

Supplementary table S1. Proximate chemical analysis of seaweed (g 100 g⁻¹ dry weight)

| | EA | MP | PC | SH |
|---------------|-----------|-----------|-----------|-----------|
| Carbohydrates | 41.31 | 34.72 | 57.39 | 41.47 |
| Protein | 11.30 | 7.64 | 8.72 | 7.53 |
| Lipids | 1.28 | 0.77 | 0.60 | 0.62 |
| Fiber | 8.86 | 13.13 | 14.46 | 8.47 |
| Ashes | 24.64 | 33.2 | 12.81 | 33.57 |
| Humidity | 10.63 | 10.36 | 6.03 | 8.33 |
| Nitrogen | 2.1 | 1.42 | 1.62 | 1.4 |