



**Fig. S1.** Example of  $\delta^{13}\text{C}$  in the exhaled breath of one male (M) and one female (F) adult moths fed nectars enriched with one of three  $^{13}\text{C}$ -amino acid tracers (six individuals total). The horizontal axis indicates the background  $\delta^{13}\text{C}$  value of control moths fed the standard diet without  $^{13}\text{C}$ -tracers. A less negative number indicates more tracer. Abbreviations: Leu- leucine; Phe- phenylalanine; Gly- glycine.