

**Supplementary Table S1.****RNA and DNA quantifications.**

Timepoint	Sample	Nanodrop	Qubit RNA	Qubit DNA
T0	<i>B. longum</i> W11 (Ctrl)	383	154	14
T16	<i>B. longum</i> W11 (Ctrl)	97	94	11.7
	<i>B. longum</i> W11 (Ara)	42.6	25	11.1
	<i>B. longum</i> W11 (Glu)	39	25.6	11.2
T24	<i>B. longum</i> W11 (Ctrl)	96.7	124	17.8
	<i>B. longum</i> W11 (Ara)	132	98.8	22.4
	<i>B. longum</i> W11 (Glu)	118	100	17.5
T48	<i>B. longum</i> W11 (Ctrl)	39.7	25.2	1.57
	<i>B. longum</i> W11 (Ara)	171.4	120	10.4
	<i>B. longum</i> W11 (Glu)	244.2	254	16.3

RNA quantification was obtained by using Nanodrop and QUBIT fluorometers. Equal amounts of RNA were then retro transcribed into cDNA for the qPCR analyses and 1 ng of cDNA was used for all qPCR reactions. Ctrl: control; Ara: arabinan; Glu: glucose. Values are expressed as ng/ $\mu$ l.