

1 **Agronomic biofortification with selenium impacts storage proteins in grains of upland rice**

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25 **ABSTRACT**

26 Selenium (Se) is an essential element for humans and animals. Rice is one of the most consumed
27 cereals in the world, so agronomic biofortification of cereals with Se may be a good strategy to
28 increase the levels of daily intake of Se by the population. This study evaluated agronomic
29 biofortification of rice genotypes with selenium (Se) and its effects on grain nutritional quality.
30 Five rates of Se (0, 10, 25, 50 and 100 g ha⁻¹) were applied as selenate via the soil to three rice
31 genotypes under field conditions. Selenium concentrations in the leaves and polished grains
32 increased linearly in response to Se application rates. A highly significant correlation was observed
33 between the Se rates and the Se concentration in the leaves and grains, indicating high translocation
34 of Se. Application of Se also increased the concentrations of albumin, globulin, prolamin and
35 glutelin in polished grains. Biofortifying rice genotypes using 25 g Se ha⁻¹ could increase the
36 average daily Se intake from 4.64 to 66 µg day⁻¹. Considering that the recommended daily intake
37 of Se by adults is 55 µg day⁻¹, this agronomic strategy could contribute to alleviating widespread
38 Se malnutrition.

39

40 **Keywords:** biofortification, seed proteins, micronutrients, selenium, rice (*Oryza sativa* L.)

41

42 1. INTRODUCTION

43 Selenium (Se) is an essential micronutrient for humans and animals.¹⁻² However, the
44 concentration of Se in soils and foods varies greatly.¹⁻⁴ The recommended daily intake of Se is 55
45 $\mu\text{g kg}^{-1}$ for human adults.⁵⁻⁷ It is estimated that more than 1 billion people suffer from Se deficiency
46 globally,^{8,9} which can lead to numerous health issues including hypothyroidism, cardiovascular
47 disease, viral diseases, male infertility, cognitive impairment, weakening of the immune system
48 and increased incidence of various forms of cancer.^{6,7,10,11}

49 Since most Se in the human diet is derived directly or indirectly from edible plants, Se
50 deficiency in humans is attributed to agricultural production on soils with little phytoavailable
51 Se.^{6,7,12-15} Despite the consequences of Se deficiency having been recognized for decades, strategic
52 interventions to meet the shortfall of Se in food are still limited.^{16,17} Biofortification is the process
53 of enriching edible crops with mineral nutrients based on management strategies that increase the
54 phytoavailability of nutrients and/or genotypes that partition more nutrient into their edible
55 portions.¹⁸ In the case of Se, biofortification of crops can be achieved through the application of
56 Se fertilisers and/or adopting cultivars that partition more Se to their edible portions.¹² Previous
57 studies have indicated that the application of low concentrations of Se does not lead to a loss of
58 crop productivity or harvest index.^{17,20,21} In addition, fertilisation with Se at low concentrations
59 can mitigate oxidative stress and increase photosynthetic activity thereby resulting in greater plant
60 growth.²² Selenium can also affect nitrogen metabolism in plants by regulating nitrate reductase
61 activity and increasing nitrogen assimilation and protein biosynthesis.^{11,23} In our former study,
62 Reis et al¹⁵ observed the interaction between nitrogen and Se in upland rice under field conditions
63 showing that plants treated with nitrogen can accumulate more Se in seeds. In addition, Se can

64 affect sulphur metabolism and molybdenum concentration in plants, which is co-factor of nitrate
65 reductase enzyme showing a direct effect on nitrogen metabolism.^{23,36}

66 The application of Se along with NPK fertiliser is an effective way to address the low
67 concentrations of Se typically found in human and animal food, as demonstrated by the results of
68 decades of study in Finland.²⁴⁻²⁶ After the adoption of the Se-biofortification programme in
69 Finland, the Se-status of the population has improved to optimal levels.²⁶

70 Rice is a major cereal crop consumed in large quantities across the globe.¹⁵ Therefore, it
71 forms a suitable target crop for biofortification programmes to improve human nutrition. This
72 study evaluated the agronomic biofortification of upland rice with Se and its effect on grain
73 nutritional quality. It provides important information regarding suitable Se application rates to
74 achieve Se biofortified grains and the contribution this might have on dietary Se intakes.

76 2. MATERIALS AND METHODS

77
78 **Experimental Conditions.** The study was conducted from January 3rd to May 27th 2015 at the
79 Research Farm of the Faculty of Engineering of Ilha Solteira (FEIS-UNESP), located in Selvíria,
80 Mato Grosso do Sul, Brazil (20°22'S and 51°22'W, altitude of 335 m). The experimental area
81 belongs to the Cerrado biome and has been cultivated for more than 25 years, with the last 10 years
82 of cultivation occurring under a no-tillage system. According to the Köppen classification scheme,
83 the climate of the region is type Aw, humid tropical, with a rainy season in the summer and dry
84 season in the winter. The average annual rainfall is 1,232 mm, and the average temperature is 24.5
85 °C.¹⁷ During the experiment, the average daily temperature varied between 27.2 °C and 15.3 °C,
86 the average rainfall was 3.0 mm d⁻¹, and the average relative humidity was 86%.

87 The soil of the area was classified as Typic Dystrophic Red Latosol (LVd) and very clayey,
88 corresponding to the *Oxisol* order. Soil analysis was performed according methods described by
89 Rajj et al.²⁷ and the soil had the following chemical characteristics: phosphorus (resin), 29 mg
90 dm^{-3} ; organic matter, 21 g dm^{-3} ; pH calcium chloride (CaCl_2), 5.3; potassium, 3.5 mmolc dm^{-3} ;
91 calcium, 38 mmolc dm^{-3} ; magnesium, 22 mmolc dm^{-3} ; $\text{H}^+ + \text{Al}$, 29 mmolc dm^{-3} ; aluminium, 0
92 mmolc dm^{-3} ; nickel, 0.1 mg dm^{-3} ; Se, 62 $\mu\text{g kg}^{-1}$; cation exchange capacity, 92.5 mmolc dm^{-3} ; and
93 base saturation, 69%.

