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Table S1. Micronutrient recommended daily allowances (RDAs) and 15% of the RDAs.

Micronutrient	RDAs¹	15 % RDAs
Potassium	3.5 g	0.52 g
Magnesium	300 mg	45 mg
Calcium	800 mg	120 mg
Vitamin C	60 mg	9 mg

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¹ According to the European Council (90/496/EEC). *Off. J. Eur. Union* **1990**, 33, 18–63.