## Supplementary data

Mineral	LoD (µg/100g)
Ca	16.65
Mg	1.55
Cu	0.09
Mn	0.04
Zn	0.21
Fe	4.86
Мо	0.02
Se	0.69

Table S1. Limits of detection (LoD) for the 8 minerals determined\*

\* \* The ICP-MS instrument was equipped with a MicroMist<sup>TM</sup> nebulizer (Glass Expansion, Port Melbourne, Australia), standard Peltier-cooled baffled cyclonic spray chamber, quartz torch and two-cone interface design (nickel sample and skimmer cones). High-purity (99.9997%) argon was used as the nebulizer and plasma gas. The ICP-MS instrument was operated under the following conditions: RF power, 1550 W; argon flow rate, 14 L/min; auxiliary argon flow rate, 0.8 L/min; nebulizer flow rate, 1.04 L/min.

**Table S2**. Results obtained from the analysis of the certified reference material BCR 679 (mean $\pm$ SD; *n*=3)

Element Certified value $\pm$ uncertainty ( $\mu$ g/g)	Certified value + uncertainty $(\mu\sigma/\sigma)$	Determined value ± standard deviation
	$(\mu g/g)$	
Са	7768±655	7729±186
Mg	1362±127	1338±36
Fe	55.0±2.5	54.4±4.2
Mn	13.3±0.5	13.4±0.5

Cu	2.89±0.12	2.81±0.22
Мо	14.8±0.5	14.7±0.1
Zn	79.7±2.7	79.3±4.0