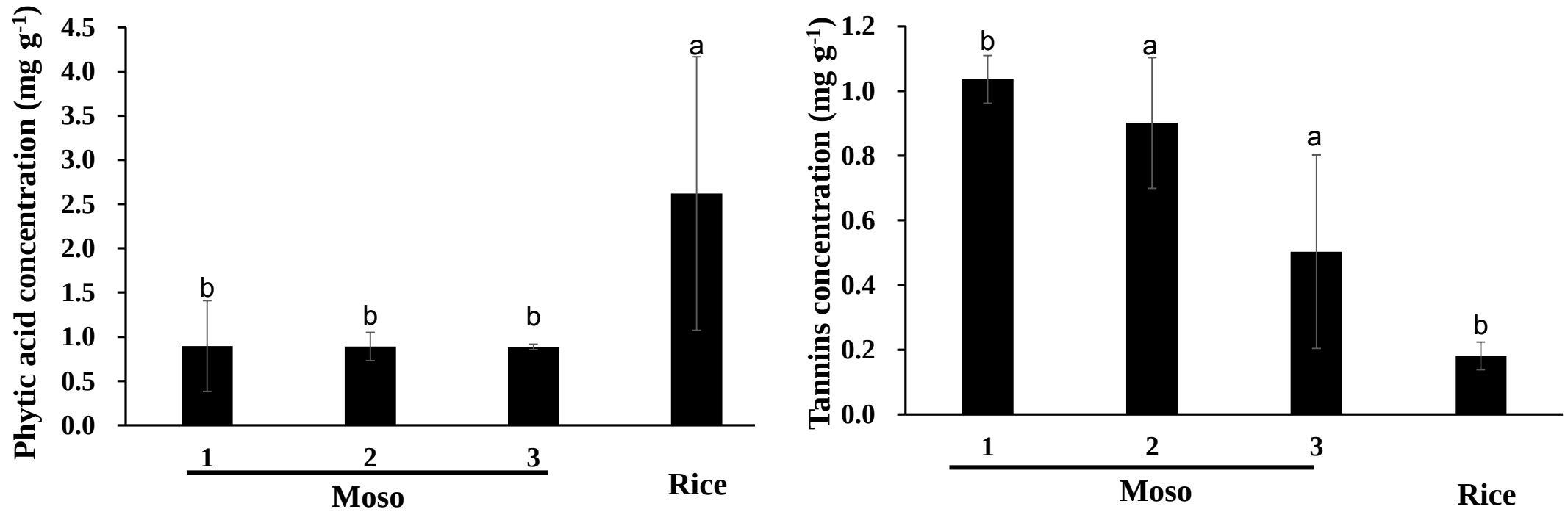
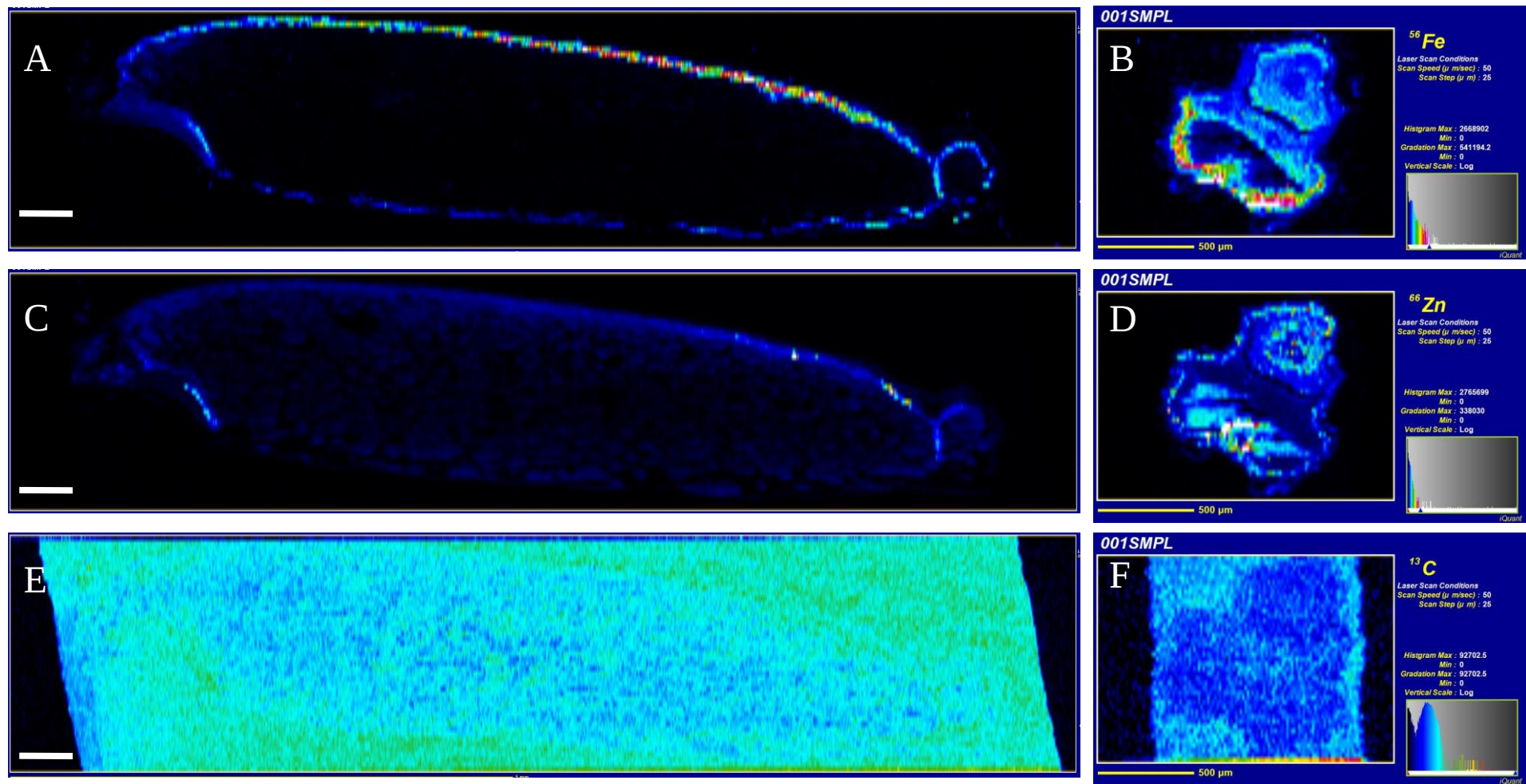