94
95 **Experimental Design and Treatments.** Soil acidity correction was not performed due to the
96 optimal base saturation for upland rice requirements. The experimental area was desiccated with
97 glyphosate (4.0 L ha^{-1}), carfentrazone-ethyl (200 mL ha^{-1}) and 0.5% mineral oil 20 days before
98 sowing. Upland rice genotypes were sown with a density of 70 kg ha^{-1} . Rice seeds were treated
99 with Standak commercial product (2 mL kg^{-1} of seeds). All plots received 250 kg ha^{-1} of NPK
100 fertilisation using the formulation 08-28-16. The experiment was sown on January 5, 2015, and
101 the seedlings emerged 7 days after sowing. When necessary, irrigation was performed by a central
102 pivot with an average water depth of 14 mm and 72 h irrigation shift. Phytosanitary control was
103 carried out during the plant development cycle with metsulfurom-methyl (3.3 g ha^{-1}),
104 chlorantraniliprole (50 mL ha^{-1}), flubendiamide (60 mL ha^{-1}), and imidacloprid + beta-cyfluthrin
105 (0.8 L ha^{-1}).

106 The study was conducted in a randomized complete block design, in a 3×5 factorial scheme,
107 corresponding to three rice genotypes (ANa 5015, AN Cambará and ANa 7007) and five rates of
108 Se (equivalent to 0, 10, 25, 50 and 100 g ha^{-1}) applied in the form of sodium selenate. A total of
109 four replicate plots were used per genotype and Se treatment, forming a total of 60 plots. Each plot

110 consisted of five rows, which were 5 m in length and with 35 cm spacing between the rows. All
111 the Se required for each treatment across all four replicates was weighed and diluted in 2 L of
112 water, generating a stock solution for each treatment. The stock solution was then subdivided into
113 four portions of 500 mL each. Solutions were applied to the planting furrow at 30 days after
114 seedlings emergence. In each plot, 100 mL of solution was applied to each line near the plants using
115 a small malleable polyethylene bottle with a pierced cap.

116 Selenium treatments were prepared from stock solution, which were diluted in 300 mL bottles for
117 distribution in the sowing furrow 30 days after emergence of the seedlings.

118
119 **Leaves and seed harvest.** The flag leaves from 20 plants from each plot were collected randomly
120 15 days after treatment application. At the end of the experiment, the panicles were collected and
121 weighed. The husk of seeds was removed and the grain was polished. After polishing, the grains
122 were milled in a ball mill, and the flour was sent for elemental analysis as described below and
123 analyses of storage protein concentrations.

124
125 **Determination of Albumin, Globulin, Prolamin and Glutelin Fractions.** The quantification of
126 protein fractions was performed as described by Reis et al.¹⁵ Dried, ground samples (0.25 g) were
127 weighed and placed in 15-mL Falcon tubes for the sequential extraction of the storage proteins.

128 For albumin extraction, 10 mL of deionized water was added to each tube, and the samples
129 were shaken for 1 minute. After being shaken, the tubes were centrifuged at a temperature of 4 °C
130 at 9,000 rpm for 20 minutes for phase separation. The supernatant was removed for albumin
131 quantification. The precipitate was extracted with 10 mL NaCl 5% according to the procedures
132 described above, and the supernatant was collected for globulin quantification. The precipitate was

133 resuspended again with 5 mL of 60% ethanol, and the supernatant was collected for prolamin
134 quantification. Finally, the glutelin fraction was extracted with 10 mL NaOH 0.4% and quantified.

135 The concentrations of albumin, globulin, prolamin and glutelin were determined according
136 to the method of Bradford²⁹ with bovine serum albumin (BSA) used as the standard. For protein
137 quantification, a 100 μ L aliquot of supernatant and 5 mL of Bradford reagent were pipetted into
138 test tubes. The absorbance reading was performed in a spectrophotometer at 595 nm, and the
139 results were expressed in mg protein g⁻¹ DM (dry mass).

140
141 ~~**Seed harvest.** At the end of the experiment, the panicles were collected and weighed. The husk of~~
142 ~~seeds was removed and the grain was polished. After polishing, the grains were milled in a ball~~
143 ~~mill, and the flour was sent for elemental analysis as described below and analyses of storage~~
144 ~~protein concentrations.~~

145
146 **Elemental Analysis.** The leaves and seeds were dried and used for quantification of macro- and
147 micronutrient concentrations. ~~Polished grains collected at the end of the crop cycle were also~~
148 ~~analysed.~~ Following sulphuric acid digestion of the grains, nitrogen concentrations were
149 determined using the semi-micro-Kjeldahl method. For the quantification of other mineral
150 elements, the material was subjected to nitric acid-hydrogen peroxide digestion according to
151 Chilimba et al.¹³ The samples were digested in a microwave oven for 45 minutes under controlled
152 pressure (20 bar) in 3 mL of 70% nitric acid (Merck), 2 mL of hydrogen peroxide (Merck) and 3
153 mL of milli-Q water. Selenium and nutrient analysis was performed using Inductively Coupled
154 Plasma Mass Spectroscopy (ICP-MS).

155

156 **Statistical Analysis**

157 The normality and homoscedasticity of the data were assessed by the Anderson-Darling
158 and Levene's tests. The data were subjected to analysis of variance by the F test ($p \leq 0.05$) for
159 treatments (Se rates and rice genotypes). The results were subjected to the Tukey test at the level
160 of $p \leq 0.05$. Correlations between the dependent variables (Se, sulphur, nitrogen, molybdenum,
161 albumin, globulin, prolamin, and glutelin) were obtained using the Pearson correlation coefficient
162 (CORR) procedure and illustrated as a heatmap graph. Analyses were conducted using R and
163 Minitab softwares, and graphs were prepared using SigmaPlot 12.5.

