

**Table S2.** Concentration and excretion values of InsP6 obtained by semiquantification with polyacrylamide gel electrophoresis (PAGE). During the collection day rats drank Tap Water with 5g/L of sucrose to increase the diuresis. Group A– administration of IP6Na<sub>12</sub>, Group B– administration of phytin.

GROUP A		DAY 14				GROUP B		DAY 14			
Rat	[IP <sub>6</sub> ] μM	SE	Exc IP <sub>6</sub> nm/20h	SE	Rat	[IP <sub>6</sub> ] μM	SE	Exc IP <sub>6</sub> nm/20h	SE		
1	0.043		0.492		1	0.016		0.445			
2	0.030		0.435		2	0.018		0.275			
3	0.025	0.038	0.331	0.727	3	0.013	0.002	0.632	0.053		
4	0.119		0.831		4	0.024		0.327			
5	0.069		0.963		5	0.013		0.370			
6	0.266		4.929		6	0.027		0.322			
<b>Mean</b>	0.092		1.330		<b>Mean</b>	0.018		0.395			