

### Supplementary information

**Fig. SI-1.** Detection of  $^{57}\text{Fe}$  citrate/malate complexes by HILIC – ICP MS (left panels), and ESI MS (combined extracted ion chromatogram of 1 -  $\text{Fe}_3\text{Cit}_2\text{Mal}_2$ , 2 -  $\text{Fe}_3\text{Cit}_3\text{Mal}_1$ , 3 -  $\text{Fe}_3\text{Cit}_1\text{Mal}_3$  ions).  $100\ \mu\text{g L}^{-1}$  of  $^{57}\text{Fe}$  added. The Fe/Mal/Cit ratios are given in each of the individual panels.