

Supplementary Information for:

Accurate biometal quantitation per individual *Caenorhabditis elegans*

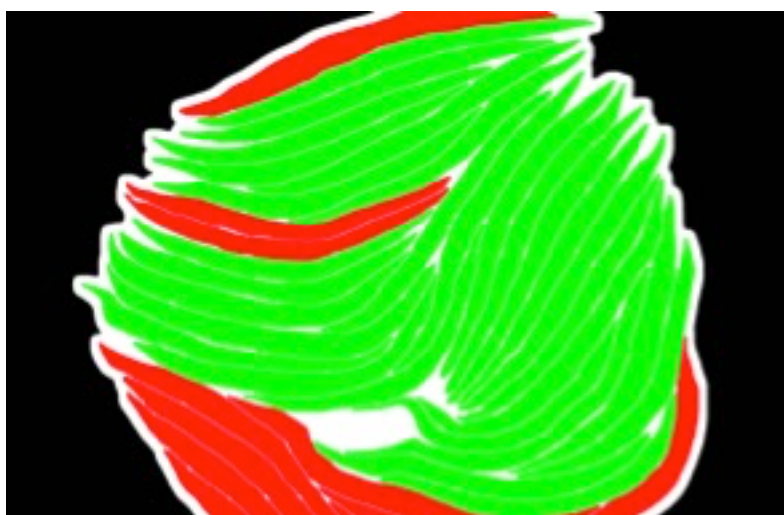
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Supplementary Table 1. Agilent 7700 ICP-MS operating parameters using ^{89}Y as an internal standard for all measurements.

RF power	1550 W
Sampling depth	8.0 mm
Carrier gas	0.95 L min ⁻¹
Makeup gas	0.20 L min ⁻¹
Spray chamber temperature	7 °C
Extracts 1,2	-12, -200 V
Omega bias, lens	-95, 8.3 V
Deflect, plate bias	2.2, -60 V
Cell entrance, exit	-38, -68 V
Quadrupole bias, RF	-18.0, 200 V
Collision gas	He, 3.4 mL min ⁻¹
Measured masses	55, 56, 63, 66, 89

Supplementary Table 2. Limit of detection (LOD), limit of quantitation (LOQ) and background equivalent concentration (BEC) for all measured elements, data reported as $\mu\text{g L}^{-1}$.

Element	LOD	LOQ	BEC
Mn	0.06	0.20	0.02
Fe	0.66	2.18	1.21
Cu	0.004	0.02	0.08
Zn	0.53	1.78	0.709



Supplementary Figure 1. A post-measurement mask was used to distinguish complete, non-overlapping *C. elegans* adults (green, $n = 29$) from background (black). Incomplete individuals, or those used for other studies (red, $n = 11$) were excluded from further analysis in this study. The total scan size of 5,120,000 pixels comprised background (2,515,155 pixels), included *C. elegans* (1,729,157 pixels) and excluded *C. elegans* (475,262 pixels).