164

165 **RESULTS AND DISCUSSION**

166

167 **Concentration of sulphur (S), molybdenum (Mo), selenium (Se) and nitrogen (N).** The
168 concentrations of S, Mo and Se in leaves and polished grains of upland rice were influenced by
169 the Se application rates and the genotype of rice evaluated, whereas N concentrations were
170 influenced only by genotype (Figures 1 and 2). The cultivars ANa 5015 and AN Cambará did not
171 show altered concentrations of S in leaves with increasing rates of Se application (Figure 1A). On
172 the other hand, S concentration in leaves of the cultivar ANa 7007 decreased with increasing rates
173 of Se application (Figure 1A). Beyond 50 g ha⁻¹ applied Se, the concentration of S in the cultivar
174 ANa 7007 was smaller than that in the other cultivars. In the polished grains, the concentration of
175 S was different from that found in the leaves. In general, no difference was observed between
176 cultivars for S concentration in polished grains, except at 25 g ha⁻¹ applied Se in cultivar ANa
177 7007, which had a lower grain S concentration. When 100 g Se ha⁻¹ was applied, the cultivar AN
178 Cambará showed higher S concentrations than the other cultivars (Figure 2A).

179 Leaf N concentration was lower in ANa 5015 and greater in ANa 7007 than AN Cambará
180 (Figure 1B). On the other hand, polished N concentrations for cultivars ANa 5015 and ANa 7007
181 were statistically similar and greater than that of AN Cambará.

182 Leaf Mo concentration increased in response to Se application in cultivars ANa 5015 and
183 ANa 7007 at the rates of 25 and 10 g Se ha⁻¹, respectively (Figure 1C). When 100 g Se ha⁻¹ was
184 applied, ANa 7007 showed a greater concentration of leaf Mo. The concentration of Mo in the
185 polished grains of AN Cambará decreased with increasing rates of Se applied (Figure 2C). In
186 general, the application of Se did not affect the concentrations of Mo in grains of ANa 5015 and
187 ANa 7007, although the application of 25 g Se ha⁻¹ to Ana 2015 did reduce the concentration of
188 Mo in polished grains. Regardless of the Se application rate, ANa 7007 showed greater Mo
189 concentration in the polished grains than other cultivars.

190 Selenium concentration in leaves (Figure 1D) and in polished grains (Figure 2D) increased
191 in response to Se application rates. AN Cambará had greater concentrations of Se in the leaves
192 relative to the other genotypes. Leaf Se concentration range was from 0.347 to 2.87 mg kg⁻¹ in AN
193 Cambara, 0.015 to 2.97 mg kg⁻¹ in ANA 5015, and 0.014 to 2.49 mg kg⁻¹ in ANA 7007 (Figure 1
194 D). Grain Se concentration ranged from 0.239 to 1.297 mg kg⁻¹ in AN Cambara, 0.143 to 2.16 mg
195 kg⁻¹ in ANA 5015, and 0.099 to 2.062 mg kg⁻¹ in ANA 7007. The linear increase in grain Se
196 concentration indicates high Se translocation from source (leaves) to sink (grains). When 100 g
197 ha⁻¹ of Se was applied, leaf Se concentration of ANa 5015 was statistically equal to the leaf Se
198 concentration in AN Cambará, whereas grains of ANa 5015 had a greater Se concentration than
199 other genotypes. Under the same Se application rate, ANa 7007 had a polished grain Se
200 concentration similar to that of ANa 5015.

201 While no evidence exists for the essentiality of Se in higher plants, a number of beneficial
202 effects of Se on plant physiology have been recognized in several plant species.^{1,4,15} Selenium can
203 be acquired by plant roots as selenate, selenite and from organic forms such as selenocysteine
204 (SeCys) and selenomethionine (SeMet).^{2,12} When in the form of selenate, Se is taken up by root
205 cells using sulphate transporters.² A reduction in leaf S concentration and an increase in the
206 concentration of Se were observed in the cultivar ANa 7007 (Figure 1). In addition, AN Cambará
207 showed lower concentrations of S in the grains at the highest applied rate of Se (Figure 2), which
208 suggests an antagonism between S and Se. This is also consistent with the reduction in the
209 concentration of S with Se fertilisation reported in other plant species.^{1,2,4}

210 In general, the cultivar AN Cambará showed the greatest response to the application of Se
211 in terms of leaf Se concentration but showed a lesser response in grains (Figure 2D). This
212 observation probably reflects differences between cultivars in the activity of sulphate transporters
213 providing different functions (uptake, translocation, intracellular compartmentation) in plants³¹⁻³³
214 between cultivars. Selenium concentration increased in all tested rice cultivars in response to Se
215 application rates. Agronomic biofortification with Se via soil appears a good strategy to increase
216 the Se concentration in leaves and grains of upland rice. In general, the effect of genotypic variation
217 on Se concentration in rice grains is clear. This observation suggests a need for more studies with
218 a greater number of rice cultivars and Se sources.

219
220 **Dietary Se intake.** Brazilian eating habits vary widely due to social, economic and geographical
221 differences, but foods such cow milk and eggs are commonly consumed throughout the country.
222 The mean Se concentrations in Brazilian cow milk and eggs are 0.08 and 0.21 $\mu\text{g g}^{-1}$,
223 respectively.^{43,44} The daily intake of cow milk and eggs in the southeastern region of Brazil are 37

224 and 9 g, respectively.^{43,44} Multiplying Se concentration by the daily consumption of each of these
225 foods, the total Se daily intake from them is about 5 $\mu\text{g Se day}^{-1}$ per capita. Subtracting this value
226 from the recommended dietary allowance of 55 $\mu\text{g Se d}^{-1}$, it is possible to establish a guide for the
227 daily Se intake provided by rice grains of 50 $\mu\text{g d}^{-1}$, which is represented by the red line in Figure
228 3. When the average intake of rice by the Brazilian population (68.5 g d^{-1}) is considered, the
229 application of 25 g Se ha^{-1} to cultivar ANa 7007 would be sufficient to reach and exceed the
230 recommended daily intake (Figure 3).

