

Supplementary Material

Supplementary Table 1 Composition of two food-derived oligopeptide iron chelates

Group	Iron content (mg/kg)	Moisture content (%)	Ash content (%)	Protein content (%)	Peptide content (%)	<1000u Proportion of protein hydrolyzate (%)
MCOP-Fe	1750.0	4.7	1.4	106.3	91.0	98.4
WPP-Fe	1010.0	3.7	2.5	62.7	73.8	71.3

MCOP-Fe, marine fish oligopeptide iron chelate; WPP-Fe, whey protein oligopeptide iron chelate.