**Table S7:** Analytical quality control programme for the determination of essential and toxic metal concentrations (µg/ L).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Detection limits (µg/ L)** |  | **Certified reference materials (CRMs)** | |
|  | **SRM 1515** | |
|  | **Certified levels**  **(mg/ kg)\*** | **% recovery** |
| **As** | 0.01 |  | 0.038±0.007 | 96 |
| **Ca** | 6.01 |  | 1.526±0.015 | 101 |
| **Cd** | 0.03 |  | 0.013±0.002 | 91 |
| **Co** | 0.02 |  | (0.09) | 103 |
| **Cr** | 0.03 |  | (0.3) | 139 |
| **Cu** | 0.04 |  | 5.64±0.24 | 96 |
| **Fe** | 1.02 |  | 83±5 | 97 |
| **Hg** | 0.03 |  | 0.044±0.004 | 89 |
| **Mg** | 0.44 |  | 0.271±0.008 | 106 |
| **Mn** | 0.03 |  | 54±3 | 119 |
| **Mo** | 0.12 |  | 0.094±0.013 | 101 |
| **Ni** | 0.02 |  | 0.91±0.12 | 116 |
| **P** | 2.85 |  | 0.159±0.011 | 101 |
| **Pb** | 0.04 |  | 0.470±0.024 | 104 |
| **Se** | 0.17 |  | 0.050±0.009 | 106 |
| **Sr** | 0.02 |  | 25±2 | 118 |
| **Zn** | 0.54 |  | 12.5±0.3 | 81 |
|  |  |  | **BCR 279** | |
|  |  |  | **Certified levels**  **(mg/kg)** | **% recovery** |
| **I** | 1.70 |  | (154) | 86 |

\* values in brackets are indicative values in the CRM.