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**Table S1.** Pearson's correlation for antioxidant activities (ABTS and DPPH) versus antioxidant content (Flavonoids, Proanthocyanidins and Polyphenols). Values in bold are significant.

| | ABTS | | DPPH | |
|---|---|---|---|---|
| | r | p | r | p |
| Flavonoids | **0.9898** | 0.0102 | **0.9455** | 0.0545 |
| Proanthocyanidins | **0.9902** | 0.0098 | **0.9471** | 0.0529 |
| Polyphenols | 0.8812 | 0.1188 | 0.8541 | 0.1459 |
| DPPH | **0.9823** | 0.0177 | **---** | --- |

R = correlation coefficient; p= p value

**Figure S1.** Magnification of *Chaetomorpha linum* 1H NMR spectrum.

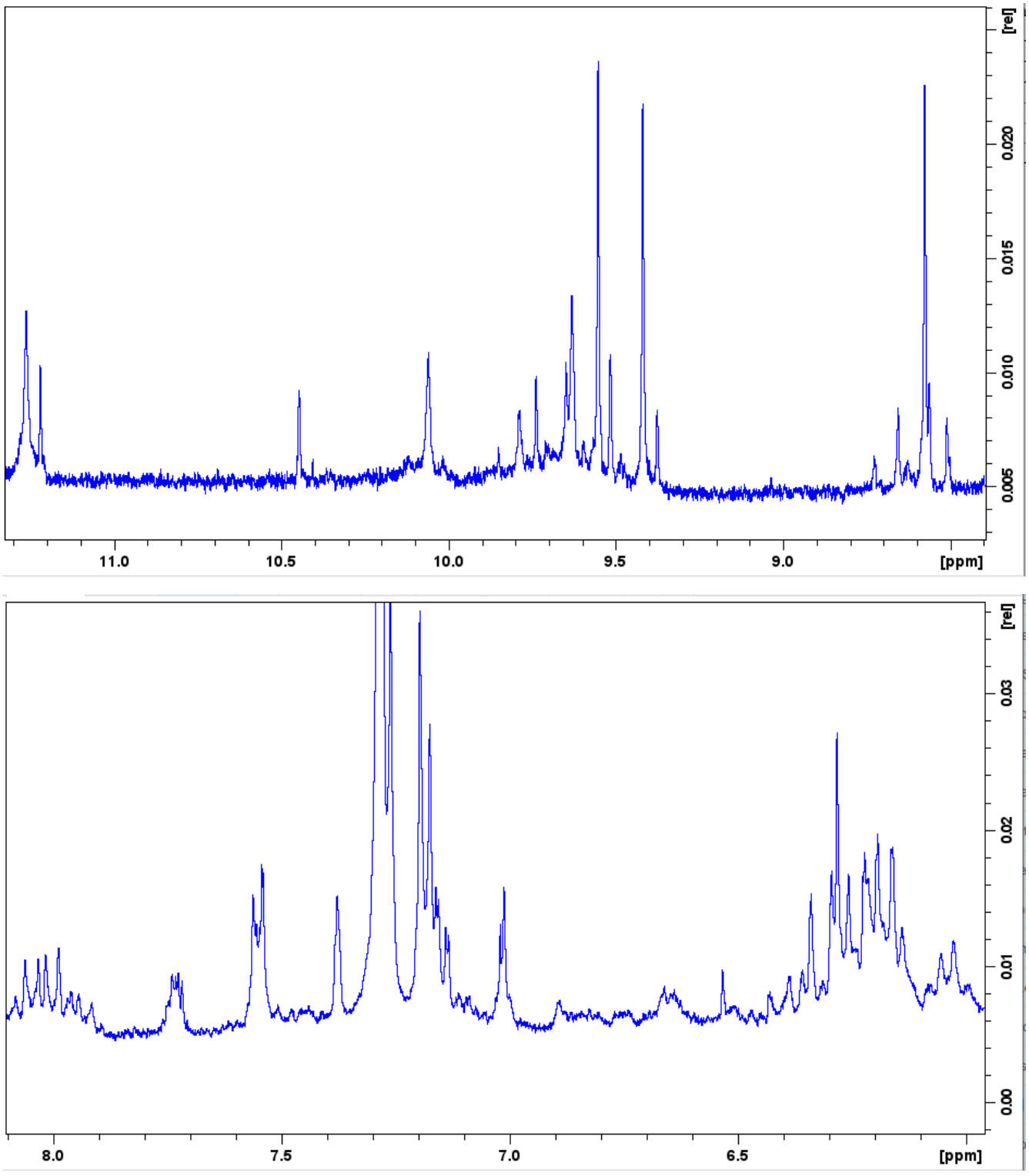


**Table S2.** Aminoacidic composition of *Valonia aegagrophila* (VA), *Chaetomorpha Linum* (CL) Nori (*Porphyra purpurea*, PP) and Kombu (*Saccharina japonica* SJ) compared with FAO/WHO/UNU suggested amino acid requirements in mg/g of protein.

| AA | VA | CL | PP | SJ | FAO/ WHO/ UNU reference protein |
|---|---|---|---|---|---|
| **His** | 5.5 | 3.5 | 13.0 | 24.7 | 19 |
| **Thr** | 45.5 | 35.95 | 47.75 | 49.3 | 34 |
| **Val** | 1.6 | 7.8 | 65.0 | 109.9 | 35 |
| **Met+Cys** | 46.0 | 20.3 | 24.7 | 67.3 | 25 |
| **Lys** | 4.5 | 60.4 | 55.6 | 86.4 | 58 |
| **Ile** | 172.6 | 127.7 | 41.6 | 50.6 | 28 |
| **Leu** | 42.7 | 27.5 | 60.3 | 80.0 | 66 |
| **Phe + Tyr** | 33.4 | 31.3 | 92.7 | 84.3 | 63 |
| **Total EAA** | 294.9 | 288.9 | 339.4 | 481.0 | 328 |
| **Met** | 12.2 | 17.8 | 14.7 | 31.0 | |
| **Cys** | 33.8 | 2.5 | 9.9 | 36.3 | |
| **Phe** | 10.4 | 8.2 | 41.4 | 49.1 | |
| **Tyr** | 23.0 | 23.1 | 51.3 | 35.1 | |