

Table S1. Element content of tested samples (n=33) of spirulina supplements - results of statistical analysis

Elements	Mean	Median	Min.	Max.	Lower quartile	Upper quartile	Standard deviation
Ca	8554.46	2098.99	761.191	76781.53	1457.54	5817.82	17869.90
Fe	664.80	531.85	212.228	2785.82	453.93	716.84	436.81
Mg	3726.32	3452.96	2134.017	11067.04	2952.04	4001.51	1283.81
K	14274.26	14234.06	9019.566	38335.28	11971.98	16074.77	3628.57
Na	13439.40	12663.36	3102.046	36144.06	8920.65	18298.93	6793.01
Sr	42.83	28.99	6.784	258.42	19.50	43.60	45.59
Zn	45.96	28.33	7.068	322.14	14.95	39.83	71.57
P	15149.59	11918.54	7196.181	70759.49	10890.38	12834.56	13024.69
Se	0.31	0.12	0.031	5.69	0.08	0.19	0.91

Table S2. Element content in spirulina supplements depending on the form of the supplement

Elements	Powder (n=7)				Tablets (n=26)				p value
	Mean	Median	Min.	Max.	Mean	Median	Min.	Max.	
	Elements content [mg/kg]								
Ca	4278.25	2259.87	761.19	9939.64	9705.75	2070.27	870.892	76781.53	0.267682
P	11225.16	11169.18	7196.18	15075.24	16206.17	11924.94	8398.983	70759.49	0.120306
Mg	4151.03	3936.22	2610.30	11067.04	3611.98	3292.01	2134.017	7307.01	0.010622*
K	16686.65	15451.00	13308.13	38335.28	13624.77	13504.60	9019.566	21282.61	0.001389*
Na	9868.43	8938.04	3524.14	20874.32	14400.81	14488.87	3102.046	36144.06	0.008072*
Fe	673.10	619.95	461.07	1162.29	662.57	502.91	212.228	2785.82	0.042945*
Zn	22.73	19.15	8.95	44.88	52.21	29.11	7.068	322.14	0.081545
Se	0.13	0.12	0.06	0.22	0.36	0.12	0.031	5.69	0.700103
Sr	48.73	35.63	18.19	128.25	41.24	24.84	6.784	258.42	0.099426

*p < 0.05 - statistically significant difference

Table S3. Element content of spirulina supplements depending on cultivation method

Elements	Conventional growing (n=23)				Organic growing (n=10)				p value
	Mean	Median	Min.	Max.	Mean	Median	Min.	Max.	
	Elements content [mg/kg]								
Ca	11269.39	2177.70	761.191	76781.53	2310.14	1806.04	870.89	7299.05	0.032089*
P	16314.46	11390.71	7196.181	70759.49	12470.40	12422.23	11197.84	15266.86	0.028598*
Mg	3643.43	3452.96	2134.017	11067.04	3916.98	3458.95	2675.01	7307.01	0.160094
K	14004.90	13670.57	9019.566	38335.28	14893.80	14808.00	10696.17	17856.83	0.032089*
Na	13610.53	12541.19	3524.137	36144.06	13045.78	15012.96	3102.05	20201.21	0.924177
Fe	647.91	505.17	212.228	2785.82	703.66	584.47	453.93	1588.26	0.03088*
Zn	34.35	27.35	7.068	322.14	72.66	30.73	10.68	298.56	0.076691
Se	0.14	0.12	0.038	0.41	0.70	0.12	0.03	5.69	0.831172
Sr	47.00	32.92	6.784	258.42	33.23	19.45	12.74	92.28	0.033331*

*p < 0.05 - statistically significant difference

Table S4. Element content of spirulina supplements in tablets depending on the of cultivation method

Elements	Conventional growing (n=16)				Organic growing (n=10)				p value
	Mean	Median	Min.	Max.	Mean	Median	Min.	Max.	
	Elements content [mg/kg]								
Ca	14328.00	2070.27	1071.932	76781.53	2310.14	1806.04	870.89	7299.05	0.073099
P	18541.02	11488.26	8398.983	70759.49	12470.40	12422.23	11197.84	15266.86	0.058103
Mg	3421.35	3152.82	2134.017	6551.79	3916.98	3458.95	2675.01	7307.01	0.007932*
K	12831.63	12226.07	9019.566	21282.61	14893.80	14808.00	10696.17	17856.83	0.000419*
Na	15247.70	13487.08	3774.737	36144.06	13045.78	15012.96	3102.05	20201.21	0.450316
Fe	636.89	452.89	212.228	2785.82	703.66	584.47	453.93	1588.26	0.001533*
Zn	39.43	28.54	7.068	322.14	72.66	30.73	10.68	298.56	0.215863
Se	0.15	0.12	0.038	0.41	0.70	0.12	0.03	5.69	0.527603
Sr	46.24	28.62	6.784	258.42	33.23	19.45	12.74	92.28	0.103549

*p < 0.05 - statistically significant difference