

All samples were flash frozen and stored at -80 °C until they were ready for shipping on dry ice to Metabolon Inc. for global metabolomic quantification. At Metabolon Inc., the flash-frozen *Sarcophaga bullata* were homogenized into a powder, thoroughly mixed, and 500 mg weighed out for analysis. Recovery standards were added prior to the extraction process for quality control (QC). A series of proprietary organic and aqueous extractions were performed with vigorous shaking to remove protein, dissociate small molecules bound to protein or trapped in precipitated protein matrix, and to recover the chemically diverse metabolites. The extract was centrifuged and the supernatant removed for analysis on liquid chromatography (LC) and gas chromatography (GC) platforms. Organic solvents were removed and each sample was frozen and dried under vacuum.

Adapted from: Mrinalini et al. 2015. Parasitoid venom induces metabolic cascades in fly hosts. *Metabolomics* 11(2) 350-366.