231 According to the *Codex Alimentarius*, food biofortified with Se should not exceed 0.3 mg
232 kg^{-1} Se.¹³ The application of 10 g Se ha^{-1} yielded a concentration of 0.373 mg Se kg^{-1} in polished
233 grains, which is based on the average concentration of Se in the grains of the three cultivars.
234 However, since the Brazilian population only consumes, on average, 25 kg of rice year⁻¹ or 68.5 g
235 day⁻¹,⁴ the daily Se intake of rice biofortified at a rate of 10 g ha^{-1} , would not exceed the
236 recommended daily Se intake of 55 $\mu\text{g day}^{-1}$ ⁴² even though the Se concentration in grain exceeds
237 the maximum concentration permitted by *Codex Alimentarius*.

238 The consumption of 68.5 g d^{-1} of rice biofortified at the rate of 25 g ha^{-1} could provide an
239 average daily Se intake of 34.52 $\mu\text{g day}^{-1}$ for ANa 7007, 44.57 $\mu\text{g day}^{-1}$ for AN Cambará and 66.80
240 $\mu\text{g day}^{-1}$ for ANa 5005. When 50 g Se ha^{-1} Se was applied, calculated daily Se intakes increase to
241 78.44 $\mu\text{g day}^{-1}$ for ANa 7007, 63.91 $\mu\text{g day}^{-1}$ for AN Cambará and 77.04 $\mu\text{g day}^{-1}$ for ANa 5005,
242 which is greater than the recommended daily Se intake. This study is one of the first field studies
243 informing agronomic strategies for the biofortification of upland rice with Se in the Brazilian
244 Cerrados. However, since genotypic variation is large, further studies must be carried out using a
245 greater number of upland rice genotypes to establish the best rate of Se application to be used for
246 different cultivars.

247 Considering the recommended daily intake of Se, the ideal rate for agronomic
248 biofortification of upland rice appears to be 25 g Se ha⁻¹. The application of this dosage in the
249 cultivar AN Cambará gives an average concentration of 0.92 mg Se kg⁻¹ in leaves and 0.65 mg Se
250 kg⁻¹ in the grain. When the Brazilian diet is considered, the average daily intake of Se would be
251 44.47 g day⁻¹ from AN Cambará (Table 1).

252

253 **Storage Proteins in Grains.** Total protein concentration and storage protein fractions differed in
254 their responses to the rate of Se application and among the cultivars studied (Figure 4). ANa 7007
255 had the greatest albumin concentration in the control treatment, whereas ANa 5015 had the lowest
256 (Figure 4A). Selenium application rates beyond 25 g ha⁻¹ increased the albumin concentration in
257 ANa 5015. In AN Cambará, an increase was observed in the albumin concentration with the
258 application of 10 g Se ha⁻¹, followed by a reduction with increasing Se application rates. The
259 cultivar ANa 7007 showed a general increase in albumin concentrations with the application of
260 Se, up to a rate of 100 g ha⁻¹, at which its concentration was lower than under the control treatment.

261 The cultivar ANa 5015 had a lower grain albumin concentration than the other cultivars
262 (Figure 4A). The cultivars ANa 5015 and AN Cambará showed an increase in globulin
263 concentration at the rate of 25 g Se ha⁻¹. For AN Cambará, globulin concentration was higher with
264 the application of 100 g Se ha⁻¹. As with the albumin fraction, ANa 7007 had a greater
265 concentration of glutelin, and ANa 5015 had the lowest concentration of glutelin in grains (Figure
266 4C). A significant increase occurred in glutelin concentrations (main protein fraction in rice grains)
267 when Se was applied to the cultivar ANa 5015. For this variety, the application of 25 g Se ha⁻¹ led
268 to the highest concentration of glutelin, with an increase from 206 mg g⁻¹ DM (control) to 270 mg
269 g⁻¹ DM (25 g Se ha⁻¹). For AN Cambará, a significant increase in glutelin occurred only for at 50

270 g Se ha⁻¹ applied Se, ranging from 235.79 mg g⁻¹ DM (control treatment) to 265.34 mg g⁻¹ DM (50
271 g Se ha⁻¹).

272 In the control treatment, AN Cambará had a greater **prolamin** ~~glutelin~~ concentration than
273 the other genotypes (Figure 4D). The application of Se increased the concentrations of prolamin
274 in cultivars ANa 5015 and ANa 7007. Up to a rate of 25 g Se ha⁻¹, all three varieties had statistically
275 equal concentrations of prolamin. AN Cambará and ANa 7007 had a greater grain prolamin
276 concentration with the application of 50 g Se ha⁻¹.

277 Total protein concentration in the control treatment had a response similar to that presented
278 by the albumin and glutelin fractions, with the cultivar ANa 7007 showing greater protein
279 concentration and the cultivar ANa 5015 showing the smallest concentration (Figure 4E).

280 ~~Considering the recommended daily intake of Se, the ideal rate for agronomic~~
281 ~~biofortification of upland rice appears to be 25 g Se ha⁻¹. The application of this dosage in the~~
282 ~~cultivar AN Cambará gives an average concentration of 0.92 mg Se kg⁻¹ in leaves and 0.65 mg Se~~
283 ~~kg⁻¹ in the grain. When the Brazilian diet is considered, the average daily intake of Se would be~~
284 ~~44.47 g day⁻¹ from AN Cambará (Table 1).~~

285 In the cultivar ANa 5015, the application of 25 g Se ha⁻¹ yields an average concentration
286 of 0.65 mg Se kg⁻¹ in the leaves and 0.97 mg Se kg⁻¹ in grains. With the application of 25 g Se ha⁻¹,
287 the grains contain approximately 10.69% albumin, 13.78% globulin, 3.74% prolamin and 71.81%
288 glutelin (Table 1). When considering the Brazilian diet, the average daily intake would be 66.80
289 µg Se d⁻¹ from ANa 5015, which is above the recommended daily Se intake for the population.

