Table S1. Agilent 7700 ICP-MS operating conditions for the analysis of PBM samples.

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| Parameter  | Value |
| Plasma mode | Normal, robust |
| RF forward power (W) | 1550 |
| Sampling depth (mm) | 8 |
| Carrier gas flow (L/min) | 0.95 |
| Dilution gas flow (L/min) | 0.15 |
| Spray chamber temperature (°C) | 2 |
| Extraction lens 1 (V) | 0 |
| Kinetic energy discrimination (V) | 4 |
| He cell gas flow (mL/min) | 4 |