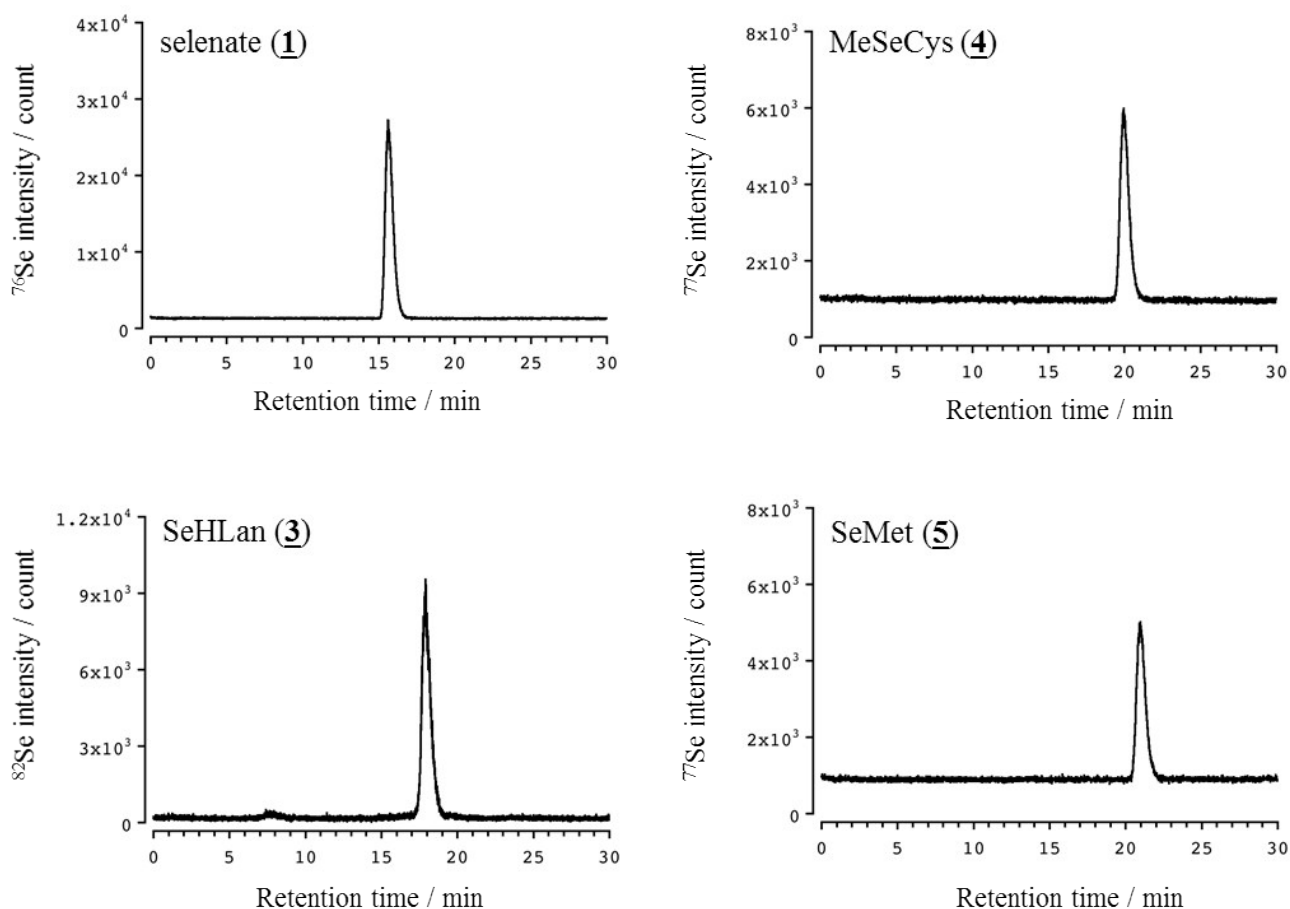


### Supplementary Information



**Figure S1.** Elution profiles of Se in each  $1.0 \mu\text{g Se mL}^{-1}$  solution of selenate (**1**), SeHLan (**3**), MeSeCys (**4**) and SeMet (**5**). The standard solution was applied to HPLC equipped with a multi-mode size exclusion HPLC column (GS-320HQ). The column was eluted with 50 mM ammonium acetate, pH 6.5, at the flow rate of  $0.6 \text{ mL min}^{-1}$ . The eluate was directly introduced into the nebulizer of ICP-MS to detect Se at  $m/z$  76, 77 or 88 for monitoring of Se.