

SUPPORTING INFORMATION

In Vitro Assessment of the Physiologically Relevant Oral Bioaccessibility of Metallic Elements in Edible Herbs Using the Unified Bioaccessibility Protocol

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Table S1. Composition of the digestive fluids used in the *in-vitro* UBM bioaccessibility method. Concentrations are in g/L unless otherwise stated.

		Salivary fluid	Gastric fluid	Duodenal fluid	Bile
Inorganic salts	KCl	1.8	1.6	1.13	0.8
	NaCl	0.6	5.5	14.0	10.5
	NH ₄ Cl	-	0.6	-	-
	CaCl ₂	-	0.8	0.4	0.4
	MgCl ₂	-	-	0.1	-
	NaH ₂ PO ₄	1.8	0.5	-	-
	KH ₂ PO ₄	-	-	0.16	-
	KSCN	0.4	-	-	-
	NaHCO ₃	3.4	-	6.7	11.6
	NaSO ₄	1.1	-	-	-
	HCl (% w/v)	-	1.3	0.04	0.03
Organic compounds	Urea	0.4	0.2	0.2	0.5
	Uric acid	0.03	-	-	-
	Glucose	-	1.3	-	-
	Glucuronic acid	-	0.04	-	-
	Glucosamine hydrochloride	-	0.7	-	-
Enzymes	α -Amylase	0.5	-	-	-
	Mucin	0.05	6.0	-	-
	BSA	-	2.0	2.0	3.6
	Pepsine	-	5.0	-	-
	Pancreatin	-	-	18.0	-
	Lipase	-	-	3.0	-
	Bile	-	-	-	6.0

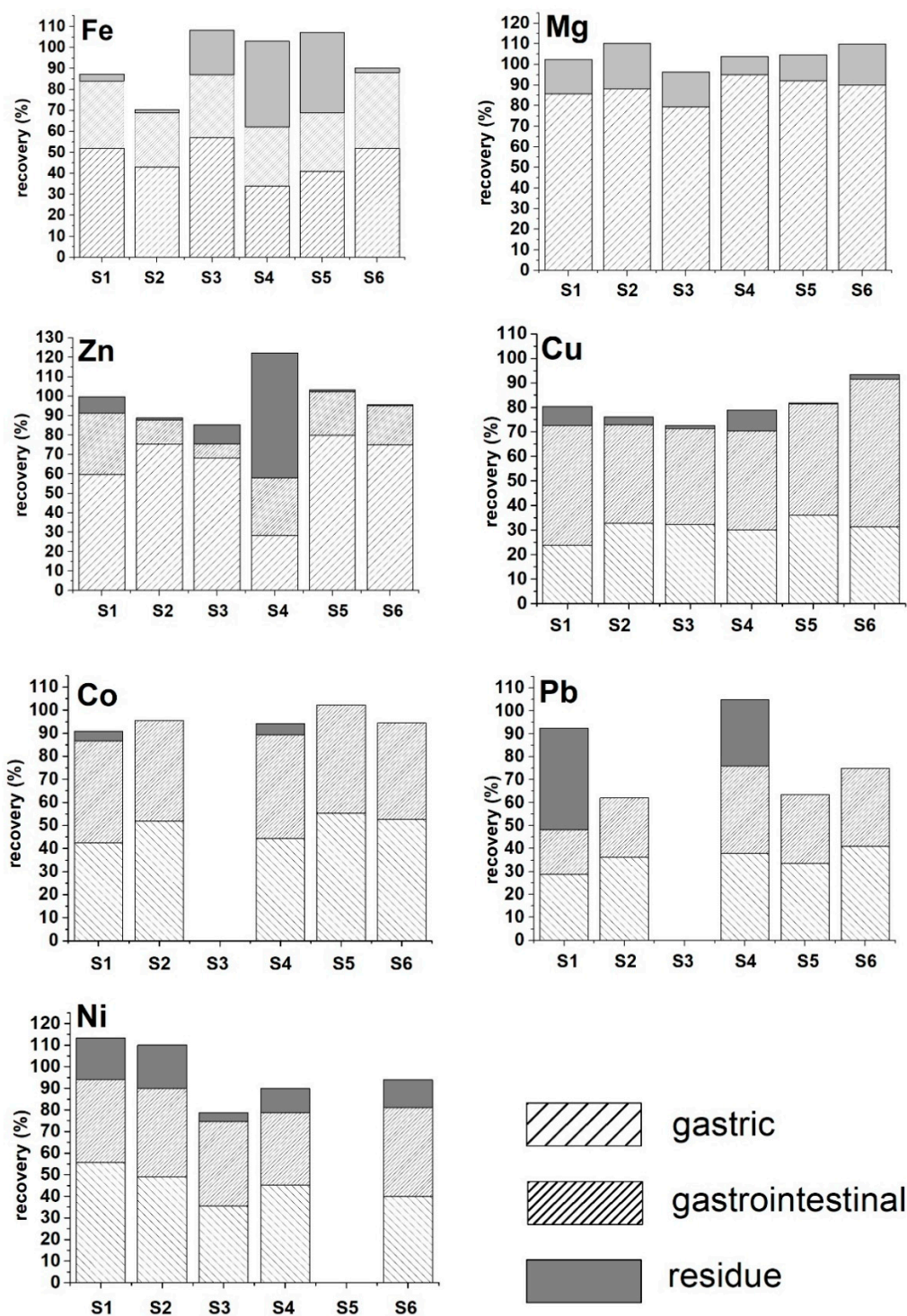


Figure S1. Recovery (%) of essential elements and toxic metal ions in herbs. Patterns inside the bar blots show bioaccessible fraction (BF, %) in the gastric and gastrointestinal phases and the residual amount remaining after digestion. S1: Parsley, S2: Dill, S3: Spearmint, S4: Oregano, S5: Thyme, S6: Rosemary.