

Supplementary Material 3

Supplementary Figure S3. XRF spectra confirming phytate–mineral complexes.

(a) Phytate–Ca²⁺, (b) Phytate–Fe²⁺/Fe³⁺, (c) Phytate–Zn²⁺, and (d) Phytate–Na⁺ complexes. Elemental peaks (P and respective metals) confirm mineral incorporation.

