



Figure S5 A series of fast Fourier transforms to detect the period of metabolite usage in the *R*₁₉, KEGG carbon, nitrogen, and oxygen distributions. The highest peak of each period is labeled with the value. **(A)** *R*₁₉ model. **(B)** KEGG carbon. **(C)** KEGG hydrogen. **(D)** KEGG oxygen.