290 For the cultivar ANa 7007, the application of 25 g Se ha⁻¹ yields the lowest Se concentration
291 in leaves among the varieties, with 0.44 mg Se kg⁻¹ in leaves and 0.65 mg Se kg⁻¹ in grains. The
292 grains contain approximately 15.28% albumin, which is the highest albumin concentration among

293 the varieties (Table 1). In addition, the grains contain 11.81% globulin, 4.63% prolamin and
294 68.26% glutelin. The mean daily intake of Se from the consumption of ANa 7007 would be 44.52
295 $\mu\text{g day}^{-1}$ of Se.

296 The positive relationship between Se concentration in rice leaves and grains and glutelin
297 and prolamin concentrations in grains is shown in Figure 5. Similar results were observed by Fang
298 et al.³⁸ and Tao et al.³⁹ who reported that an increase in Se concentrations in rice plants increased
299 the glutelin concentration in grains. In the endosperm, glutelin is the main protein fraction,
300 corresponding to approximately 80% of the protein, with lower concentrations of albumin and
301 globulin (15%) and prolamin (5-8%). To obtain polished white rice, buffing is used to remove the
302 bran (pericarp, tegument, aleurone layer and germ), which represents 8.5-14.8% of brown rice.⁴⁰⁻
303 ⁴¹ Thus, polishing is not recommended for rice and the whole grain should be consumed to avoid
304 losses of proteins and Se. The effect of Se on nitrogen metabolism and an increase in the
305 concentration of albumin, glutelin and prolamin in rice grains is consistent with previous
306 observations by Reis et al.¹⁵.

307

308 CONCLUSIONS

309 Selenium concentrations in leaves and grains, and the concentrations of storage proteins in
310 rice grains increased in response to the application of Se as selenate via soil. The application of 10
311 g Se ha⁻¹ provided increases in the grain Se concentration above 0.3 mg kg⁻¹, the upper limit
312 allowed by the *Codex Alimentarius*. However, if adults consumed 68.5 g d⁻¹ rice the application
313 of 10 g Se ha⁻¹ would supply less Se through rice than their recommended dietary Se intake (55 μg
314 day⁻¹). The application of 25 g Se ha⁻¹ to rice could increase the average daily intake of Se from

315 4.64 to 66 $\mu\text{g day}^{-1}$. Thus, agronomic biofortification of rice with Se could prove a suitable strategy
316 to increase human dietary Se intakes to reduce widespread Se malnutrition.

317

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323

324 **Author Contributions**

325 ARR designed the experiment, HPGR, JPQB; VMS performed the experiment, EFS, SDY
326 performed the chemical analysis, RFRT and FFT performed the statistical analysis, HPGR, JPQB,
327 VMS and EFS wrote the manuscript, which was revised by SDY, MRB, PJW and ARR.

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329

330 **CONFLICT OF INTEREST**

331 The authors have no conflicts of interest to declare.

332

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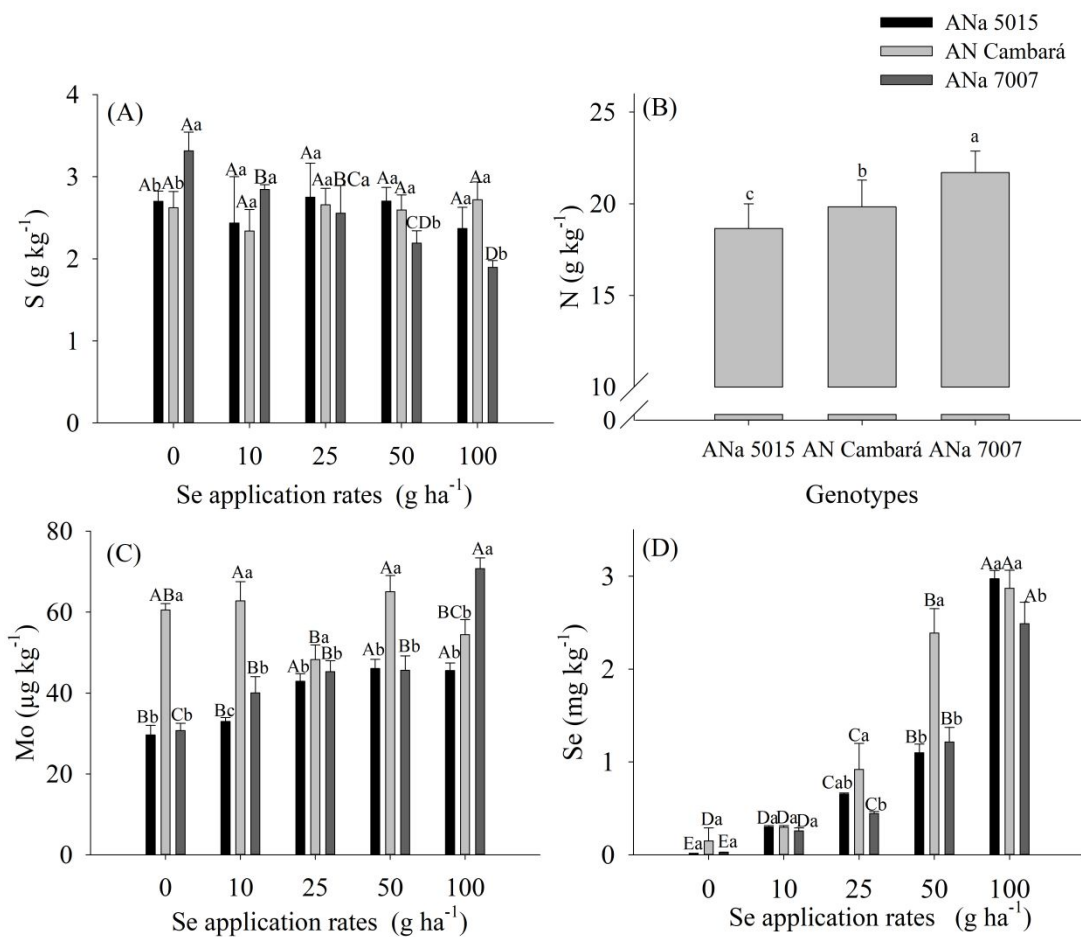


