

Supp. Inf. Table 1. Operating conditions for ICP-MS and SEC

<i>AEC conditions</i>	
Column	Superdex TM -75 (10 X 300 X 13µm)
Resolution range	3-70 kDa
Mobile phase	Ammonium acetate 20 mM (pH 7.4)
Flow rate	0.7 mL min ⁻¹
Injection volume	20 µL
UV detection	254 nm
<i>ICP-MS conditions</i>	
Forward power	1300 W
Plasma gas flow rate	13.0 L min ⁻¹
Auxiliary gas flow rate	1.0 L min ⁻¹
Carrier gas flow rate	1.0 L min ⁻¹
Sampling and skimmer cones	Xs Interface of Nickel
He flow	4.0 mL min ⁻¹
Q _{oct}	-19 V
Q _p	-17 V
Focus	-9.0 V
Dwell time	0.1 per isotope
Isotopes monitored	⁵³ Cr, ⁵⁵ Mn, ⁶³ Cu, ⁶⁵ Cu, ⁶⁴ Zn, ⁶⁶ Zn, ⁷⁵ As, ⁵⁷ Fe, ¹⁰³ Rh, ¹¹⁴ Cd