

**Supplementary Table 1. LC-MS/MS parameters.**

<b>COMPOUND</b>	<b>Parent Ion</b>	<b>Daughter Ion</b>	<b>Collision Energy (eV)</b>
Glucose-6-phosphate	259.0	97.0	15
Fructose-6-phosphate	259.0	97.0	13
Fructose-1,6-bisphosphate	339.0	97.0	19
3-Phosphoglycerate	185.0	97.0	14
Phosphoenolpyruvate	167.0	78.8	11
Pyruvate	87.0	43.1	8
Lactate	89.0	43.3	9
Oxaloactate	131.0	87.0	8
Citrate	191.0	111.0	11
$\alpha$ -ketoglutarate	145.0	101.0	7
Succinate	117.0	73.0	10
Fumarate	115.0	71.0	6
Malate	133.0	115.0	9
Alanine	88.0	88.0	1
6-Phosphogluconate	275.0	97.0	15
Ribose-5-phospate	229.0	97.0	10
NADPH	744.0	664.1	35