SUPPORTING INFORMATION – FIGURES AND TABLES

* All graphs in figures SI 1-3 depict urinary excretion (in nmol) from 24h urine collections throughout the study. For clarity, statistical comparisons are shown in tables below each figure. Lower case letters indicate differences between doses and the same time point (i.e., down a column), while upper case letters indicate differences between time points and within dose (i.e., across a row). Two-way ANOVA with Tukey's HSD ($p<0.05$) used for all comparisons. nd = not detected; trace = metabolite detected but below LOQ; BB = lyophilized whole blueberry dose; NG = non-gavaged group. Data shown as mean ± SEM in graphs; mean ± SD in tables.

Table SI-1 – Mass spectrometry parameters for compounds quantified via MS^2.

Compound	MRM mode	RT (min)	MW	Precursor ion (m/z)	MS^2 fragments (m/z) [a]	CV	CE (eV)	Quantitation Standard
Anthocyanins								
Cyanidin								
Arabinoside	+	1.77	419.1	419	*287*	46	20	
Galactoside	+	1.62	449.1	449	137, *287*	46	54, 20	Cyanidin-3-glucoside
Glucoside	+	1.86	449.1	449	137, *287*	46	54, 20	
Delphinidin								
Arabinoside	+	1.41	435.4	435	*303*	100	18	
Galactoside	+	1.26	465.4	465	69, *303*	100	74, 18	Cyanidin-3-glucoside
Glucoside	+	1.41	465.4	465	69, *303*	100	74, 18	
Glucuronide	+	3.35	479.4	479	*303*	100	18	
Malvidin								
Arabinoside	+	2.79	463.4	463	*331*	100	34	
Galactoside	+	2.74	493.4	493	315, *331*	100	50, 34	Malvidin-3-glucoside
Glucoside	+	2.95	493.4	493	315, *331*	100	50, 34	
Peonidin								
Arabinoside	+	2.44	433.4	433	*301*	35	20	
Galactoside	+	2.42	463.4	464	*301*	35	20	Peonidin-3-glucoside
Glucoside	+	2.66	463.4	464	*301*	35	20	
Sulfate	+	4.28	381.4	381	*301*	35	20	
Petunidin								
Arabinoside	+	2.13	449.4	449	*317*	40	22	
Galactoside	+	2.05	479.4	479	*317*	40	22	
Glucoside	+	2.29	479.4	479	*317*	40	22	Petunidin-3-glucoside
Glucuronide	+	4.02	493.4	493	*317*	40	22	
Sulfate	+	4.30	397.4	397	*317*	40	22	
Phenolic Acids								
Benzaldehydes (BALD)								
Isovanillin	-	2.50	150.2	151	92, *136*	24	22, 12	Isovanillin

Benzoic acids (BzA)								
Protocatechuic acid	-	0.86	154.1	153	*81*, 91	28	18, 24	Protocatechuic acid
Gallic acid	-	0.69	170.1	169	*79*, 97	32	22, 20	Gallic acid
Vanillic acid	-	1.82	168.1	167	*108*, 152	28	20, 12	Vanillic acid
Syringic acid	-	2.08	198.2	197	123, *182*	36	24, 14	Syringic acid
BzA glucuronide	-	3.93	298.2	297	*121*	30	22	4-OH-BALD
Phenyl Acetic Acids (PAA)								
3-OH-PAA	-	3.95	152.2	151	*136*, 92	34	12, 18	4-OH-PAA
4-OH-PAA	-	1.74	152.2	151	*107*, 133	28	10	4-OH-PAA
3-OMe-PAA	-	3.86	166.2	165	*106*, 121	28	24, 6	3-OMe-PAA
Homovanillic acid	-	2.12	182.2	181	*122*	18	14	Homovanillic acid
Phenyl Propionic Acids (PPA)								
3-OH-PPA	-	3.02	166.2	165	*121*, 147	24	16, 12	3-OH-PPA
3-OH-4-OMe-PPA	-	3.05	196.2	195	135, *136*	32	26, 12	3-OH-4-OMe-PPA
Dihydrocaffeic acid sulfate	-	1.70	264.2	261	137, *181*	28	20, 15	Caffeic acid
trans-Cinnamic Acids								
p-Coumaric acid	-	2.41	164	163	*93*, 120	28	28, 32	*p*-Coumaric acid
Caffeic acid	-	1.81	180.2	179	*107*, 117	32	22, 24	Caffeic acid
Caffeic acid sulfate [b]	-	1.68	260.2	259	135, *179*	28	20, 15	Caffeic acid
Caffeic acid glucuronide	-	3.83	356.2	355	*179*	30	18	Caffeic acid
Ferulic acid	-	3.20	194.2	193	*134*, 178	30	18, 12	Ferulic acid
Ferulic acid glucuronide [c]	-	3.65, 4.18	370.2	369	*193*	30	22	Ferulic acid
Isoferulic acid	-	3.92	194.2	193	*134,* 178	30	18, 12	Ferulic acid
Isoferulic acid glucuronide	-	1.40	370.2	369	*178,* 193	30	18, 12	Ferulic acid
(Iso)Ferulic acid sulfate [d]	-	1.75, 2.00	274.2	273	178, *193*	30	18, 12	Ferulic acid
Chlorogenic acid	-	1.70	354.3	353	85, *191*	26	40, 18	Chlorogenic acid
Feruloylquinic acid	-	2.64	368.3	367	134, *191*	30	40, 20	Ferulic acid
Ethyl gallate	-	2.80	198.2	197	*124*, 125	30	30	Ethyl gallate
Taxifolin	-	3.40	304.3	303	*125*, 177	34	22, 14	Taxifolin
Catechins								
Catechin	-	1.40	290.3	289	*109*, 123	33	24, 26	Catechin
Epicatechin	-	2.11	290.3	289	*109*, 123	33	24, 26	Epicatechin