Figure 1. Foliar concentrations of sulphur (A), nitrogen (B), molybdenum (C) and selenium (D) in response to Se application in three rice cultivars (ANa 5015, AN Cambará and ANa 7007). Means followed by the same lowercase letters are not significantly different among the compared cultivars. Means followed by the same uppercase letters compare the cultivars as a function of the Se doses according to the t-test ($p \leq 0.05$). The error bars represent the standard error of the mean ($n = 4$).

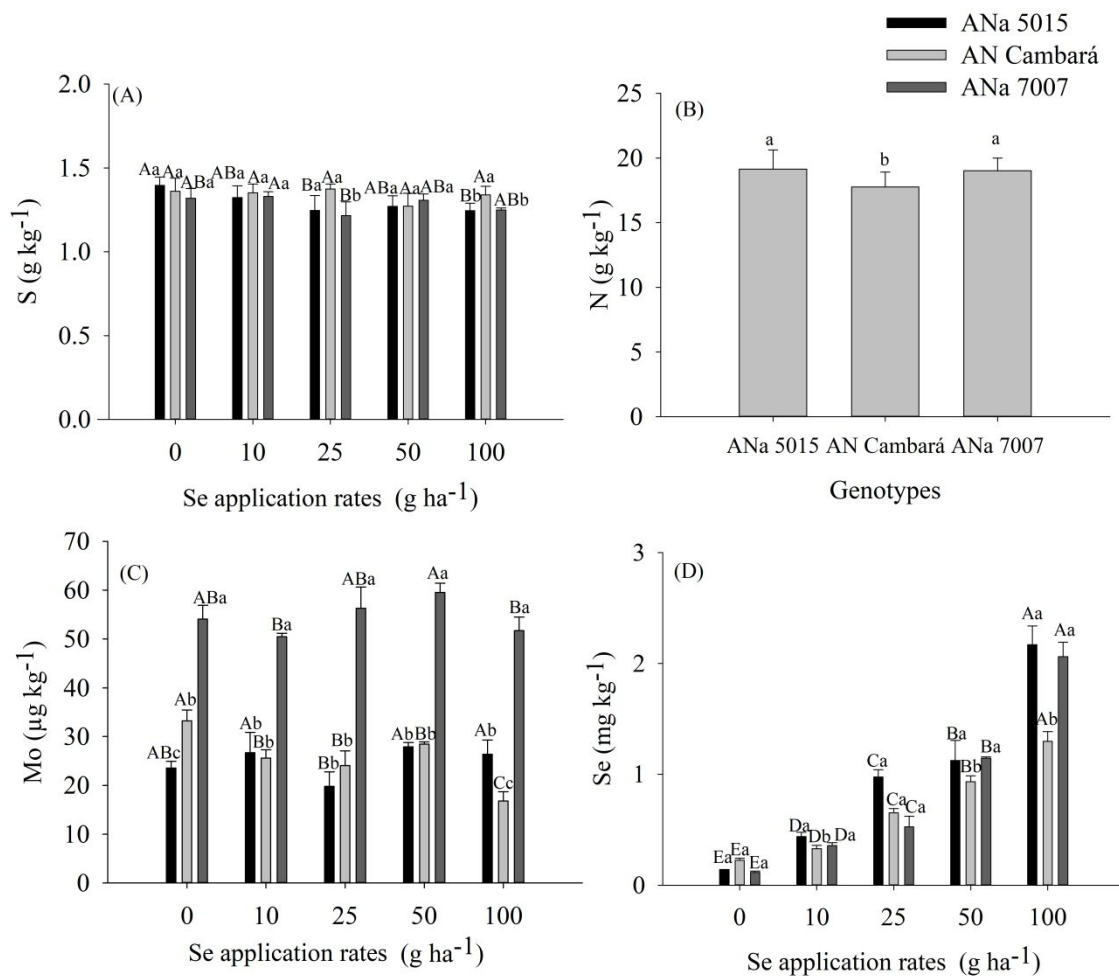


Figure 2. Concentration of sulphur (A), nitrogen (B), molybdenum (C) and selenium (D) in the grain in response to Se application in three rice cultivars (ANa 5015, AN Cambará and ANa 7007). Means followed by the same lowercase letters are not significantly different among the compared cultivars. Means followed by the same uppercase letters compare the cultivars as a function of the Se doses according to the t-test ($p \leq 0.05$). The error bars represent the standard error of the mean ($n = 4$).

