

Appendix S4: Picture of the gel electrophoresis obtained after PCR with NoSpi2/BR2. Eph1: Ephemeroptera (Baetidae), Eph2: Ephemeroptera (Leptoplebiidae), Eph3: Ephemeroptera (Leptoplebiidae), Megalo: Megaloptera, Carab2: Carabidae (*Bembidion* sp.), Carab3: Carabidae (*Elaphrus riparius*), Pardo abdo: starved Pardosa abdomen