(Epi)gallocatechin peak 1	-	0.80	306.3	305	*125*, 179	40	20, 14	Catechin
(Epi)gallocatechin peak 2	-	1.00	306.3	305	125, *179*	40	20, 14	Catechin
Flavonols								
Quercetin	-	4.29	302.2	301	*151*, 179	38	20, 18	Quercetin
Kaempferol	-	4.52	286.2	285	146, *151*	58	30, 18	Quercetin
Myricetin	-	3.84	318.2	317	*151*, 179	46	26, 20	Myricetin
Kaempferol-3-glycs [e]	-	1.40	448.4	447	*284*	42	18	Quercetin-3-glucoside
Quercetin-3-glycs	-	3.39	464.1	463	271, *300*	42	40, 24	Quercetin-3-glucoside
Quercetin-3-rutinoside	-	3.41	610.2	609	*300*	42	24	Quercetin
Quercetin glucuronide [f]	-	3.54, 3.80, 4.01	478.1	477	151, *300*	42	38, 22	Quercetin glucuronide
4-OMe-quercetin	-	4.62	316.2	315	151, *300*	28	32, 20	4-OMe-quercetin
Myricetin glucuronide	-	3.58	494.4	493	151, *317*	46	26, 20	Myricetin
Hippuric Acids								
Hippuric acid	-	1.80	179.2	178	56, *77*	28	12, 16	Hippuric acid
3-OH-hippuric acid	-	1.20	195.2	194	*93*, 121	32	22, 24	3-OH-hippuric acid

MRM = Multiple Reaction Monitoring; RT = retention time; MW = molecular weight; CV = cone voltage; CE = collision energy.

[a] Daughter fragments monitored; fragment listed in italics used for quantitation.

[b] Three overlapping peaks were not separable, so quantitated as sum of all three peaks.

[c] Two distinct peaks were observed at this MRM, representing different isomers of ferulic acid glucuronide. They are quantitated separately as peaks 1 and 2 in the results.

[d] Two distinct peaks appeared at this MRM. Based on our methods, we are unable to determine which corresponds to ferulic acid sulfate and which corresponds to isoferulic acid sulfate, thus they are reported as peak 1 and peak 2 in results.

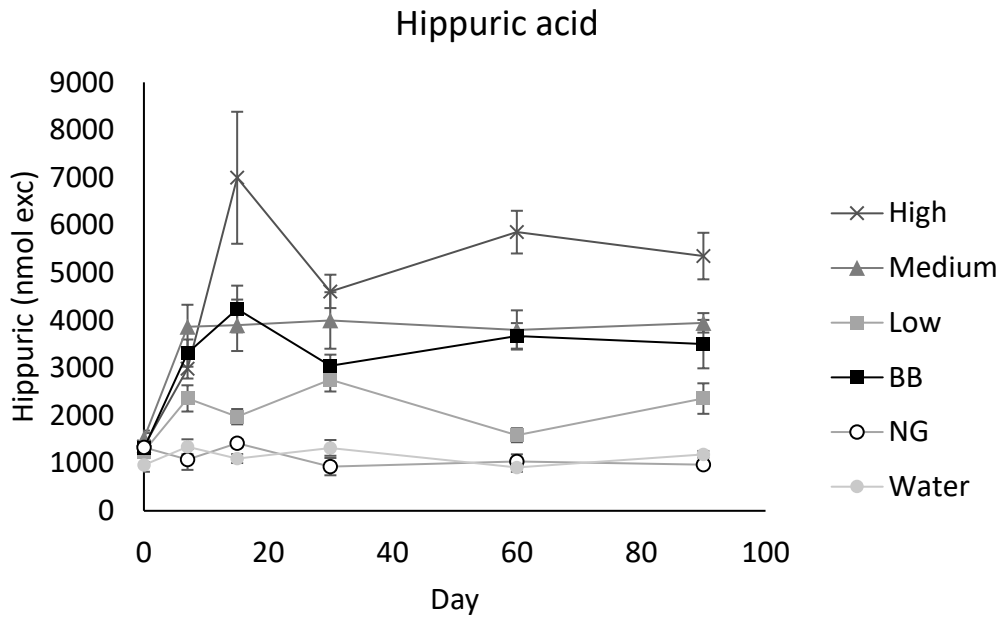
[e] Galactoside and glucoside peaks overlapped and were not distinguishable, so quantitated as sum of both peaks.

