**Fig. S3**  The effect of varying cell number densities on the spike frequency for $^{31}$P in a 60 s measurement at 10 µL min$^{-1}$ (i.e., 10 µL). Y error bars were calculated from the RSD of the number of spikes for $^{31}$P; X error bars were calculated from the RSD of the number of cells per 10µL of each suspension.