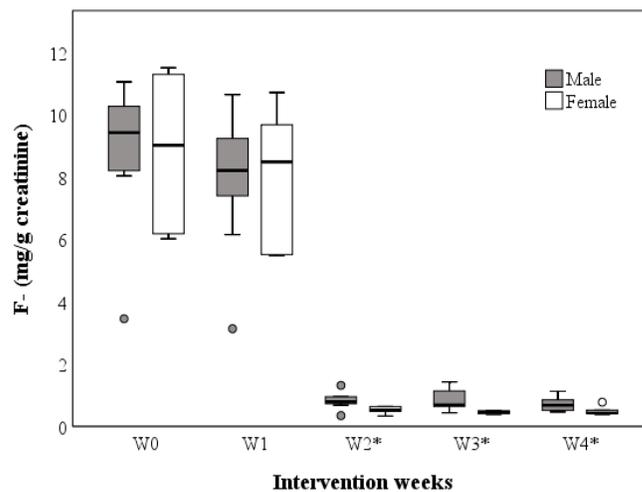
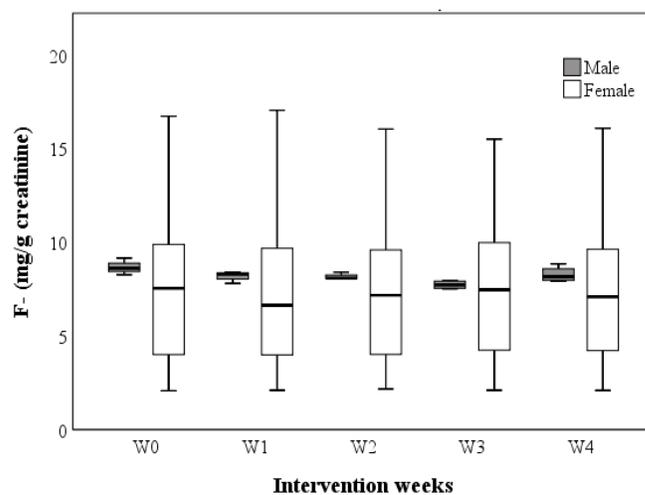


Figure S1. Contribution of food sources in the daily intake of energy, macronutrients, micronutrients and critical nutrients, in participants included in the study. Each color represents a different food source. Vitamin (Vit); Calcium (Ca); Iron (Fe); Magnesium (Mg); phosphorus (P); Sodium (Na); Saturated Fat (SF); Added sugars (AS).



(a)



(b)

Figure S2. Comparison of the concentration of F⁻ (median) by sex. (a) Treated group; (b) Untreated group. W0: baseline; W1: week 1; W2: week 2; W3: week 3; W4: week 4. *Statistically significant difference by sex according to the Mann-Whitney U test with $p < 0.05$

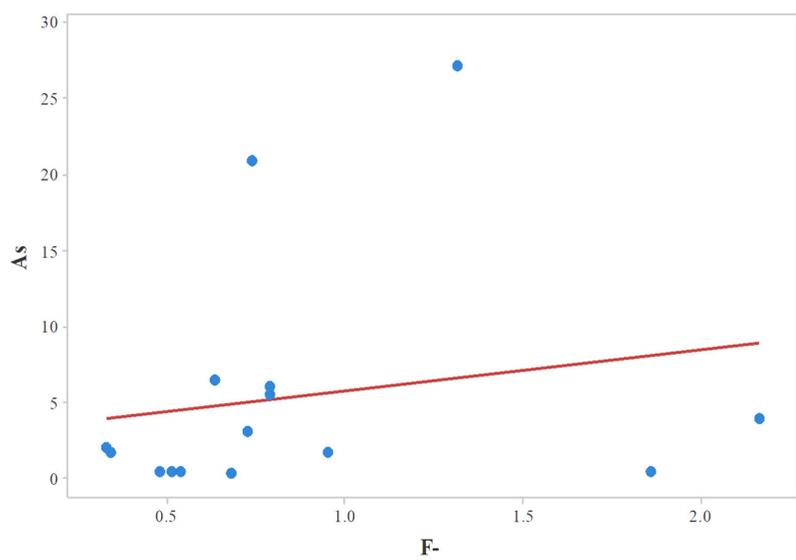


Figure S3. Scatterplot of As concentration (y-axis) vs. concentration of F⁻ (x-axis) excreted in urine at week 2 of treatment. No correlation was found between the variables.