

Title: Mineral analysis reveals extreme manganese concentrations in wild harvested and commercially available edible termites.

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Supplementary table 1. Showing the co-ordinates of the collection areas for the wild harvested termites from Benin and South Africa. The details of the supplier of commercial insects purchased in the UK are also included.
 *Species as identified by supplier.

Location	Insect species	Type	Co-ordinates
Tanguieta, Benin	<i>Macrotermes subhyalinus</i> .	Wild harvested	Area surrounding
	<i>Brachytrupes membranaceus</i>	Wild harvested	10°36'40"N, 1°17'08"E
Parakou, Benin	<i>Macrotermes</i> spp.	Wild harvested	
Acornhoek, South Africa	<i>Odontotermes</i> spp.	Wild harvested	24°33'58"S, 31°05'54"E
	<i>Macrotermes</i> spp.	Wild harvested	24°34'50.6"S 31°06'56.3"E
Crunchy critters, UK*	<i>Nasutitermes costalis</i>	Online purchase	NA
	<i>Locusta migratoria</i>	Online purchase	NA
	<i>Acheta domesticus</i>	Online purchase	NA
	<i>Tenebrio molitor</i>	Online purchase	NA
	<i>Lethoserus indicus</i>	Online purchase	NA
	<i>Atta</i> spp.	Online purchase	NA
	<i>Bombyx mori</i>	Online purchase	NA

Supplementary table 2. Estimates of mineral concentrations for a selection of minerals using 3 independent methods (ICP-MS = Inductively coupled plasma mass spectrometry (carried out by the Swedish National Food Agency), AAS = Atomic Absorption Spectroscopy, IC = Ion Chromatography). The analyses were carried out for a sub-set of termite samples from North West Benin and from Crunchy critters.

Sample	Method	Al	Mn	Fe	Cu	Zn	Mo	Cd	Pb
C.Critters		4.8 ±	337.9 ±	12.3 ±	4.9 ±	13.3 ±	0.08 ±	0.03 ±	0.03 ±
Termites	ICP-MS	2.6	50.7	2.0	0.7	1.6	0.01	0.01	0.01
Benin		4.6 ±	564.6 ±	13.7 ±	5.2 ±	9.2 ±	0.06 ±		
Termites A	ICP-MS	2.5	84.7	2.2	7.8	1.1	0.01	< 0.006	< 0.015
Benin		5.1 ±	323.7 ±	14.0 ±	5.5 ±	9.6 ±	0.09 ±		0.05 ±
Termites B	ICP-MS	2.7	48.6	2.2	0.8	1.2	0.02	< 0.006	0.01
Benin		11.7 ±	418.4 ±	12.9 ±	4.8 ±	9.2 ±	0.08 ±		0.03 ±
Termites C	ICP-MS	6.2	62.8	2.1	0.7	1.1	0.02	< 0.006	0.01
Benin		6.6 ±	637.7 ±	15.0 ±	6.8 ±	9.7 ±	0.07 ±		0.03 ±
Termites D	ICP-MS	3.5	95.7	2.4	1.0	1.2	0.01	< 0.006	0.01
Benin		10.4 ±	503.1 ±	18.1 ±	4.9 ±	10.9 ±	0.09 ±		0.1 ±
Termites E	ICP-MS	5.5	75.5	2.9	0.7	1.3	0.02	< 0.006	0.03
C.Critters			271.4 ±	13.4 ±	7.6 ±	12.9 ±			
Termites	AAS		51.6	0.8	0.6	0.3			
Benin			524.3 ±	11.4 ±	7.4 ±	9.1 ±			
Termites A	AAS		127.7	0.4	0.6	0.1			
Benin			342.7 ±	12.7 ±	8.5 ±	9.7 ±			
Termites B	AAS	N.A.	32.2	2.5	0.4	0.6	N.A.	N.A.	N.A.
Benin			375.7 ±	12.8 ±	6.9 ±	9.1 ±			
Termites C	AAS		82.7	5.3	1.0	0.1			
Benin			472.0 ±	15.2 ±	9.3 ±	10.2 ±			
Termites D	AAS		43.6	2.9	0.2	0.6			
Benin			309.2 ±	14.6 ±	6.6 ±	10.5 ±			
Termites E	AAS		164.4	4.1	1.1	0.6			
Benin			481.5 ±	16.6 ±	4.2 ±	6.9 ±			
Termites A	IC		90.4	0.6	0.4	1.2			
Benin			330.6 ±	15.6 ±	4.6 ±	7.1 ±			
Termites B	IC		76.0	1.1	0.3	1.7			
Benin			359.9 ±	18.8 ±	3.4 ±	5.6 ±			
Termites C	IC	N.A.	53.0	2.1	0.5	0.8	N.A.	N.A.	N.A.
Benin			495.7 ±	19.6 ±	4.5 ±	7.0 ±			
Termites D	IC		87.5	0.5	0.8	1.0			
Benin			301.2 ±	20.6 ±	3.5 ±	8.6 ±			
Termites E	IC		33.1	0.5	0.0	0.7			

Supplementary Table 4. Composition in wt% of the total elemental content for additional metallic elements examined using scanning electron microscopy for mandibles, abdominal cuticle, spiracle and interior abdomen of *Macrotermes subhyalinus* specimen from Benin.

Element	mandibles	abdominal cuticle	spiracle	interior abdomen
Ni (%)	n.d	2	n.d	0.4
Ti (%)	n.d	2.5	n.d	0.7
Va (%)	n.d	3.9	n.d	n.d
Co (%)	n.d	2.7	n.d	n.d
As (%)	n.d	n.d	n.d	0.4
Al (%)	5.0	3	3.9	1.3
Br (%)	n.d	n.d	n.d	n.d
Cr (%)	n.d	n.d	6	n.d
Si (%)	2.6	n.d	2.6	n.d
P (%)	9.7	7.1	9.5	25.8
S (%)	3.0	3.3	2.4	0.5
Cl (%)	24.1	18.8	19	n.d
K (%)	30.8	31.9	33.7	9.1
Ca (%)	2.1	12.2	3.6	49.8
Na (%)	8.5	5	4.6	0.4