

Table S1. Specific growth rates (μ) of *Melosira nummuloides* in different media. Different letters in the same row indicate statistically significant differences ($p < 0.05$).

Interval (d)	Control	MOM-MS	MOM-FS
0–1	0.39 ± 0.03^a	0.59 ± 0.04^b	0.57 ± 0.05^b
1–2	0.27 ± 0.06^a	0.02 ± 0.03^b	0.06 ± 0.06^b
2–3	0.15 ± 0.03^a	0.25 ± 0.03^a	0.17 ± 0.05^a
3–4	-0.07 ± 0.04^a	0.06 ± 0.02^b	0.14 ± 0.03^b
0–4	0.19 ± 0.01^a	0.23 ± 0.0^b	0.23 ± 0.01^b