

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

	NC-EX [4]	NC-PCR [2]	NC-LIB [2]	Cumulative NCs [8]
Min DP	2	2	2	2
Max DP	46	15	14	46
Average DP	4	4	4	4
SD	3	2	4	3
Total positions	19 986	13 245	12 124	45 355

B

	NC-EX [3]	NC-PCR [2]	NC-LIB [1]	Cumulative NCs [6]
Min DP	2	2	2	2
Max DP	26	19	17	26
Average DP	6	5	5	6
SD	4	3	3	3
Total positions	23 780	10 794	9 646	44 220