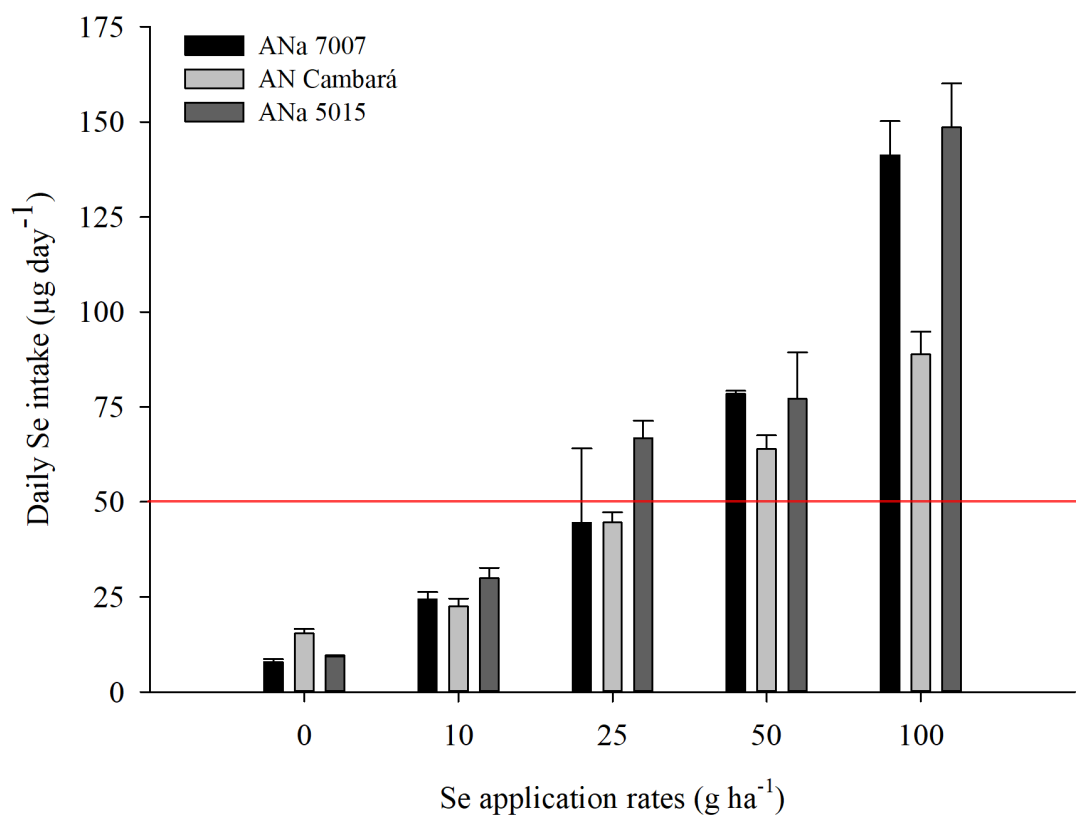


Figure 3. Estimated daily Se intake by humans from rice cultivars (ANa 5015, AN Cambará and ANa 7007) biofortified through Se application via the soil, calculated based on their grain Se concentrations and a consumption of 68.5 μg rice d^{-1} . The error bars represent the standard error of the mean ($n = 4$). The red line indicates the maximal Se intake by biofortified rice grains taking account the Se delivered from other food sources based on Brazilian eating habits.

