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## Mineral and nutritional elements in the edible salted clam *Donax semistriatus* Poli, 1795

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## Supplementary Tables

Table S1 — Physiological functions of minerals within the body according to Fairweather-Tait & Cashman<sup>5</sup>

<b>Minerals</b>	<b>Physiological functions</b>
Calcium	Structure of bones and teeth. Neural transmission, Muscle contraction and vascular tone
Magnesium	>300 enzymatic processes, maintenance of intracellular Levels of Ca and K, bone health
Phosphorus	Structure of bones, teeth, phospholipids. Protein activation via phosphorylation, acid-base balance.
Sodium	Extracellular cation, membrane transport, membrane potential.
Chloride	Extracellular anion, gastric juice, fluid and electrolyte balance.
Copper	Metalloenzymes, connective tissues, red blood cell formation
Iron	Heme proteins, flavor proteins.
Manganese	Metallo enzymes, bone formation.
Selenium	Seleno proteins, redox status, thyroid hormone.
Zinc	>100 enzymes, gene expression, growth, development

Table S2 — Symptoms of deficiency of minerals and trace elements according to Fairweather-Tait & Cashman<sup>5</sup>

<b>Minerals</b>	<b>Deficiency</b>
Calcium	Pre-eclampsia, osteoporosis
Copper	Menkes syndrome; bone fractures; X-linked cutis laxa (impaired connective tissue, sagging skin), anemia, neutropenia.
Phosphorus	Anorexia, muscle weakness, rickets, osteomalacia, bone pain.
Potassium	Severe: cardiac arrhythmias, weakness of muscle, glucose intolerance; moderate: high BP, great risk of kidney stones, increased Bone turnover, CVD (stroke)
Selenium	Associated with Koashin-Beck disease (osteoarthritis) and Keshan disease (cardiomyopathy); impaired immune function.
Sodium	Muscle weakness together with spasms/cramps, headache, nausea, vomiting, confusion, appetite loss, lethargy.
Zinc	Growth retardation, hair loss, loss of appetite, skin lesions, loss of taste sensation, delayed sexual maturity; acrodermatitis enteropathica
Iron	Iron deficiency anemia (impaired work performance, tiredness, failure to thrive in infant)