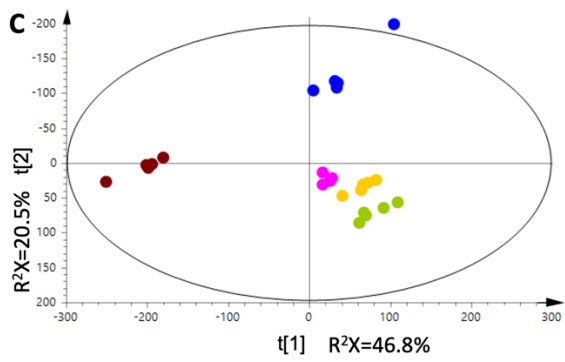
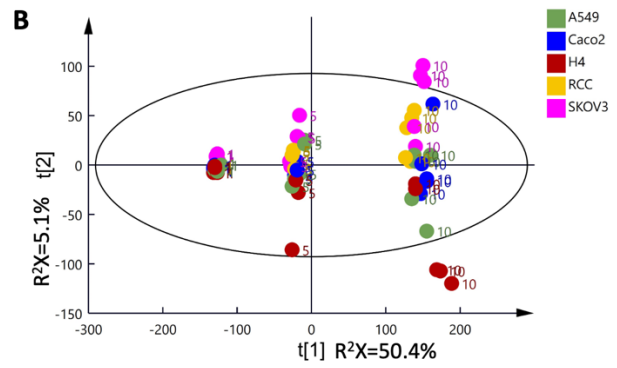
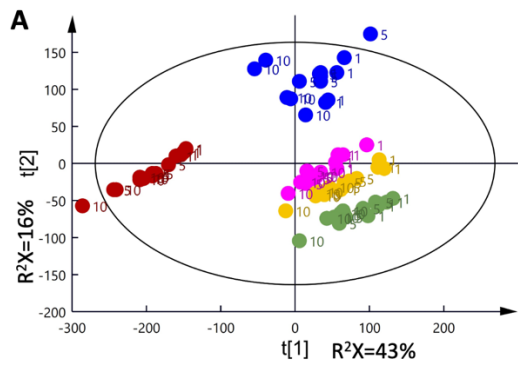


Figure S5. Principal components analysis (PCA) scores plots of $^1\text{H-NMR}$ spectra of media samples (A) and cell extracts (B) from 1, 5 and 10 million cell culture with 5 replicates per cell type. PCA scores plots of $^1\text{H-NMR}$ spectra of media samples from 5 (C) and 10 (D) million cell culture with 5 replicates per cell type. R^2X represents the fraction of variation in the NMR spectral data (R^2X) modelled by each of the principal components. The labels of the dots represent the cell number.