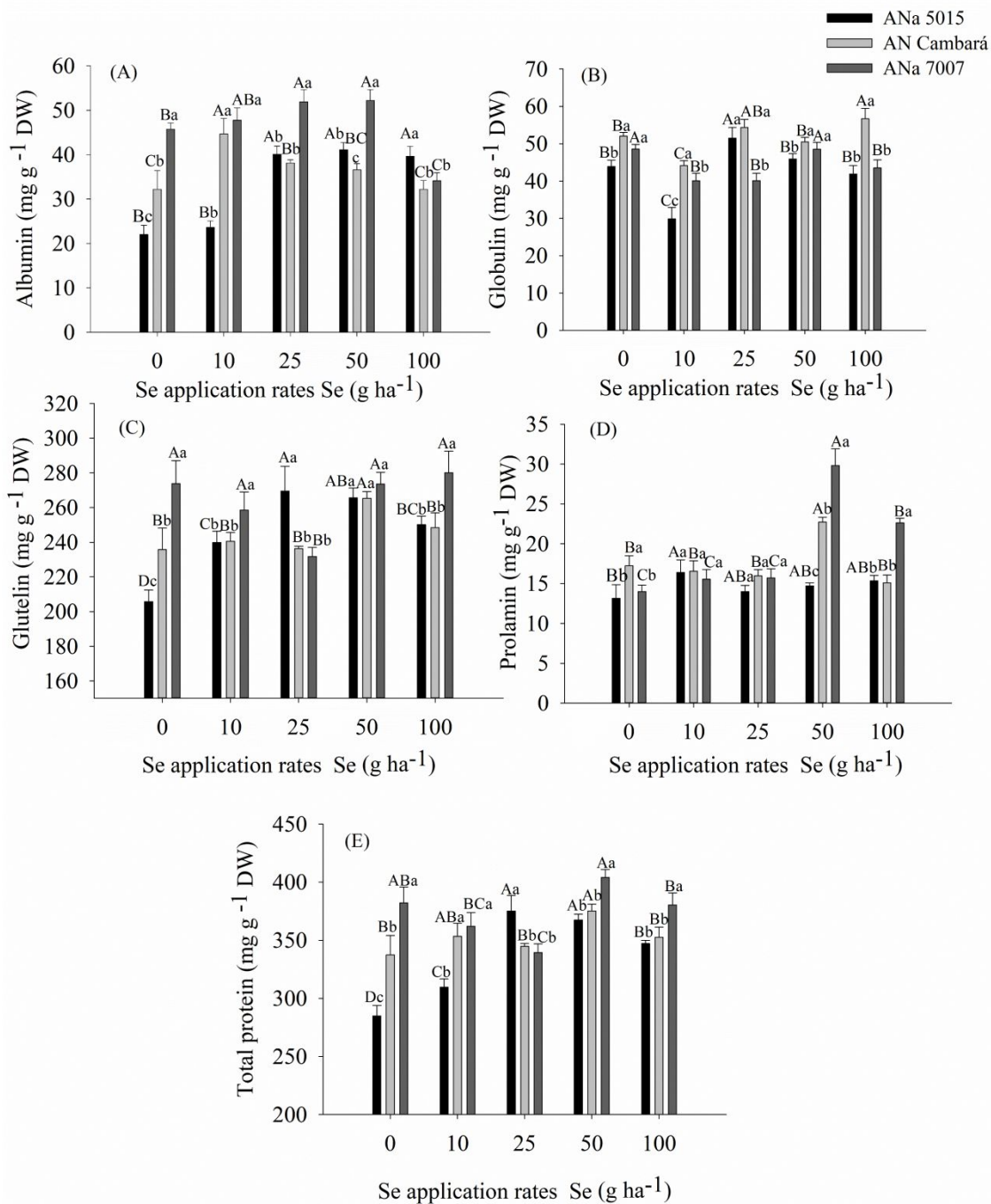


Figure 4. Concentration of albumin (A), globulin (B), prolamin (C), glutelin (D) and total protein (E) in response to Se application in three rice cultivars (Ana 7007, AN Cambará and ANa 5015). Means followed by the same lowercase letters are not significantly different among the compared cultivars. Means followed by the same uppercase letters compare the cultivars as a function of the Se doses according to the t-test ($p \leq 0.05$). The error bars represent the standard error of the mean ($n = 4$).

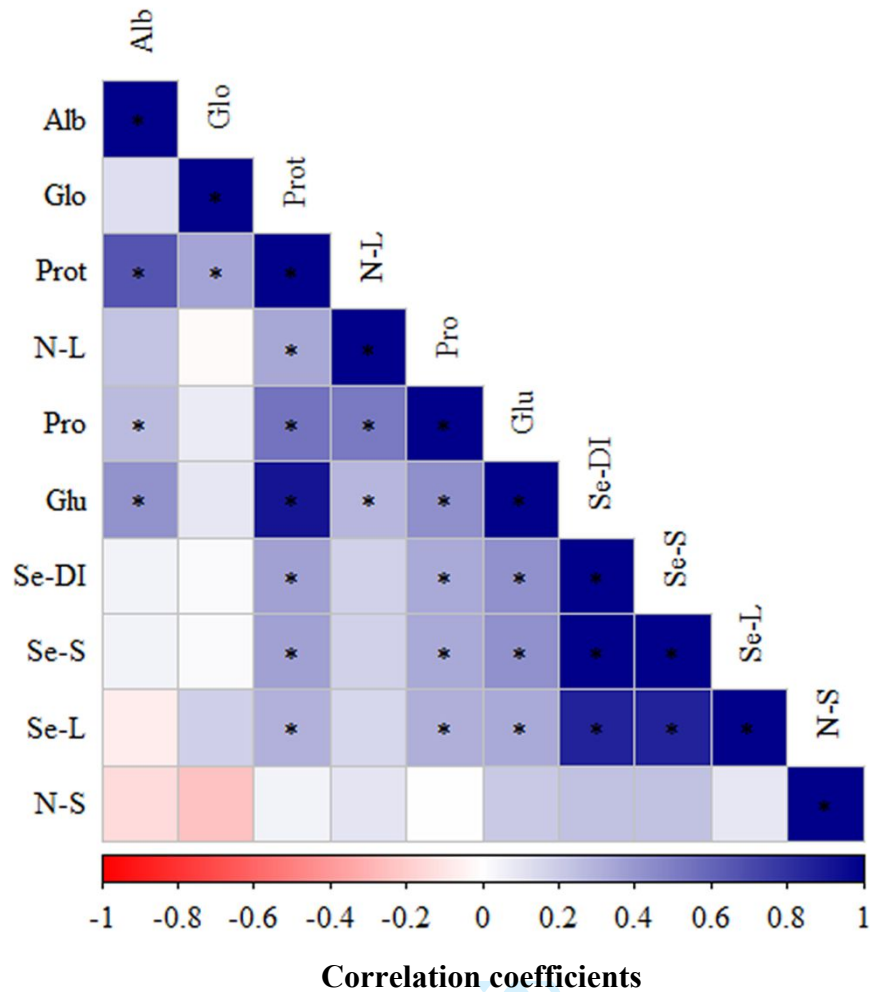


Figure 5. Heatmap of the Pearson correlation coefficients obtained from variables analysed in rice genotypes (ANa 5015, AN Cambará and ANa 7007) in response to Se application. * indicates significant correlation ($p < 0.05$). Abbreviations: Alb - albumin, Glo - globulin, Prot - total protein, N-L - N in leaves, Pro - prolamin, Glu - glutelin, Se-DI - Daily intake of Se, Se-S - Se in seeds, Se-L - Se in leaves, N-S - N in seeds.

Table 1. Genotypic variation in the concentration of Se in the leaves, grains, daily intake of Se and storage proteins (albumin, globulin, prolamin and glutelin) in cultivars biofortified using 25 g Se ha⁻¹ applied via soil. The \pm represent the standard deviation ($n = 4$).

	AN Cambara	ANa 5015	ANa 7007
Se in leaves (mg kg ⁻¹)	0.92 \pm 0.14	0.65 \pm 0.003	0.44 \pm 0.01
Se in seeds (mg kg ⁻¹)	0.65 \pm 0.01	0.97 \pm 0.03	0.65 \pm 0.14
Se daily intake (μ g day ⁻¹)	44.47 \pm 1.35	66.80 \pm 2.25	44.52 \pm 9.76
Albumin (%)	11.06 \pm 0.20	10.69 \pm 0.47	15.28 \pm 0.84
Globulin (%)	15.76 \pm 0.54	13.78 \pm 0.99	11.81 \pm 0.41
Prolamin (%)	4.63 \pm 0.24	3.74 \pm 0.34	4.63 \pm 0.32
Glutelin (%)	68.53 \pm 0.40	71.81 \pm 1.57	68.26 \pm 0.33