

S1 Fig: XANES of the shoot and root of a dried rice plant treated with 500  $\mu$ g/L Se as Na<sub>2</sub>SeO<sub>3</sub> (left) or Na<sub>2</sub>SeO<sub>4</sub> (right); green, red & blue indicating peak lines for selenomethionine (12.661 keV), selenite (12.664 keV) and selenate (12.667 keV), respectively