

Figure S1 Washing procedure administered to toenail and hair samples. For toenails, the decanted supernatants of steps 1-5 were pooled to form the initial rinse fraction. The supernatant from step 6 was retained separately to form the final rinse fraction. Both were analysed for total As by ICP-MS.

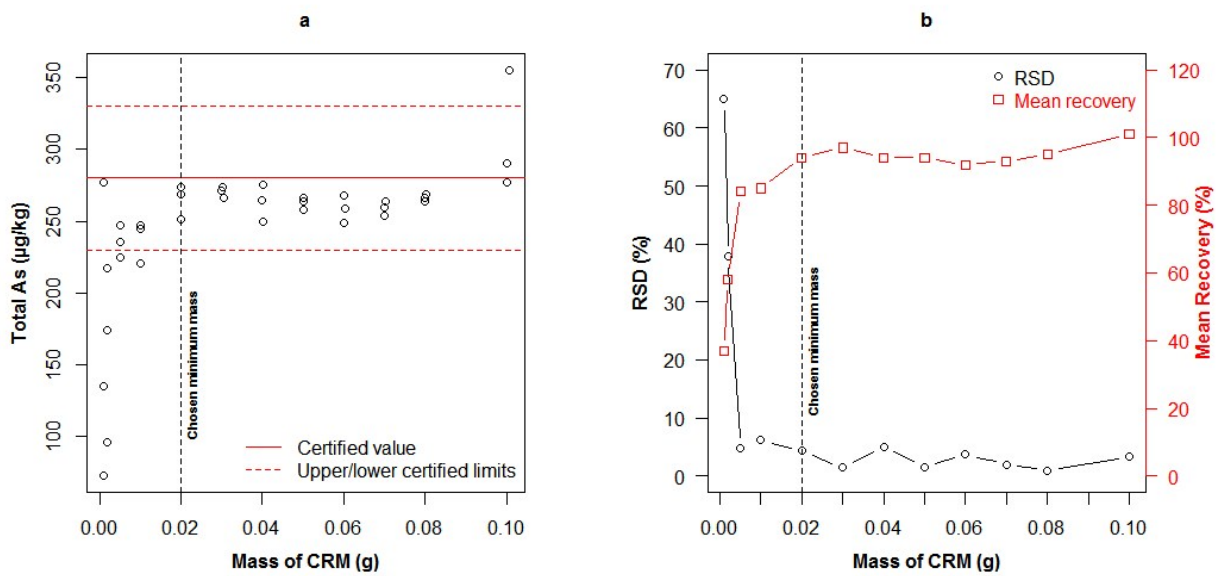


Figure S2 Determination of the minimum mass required for the analysis of toenail and hair samples. Triplicate samples of certified reference material (CRM) NC DC 73347 Human Hair were digested and analysed at decreasing mass increments. The criteria used to establish a cut-off mass were: measurement within certified limits (a); mean recovery (red axis) and precision (relative standard deviation (RSD)) (b).