**Table S3. Parameters used for ICP-MS-mediated metal concentration determination**

RF power (W) 1350

Ar Flow Rates (l/min) Cool 13.5, Aux 0.8 and Nebulizer 1.0

Sample uptake rate 200 µl/min

Isotopes 64Zn, 66Zn, 67Zn, 56Fe, 57Fe, 115In

Internal Standard 115In

Acquisition mode Helium in collision cell

Tuning sensitivity 450 000 cps/ppb In in standard mode