Supplementary Figures



Supplementary Fig.S1. Phytic acid and tannins concentration in Moso bamboo seeds and rice after boiling. A, phytic acid concentration in Moso bamboo seeds and rice. B, tannins concentration in Moso bamboo seeds and rice. Data are means $\pm$ SD (n=4). Statistical comparison was performed by one-way ANOVA, followed by Tukey's multiple comparison test. Different lower-case letters indicate significant difference at $P < 0.05$.



Supplementary Fig.S2. Deposition of Fe, Zn and C in longitudinal and transverse sections of Moso bamboo seed. Longitudinal and transverse sections of Moso bamboo seed were cut with a slicer and elemental imaging was mapped by LA-ICP-MS. The distribution of Fe (A, B), Zn (C, D) and C (E, F) in longitudinal (A, C, E) and transverse sections (B, D, F) of Moso bamboo seeds was presented. Scale bars = 500 μm.

Supplementary Table.S1. Fe, Zn and phytic acid (PA) concentration of Moso bamboo seeds and rice

Sample Number		Fe(mg·kg ⁻¹)	Zn(mg·kg ⁻¹)	Phytic Acid(g·kg ⁻¹)	Molar Ratio PA:Fe	Molar Ratio PA:Zn
Moso	1	56.2 a	85.0 a	7.8 b	11:1	9:1
	2	45.6 a	80.5 a	6.8 b	12:1	8:1
	3	51.2 a	71.7 a	6.7 b	11:1	9:1
Nip		20.8 b	42.8 b	16.7 a	68:1	38:1

Data are means $\pm$ SD (n=3). Statistical comparison was performed by one-way ANOVA, followed by Tukey's multiple comparison test. Different lower-case letters indicate significant difference at P<0.05.