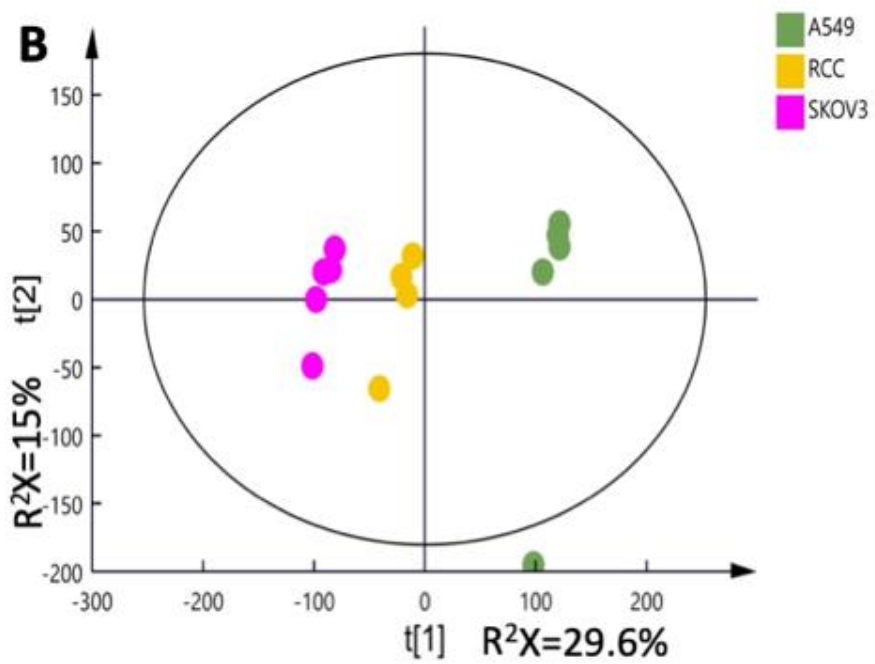
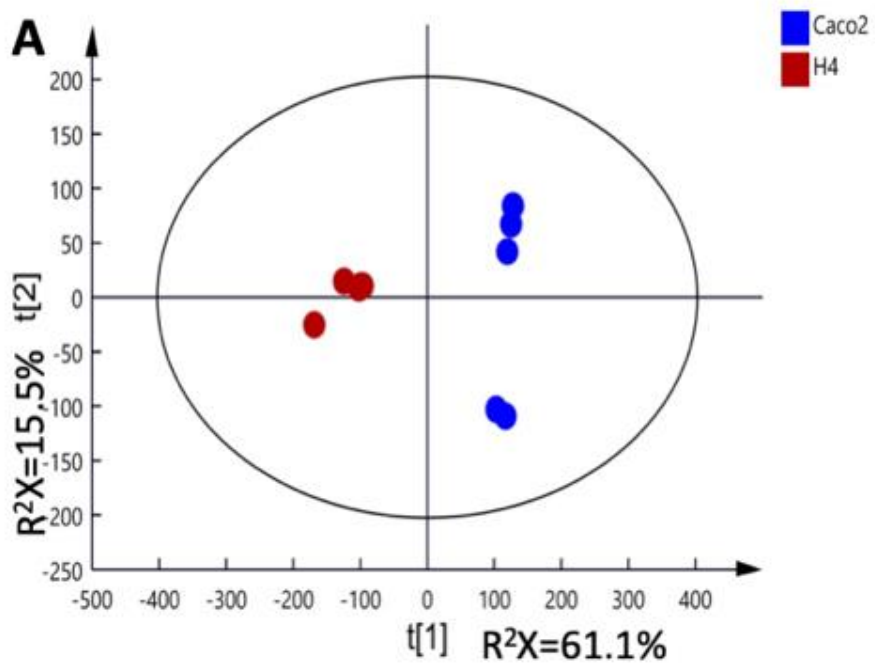


Figure S6. Principal components analysis (PCA) scores plot of ^1H -NMR spectra of media samples (A, DMEM culture media; B, RPMI culture media) from 10 million cell culture with 5 replicates per cell type. R^2X represents the fraction of variation in the NMR spectral data (R^2X) modelled by each of the principal components.

Table S1. Metabolites assignment from cell (C) and media (M) sample.

