

Supplementary Table 1. Chemical composition of seaweeds, *Chondrus crispus* and *Ascophyllum nodosum*, in 100 grams of fresh weight.

Parameters	<i>Chondrus crispus</i>	<i>Ascophyllum nodosum</i>
Aspartic Acid (%)	1.44	0.53
Threonine (%)	0.63	0.25
Serine (%)	0.67	0.27
Glutamic Acid (%)	1.78	0.71
Glycine (%)	0.72	0.30
Alanine (%)	0.84	0.34
Valine (%)	0.71	0.27
Methionine (%)	0.28	0.11
Isoleucine (%)	0.59	0.26
Leucine (%)	0.96	0.38
Tyrosine (%)	0.36	0.12
Phenylalanine (%)	0.84	0.24
Lysine (%)	0.81	0.30
Histidine (%)	0.22	0.07
Arginine (%)	0.94	0.22
Proline (%)	0.70	0.25
Hydroxyproline (%)	<0.01	ND
Cystine (%)	0.28	0.07
Tryptophan (%)	0.17	0.06
Calcium (%)	0.39	1.28
Potassium (%)	4.11	2.14
Magnesium (%)	0.72	0.81
Phosphorous (%)	0.27	0.09
Sodium (%)	4.65	3.12
Copper (ppm)	< 5.00	< 5.00
Manganese (ppm)	84.95	23.98
Zin (ppm)	14.11	44.64
Crude Fat (%)	0.11	2.46
Crude protein (%)	19.31	5.2
Dry matter (%)	92.54	87.29