[f] Three distinct peaks were observed at this MRM, representing different isomers of quercetin glucuronide. They are quantitated separately as peaks 1, 2, and 3.

Table SI-2 – Differentially abundant taxa among all treatment groups at d90. Only taxa with LEfSe LDA>4 or ANCOM W>130 and centered log ratio (clr) >30 are presented. LEfSe determines differentially abundant taxa using relative abundance, while ANCOM uses raw counts.

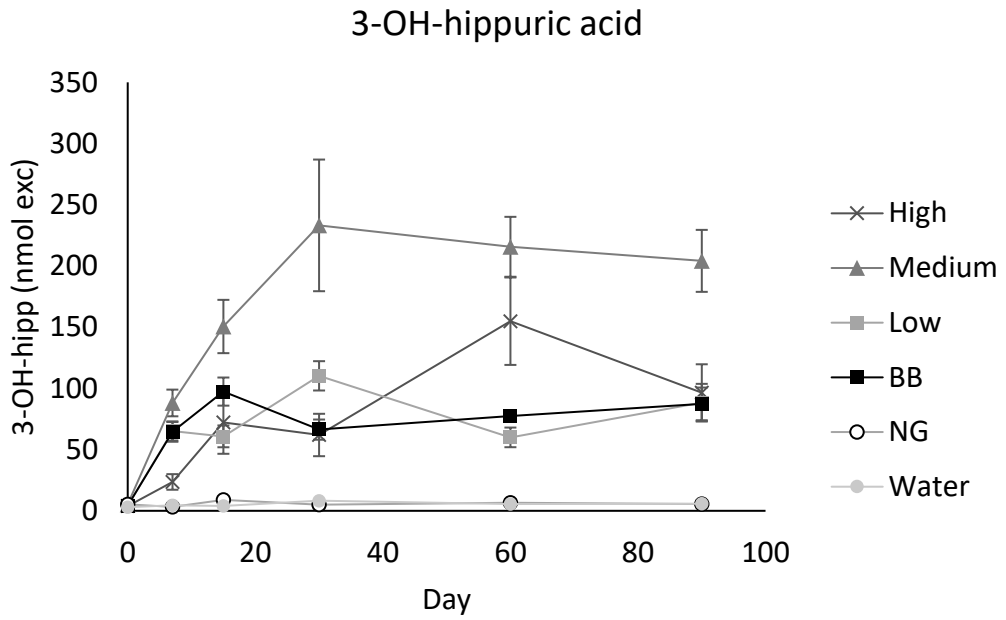
		Lefse			ANCOM	
Taxa	Phylum	Highest Group	LDA	p	clr	W
Bacteroides dorei	Bacteroidetes	High	5.09	3.46E-04	8.0	107
Bacteroides	Bacteroidetes	High	4.83	2.21E-05	3.2	51
Ruminococcus-2	Firmicutes	High	4.63	2.88E-03	2.3	36
Lachnoclostridium	Firmicutes	High	4.30	1.27E-06	49.7	273
Barnesiella	Bacteroidetes	High	4.13	2.63E-06	26.0	264
Ruminococcus torques group	Firmicutes	High	4.08	5.62E-07	16.7	263
Ruminococcaceae UBA1819	Firmicutes	High	4.08	1.52E-04	25.8	267
Rhodospirillales, uncultured, ambiguous taxa	Proteobacteria	High	4.07	4.36E-05	9.5	191
Marvinbryantia	Firmicutes	High	4.02	5.37E-05	15.1	270
Coriobacteriales incertae sedis, uncultured	Actinobacteria	High	3.11	2.35E-07	39.2	270
Flavonifractor	Firmicutes	High	3.83	1.91E-06	30.5	270
Muribaculaceae, ambiguous taxa	Bacteroidetes	Medium	4.40	1.24E-02	43.7	240
Bacteroides, uncultured bacterium	Bacteroidetes	Medium	4.15	2.47E-05	10.5	229
Rikenellaceae RC9 gut group, uncultured bacterium	Bacteroidetes	Medium	4.08	2.69E-04	173.6	261
Christensenellaceae R7 group	Firmicutes	Medium	4.08	3.79E-03	3.2	46
Oscillibacter, uncultured bacterium	Firmicutes	Medium	3.28	2.65E-04	37.2	242
Clostrdium sensu stricto, uncultured bacterium	Firmicutes	Low	3.85	6.42E-04	37.4	252
Ruminiclostridium-6, uncultured bacterium	Firmicutes	BB	4.37	7.58E-04	28.2	253
Ruminococcaceae UCG-005	Firmicutes	BB	4.36	1.57E-04	35.3	254
Ruminiclostridium, uncultured bacterium	Firmicutes	BB	3.43	6.16E-04	72.5	248
Ruminococcus-1	Firmicutes	Control	5.16	1.67E-04	74.1	269
Ruminococcaceae UCG-010	Firmicutes	Control	3.15	1.07E-04	48.1	242
Lachnospiraceae NK4A136 group	Firmicutes	Non-gavage	4.88	5.91E-04	76.5	265
Lachnospiraceae NK4A136 group, uncultured bacterium	Firmicutes	Non-gavage	4.74	8.91E-04	61.7	258
Eubacterium coprostanoligenes group, uncultured bacterium	Firmicutes	Non-gavage	4.02	8.79E-05	23.7	248