| Metabolites | $\delta^1\text{H}$ (multiplicities) | Sample type |
|-------------------------------|--|-------------|
| Acetate (Ace) | 1.92 (s) | C, M |
| Acetone (AC) | 2.24 (s) | M |
| Alanine (Ala) | 1.48 (d); 3.78 (q) | C, M |
| Asparagine (Asn) | 2.86 (dd); 2.96 (dd); 4.00 (dd) | C |
| Aspartate (Asp) | 2.69 (m); 2.82 (dd); 3.90 (m) | C |
| Choline (Cho) | 3.21 (s); 3.53 (m); 4.07 (m) | C |
| Citrate (Cit) | 2.53 (dd); 2.69 (dd) | M |
| Creatine (Cre) | 3.04 (s); 3.93 (s) | C |
| Formate (FA) | 8.46 (s) | C, M |
| Fumarate (Fum) | 6.52 (s) | C |
| Glucose (Glc) | 3.25 (t); 3.39-3.55 (m); 3.69-3.93 (m); 4.65 (d); 5.24 (d) | M |
| Glutamate (Glu) | 2.07 (m); 2.12 (m); 2.36 (m); 3.77 (m) | C, M |
| Glutamine (Gln) | 2.14 (m); 2.44 (m); 3.77 (m) | C, M |
| Glutathione (GSH) | 2.17 (m); 2.56 (m); 2.96 (m); 3.78 (m); 4.56 (t) | C |
| Glycerol phosphocholine (GPC) | 3.23 (s); 3.60 (dd); 3.68 (t); 3.72 (dd); 3.89 (m); 4.32 (t) | C |
| Glycine (Gly) | 3.56 (s) | C, M |
| Histidine (His) | 3.14 (dd); 3.25 (dd); 3.99 (dd); 7.08 (s); 7.84 (s) | C, M |
| Hypoxanthine (Hyp) | 8.20 (s); 8.21 (s) | C |
| Isoleucine (Ile) | 0.94 (t); 1.01 (d); 1.27 (m); 1.48 (m); 1.99 (m); 3.67 (m) | C, M |
| Isopropanol (IPA) | 1.18 (dd); 4.03 (m) | M |
| Lactate (Lac) | 1.33 (d); 4.11 (q) | C, M |
| Leucine (Leu) | 0.96 (d); 0.97 (d); 1.69 (m); 1.71 (m); 3.74 (t) | C, M |
| Lysine (Lys) | 1.48 (m); 1.72 (m); 1.91 (m); 3.03 (t); 3.76 (t) | C, M |
| Methanol (MeOH) | 3.36 (s) | C |
| Methionine (Met) | 2.14 (s); 2.16 (m); 2.65 (t); 3.86 (m) | C |
| Myo-inositol (MI) | 3.28 (t); 3.53 (dd); 3.62 (t); 4.06 (t) | C |
| Phenylalanine (Phe) | 3.13 (dd); 3.28 (dd); 3.98 (dd); 7.33 (m); 7.38 (m); 7.43 (m) | C, M |
| Phosphocholine (ChoP) | 3.22 (s); 3.60 (m); 4.17 (m) | C |
| Pyroglutamate (PCA) | 2.04 (m); 2.41 (m); 2.51 (m); 4.18 (m) | M |
| Pyruvate (P) | 2.38 (s) | M |
| Serine (Ser) | 3.85 (dd); 3.95 (dd); 3.99 (dd) | C |
| Succinate (Suc) | 2.41 (s) | C, M |
| Taurine (Taur) | 3.25 (t); 3.41 (t) | C |
| Threonine (Thr) | 1.33 (d); 3.59 (d); 4.26 (m) | C, M |
| Trehalose (Tre) | 3.46 (m); 3.67 (m); 3.76 (m); 3.85 (m); 5.20 (d) | C |
| Tryptophan (Trp) | 3.32 (m); 3.49 (m); 4.05 (m); 7.20 (t); 7.29 (t); 7.33 (s); 7.54 (d); 7.74 (d) | C, M |
| Tyrosine (Tyr) | 3.06 (dd); 3.15 (dd); 3.94 (dd); 6.90 (d); 7.20 (d) | C, M |
| Uracil (Ura) | 5.81 (d); 7.54 (d) | C |
| Uridine (Urd) | 3.81 (d); 3.92 (d); 4.11 (m); 4.23 (t); 4.36 (t); 5.90 (d); 5.92 (d); 7.90 (d) | C |
| Valine (Val) | 0.99 (d); 1.04 (d); 2.27 (m); 3.61 (d) | C, M |

Abbreviation: S, singlet; d, doublets; t, triplets; q, quartets; dd, double of doublets; m, multiplets.