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| **Supplementary Table S2. Quality Control (QC) results (average result [ng g-1]/expected result [ng/g]/standard deviation) and average digest blanks (ng g-1) for inorganic elements measured using ICP-MS**  |
| Average QC Results (ppb) |
| SRM1577 |
| Co | 3.0/3.0/0.1 |
| Cu | 2760/2759/101 |
| Fe | 1960/1957/75 |
| Zn | 1750/1750/86 |
| Mn | 102/102/4.4 |
| Se | 19.0/19.3/0.85 |
| SRM2976 |
| As | 146/146/5.8 |
| Cd | 8.8/8.8/0.60 |
| Cu | 41.0/41.0/1.72 |
| Fe | 1818/1818/99 |
| Pb | 12.6/12.6/0.77 |
| Hg | 0.92/1.1/0.38 |
| Se | 19.3/19.3/0.95 |
| Zn | 1478/1478/80.8 |
| QC-160 |
| As | 104/89/5.4 |
| Cd | 102/89/6.5 |
| Pb | 101/89/6.2 |
| Se | 95/88/3.6 |
| Tl | 103/91/6.0 |
| Average Digest Blanks (ppb) |
| As | 0.04 |
| Pb | 0.11 |
| Hg | 0.78 |
| Tl | 0.13 |
| Cd | 0.08 |
| Se | 0.13 |
| Fe | 0.67 |
| Cu | 0.34 |
| Zn | –13.7 |
| Mn | 1.81 |
| ICP-MS **=** inductively-coupled plasma mass spectrometry |