**Supplementary Table 3.** Analysis of negative controls (NCs) prepared with 12-cycle and 15-cycle “limited-cycle” PCR (A and B, respectively). Numbers in square brackets designate the quantity of each NC type that was analysed (8 and 6 in total, for 12 cycles and 15 cycles, respectively). NC-EX = extraction negative control; NC-PCR = long-range mtDNA enrichment PCR negative control; NC-LIB = library preparation negative control; DP = read depth (number of reads); Min = minimum; Max = maximum; SD = standard deviation.

### A

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### B

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