

**Supplement A - Health and Well-Being in Medieval Estremoz, Portugal: Uncovering the
Diet and Longevity of a Distinct and Thriving Community**

Supplement A

Table A. Samples used for the study, bones sampled, sex, age Carbon and Nitrogen values, C:N, %C, %N and Collagen yield (%).

Skeleton											Collagen
ID	Species	Bone	Sex	Age	Carbon	Nitrogen	C:N	%C	%N	Yield (%)	
51oss1 58A	33	Homo sapiens	rib	Male	15-25	-17.2	12.5	3.3	42.1	13.8	19.9
	85	Homo sapiens	rib	Female	15-25	-18.1	11.2	3.3	41.1	14.7	10.8
	94	Homo sapiens	rib	NA	15-25	-18.1	11.3	3.3	42.9	15.4	19.1
	116	Homo sapiens	rib	NA	15-25	-18.3	12.6	3.3	42.2	14.7	13.3
	117	Homo sapiens	rib	Male	15-25	-17.9	12.8	3.3	41.4	17.6	11.8
	119	Homo sapiens	rib	Male	15-25	-17.9	10.9	3.3	41.9	14.7	16.2
	124	Homo sapiens	rib	NA	15-25	-18.8	9.7	3.3	40.3	14.1	13.9
	22	Homo sapiens	rib	Male	25-44	-18.3	11.4	3.3	37	12.9	12.8
	55	Homo sapiens	rib	NA	25-44	-18.7	10.4	3.4	40.6	14.1	17.2
	75	Homo sapiens	rib	Male	25-44	-18.1	11.2	3.3	42	14.9	16.4
		Homo sapiens	rib	Female	25-44	-19.3	10.1	3.2	42.2	15.3	11.9
		Homo sapiens	rib	Female	25-44	-17.6	10.2	3.2	42.8	15.4	12.8
	4	Homo sapiens	rib	Female	25-44	-18.6	10.5	3.4	40.5	13.9	19.5
	57	Homo sapiens	rib	Female	25-44	-18.2	10.1	3.4	42.7	14.5	18.4
	63	Homo sapiens	rib	Male	25-44	-18.3	10.5	3.3	42.2	14.9	16.5
	69	Homo sapiens	rib	Male	25-44	-17.8	9.9	3.3	41.9	14.6	12.9
	73	Homo sapiens	rib	Male	25-44	-18.6	11	3.3	41.6	14.5	11.7
	121	Homo sapiens	rib	Male	25-44	-18.6	10	3.2	42.7	15.4	10.6
	1.1	Homo sapiens	rib	Female	>44	-18.8	10.5	3.3	39.3	14.1	13.8
	3	Homo sapiens	rib	Female	>44	-18.8	10.8	3.3	42.3	15.1	14.2
	20	Homo sapiens	rib	Male	>44	-18.5	10.2	3.4	41.1	14.2	13.1
	21	Homo sapiens	rib	Female	>44	-18.3	11	3.4	42.4	14.7	12.3
	24	Homo sapiens	rib	Female	>44	-18.4	10.9	3.4	40.5	13.9	12.5
	40	Homo sapiens	rib	Male	>44	-18.4	10.7	3.3	41.4	14.7	12.1
	42	Homo sapiens	rib	Male	>44	-17.3	12	3.3	41.7	14.3	12.2
	64	Homo sapiens	rib	Male	>44	-18.4	10.4	3.3	40.3	14.2	12.3
	70	Homo sapiens	rib	Male	>44	-18.5	10.2	3.4	40.4	14	9.8
	72	Homo sapiens	rib	Female	>44	-18.5	11.2	3.3	41.8	14.7	17.2
	77	Homo sapiens	rib	Male	>44	-18.2	11.4	3.4	22.1	7.6	16.4
	90	Homo sapiens	rib	Female	>44	-18.7	11.1	3.3	41.5	14.7	13.2
	91	Homo sapiens	rib	Female	>44	-18.8	11.2	3.3	41.7	14.8	13.1
	95	Homo sapiens	rib	Male	>44	-17.7	9.6	3.2	42	15.3	9.9
97	Homo sapiens	rib	Female	>44	-18.4	10.9	3.3	42.6	15.1	14.1	
109	Homo sapiens	rib	Female	>44	-17.4	10.3	3.3	41.8	14.8	10.5	
111	Homo sapiens	rib	Male	>44	-17.8	11.8	3.4	41.9	14.3	12	
3.1	Homo sapiens	rib	Male	NA	-18.6	10.7	3.3	42	14.7	11.4	
79	Homo sapiens	rib	NA	NA	-18	11.1	3.3	42.4	15.2	13.9	

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Table A. continuation

Skeleton ID	Species	Bone	Sex	Age	Carbon	Nitrogen	C:N	%C	%N	Collagen Yield (%)
AC1	<i>Bos taurus</i>	metacarpal	Fauna		-21.2	6.5	3.3	42.1	15	7.2
AC39	<i>Bos taurus</i>	metacarpal	Fauna		-21.3	6	3.3	42	15	10.1
AC41	<i>Bos taurus</i>	metacarpal	Fauna		-20.6	6.2	3.4	35.8	12.3	9.9
AC44	<i>Canis familiaris</i>	radius	Fauna		-19.7	9.3	3.4	38	13.1	12.2
AC43	<i>Equus sp.</i>	metacarpal	Fauna		-20.8	6.6	3.3	41.6	14.8	9
AC42	<i>Felis catus</i>	mandible	Fauna		-20.1	8.6	3.4	42.6	14.7	8.5
AC40	<i>Oryctolagus cuniculus</i>		Fauna		-20.9	5.1	3.3	42.2	15	5.8
AC36	<i>Ovis/Capra</i>	humerus	Fauna		-20.5	7.6	3.3	42	14.8	9.4
AC45	<i>Ovis/Capra</i>	humerus	Fauna		-20.5	6.8	3.3	41.4	14.5	5.8
AC48	<i>Ovis/Capra</i>	humerus	Fauna		-20.8	6.8	3.4	27.3	9.2	4.4
AC46	<i>Ovis/Capra</i>	humerus	Fauna		-20.9	6.6	3.4	23.4	8.1	7.6
AC47	<i>Sus domesticus</i>	humerus	Fauna		-20.7	7.4	3.3	41.1	14.3	3.4
AC49	<i>Sus domesticus</i>	mandible	Fauna		-20.5	7.9	3.2	41.9	15.1	5.6

Table B. Number of Identified Specimens (NISP) and Minimum Number of Individuals (MNI) of taxa recovered at the site of Rua de Santo André (Estremoz, Portugal).

Taxa	NISP	MNI
<i>Bos taurus</i>	121	7
<i>Equus caballus</i>	2	1
<i>Equus asinus</i>	3	1
<i>Equus sp.</i>	25	4
<i>Ovis/Capra</i>	3	1
<i>Capra hircus</i>	1	1
<i>Ovis aries</i>	9	2
<i>Sus domesticus</i>	5	1
<i>Canis familiaris</i>	1	1
<i>Felis catus</i>	1	1
<i>Oryctolagus cuniculus</i>	1	1