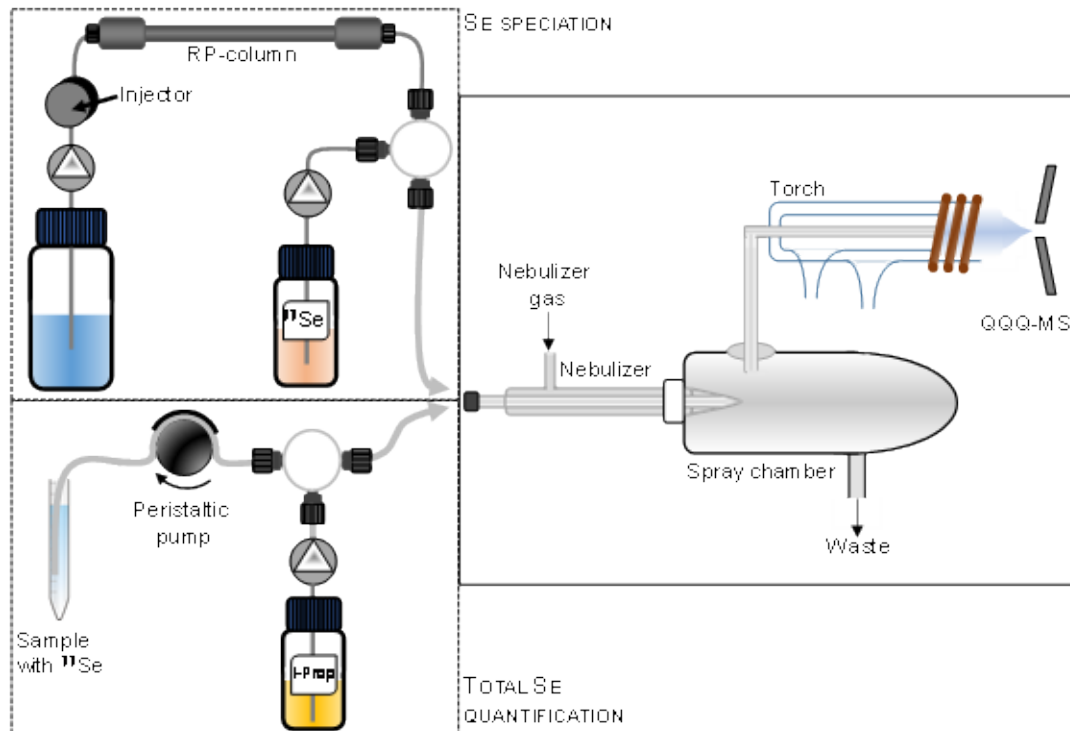
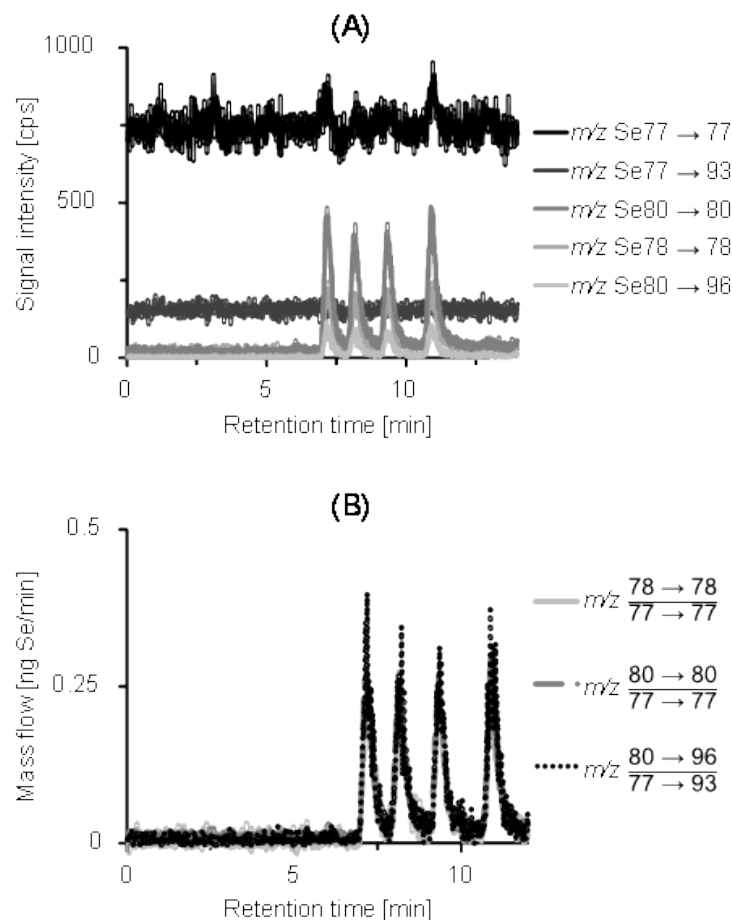


Supplementary figure 1



Supplementary figure 1: Instrumental set-up for Se speciation and total Se quantification using ID-(HPLC)-ICP-QQQ-MS.

Supplementary figure 2



Supplementary figure 2: Standard reference chromatogram of 5 $\mu\text{g/L}$ MeSeCys (7.3 min), TMSe (8.4 min), SeMet (9.6 min) and SeSugar 1 (11.1 min) (A) and the corresponding mass flow chromatogram (B). Chromatographic separation was performed on a YMC-TriartPFP column (3 μm , 3 x 250 mm) at 30 $^{\circ}\text{C}$ with 250 $\mu\text{L/min}$ 20 mM ammonium formate (pH 3, 3% methanol) as mobile phase.