

Supplementary Table S1. The operating conditions and instrumental parameters for silicon determination in food and plasma samples by graphite furnace atomic absorption spectrometry (GF-AAS).

Operating conditions	Temperature (°C)	Ramp time (s)	Hold time (s)	Gas
Food samples				
Dry	110	1	30	Argon
	130	15	50	Argon
Pyrolyze	1250	10	20	Argon
Atomize	2450	0	5	-
Clean	2550	1	3	Argon
Plasma samples				
Dry	110	1	5	Argon
	130	30	40	Argon
	300	20	5	Argon
Mineralize	550	20	15	Air
	550	1	15	Argon
Pyrolyze	1100	5	10	Argon
	1250	1	30	Argon
Atomize	2450	0	5	-
Clean	2550	1	3	Argon
<i>Instrumental parameters</i>				
Wavelength		251.61 nm		
Slit width		0.2 nm		
Lamp energy		63 mA		
Measurement mode		Area under the peak		
Characteristic mass		42 pg		
Gas flow		250 mL/min		