Figure SI-1a – Hippuric acid.



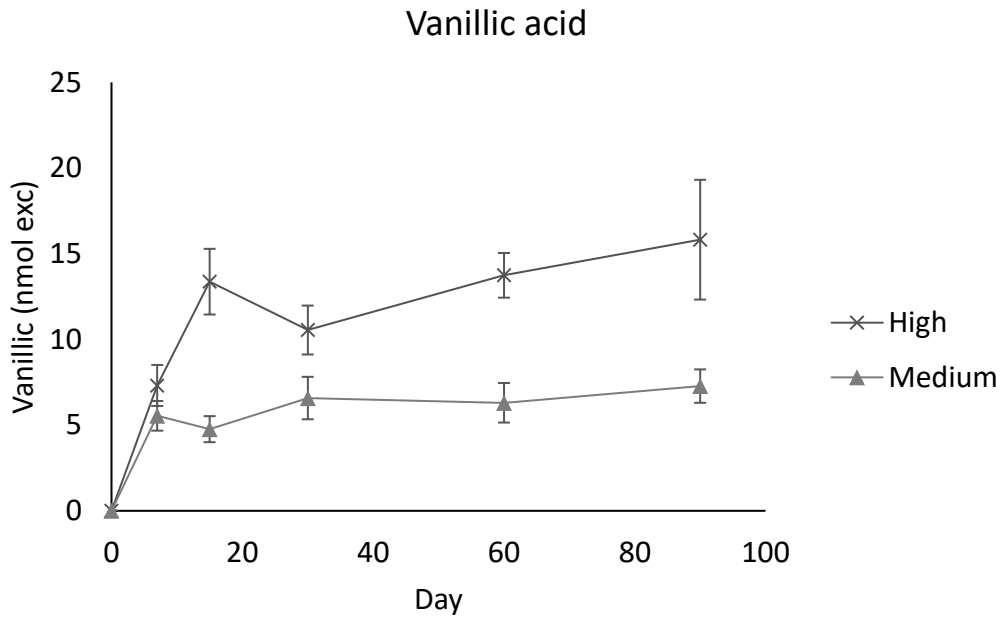
	Day					
	0	7	15	30	60	90
Water	963 ± 453	1345 ± 497 ^{b}	1098 ± 297 ^{d}	1322 ± 496 ^{c}	911 ± 286 ^{d}	1187 ± 211 ^{c}
Low	1247 ± 419 ^{C}	2361 ± 871 ^{a,A}	1977 ± 510 ^{c,AB}	2755 ± 788 ^{b,A}	1588 ± 465 $^{c.BC}$	2358 ± 1014 ^{b,AB}
Medium	1518 ± 501 ^{B}	3867 ± 1383 ^{a,A}	3896 ± 1529 ^{b,A}	3998 ± 1781 ^{ab,A}	3799 ± 1164 ^{b,A}	3948 ± 579 ^{a,A}
High	1352 ± 380 ^{C}	2986 ± 623 ^{a,B}	6995 ± 4158 ^{a,A}	4609 ± 1052 ^{a,A}	5854 ± 1418 ^{a,A}	5351 ± 1383 ^{a,A}
BB	1310 ± 485 ^{B}	3312 ± 856 ^{a,A}	4239 ± 1471 ^{ab,A}	3045 ± 704 ^{ab,A}	3674 ± 805 ^{ab,A}	3501 ± 1245 ^{ab,A}
NG	1329 ± 608	1079 ± 438 ^{b}	1419 ± 175 ^{cd}	928 ± 363 ^{c}	1035 ± 303 ^{cd}	968 ± 124 ^{c}

Figure SI-1b – 3-hydroxy-hippuric acid.



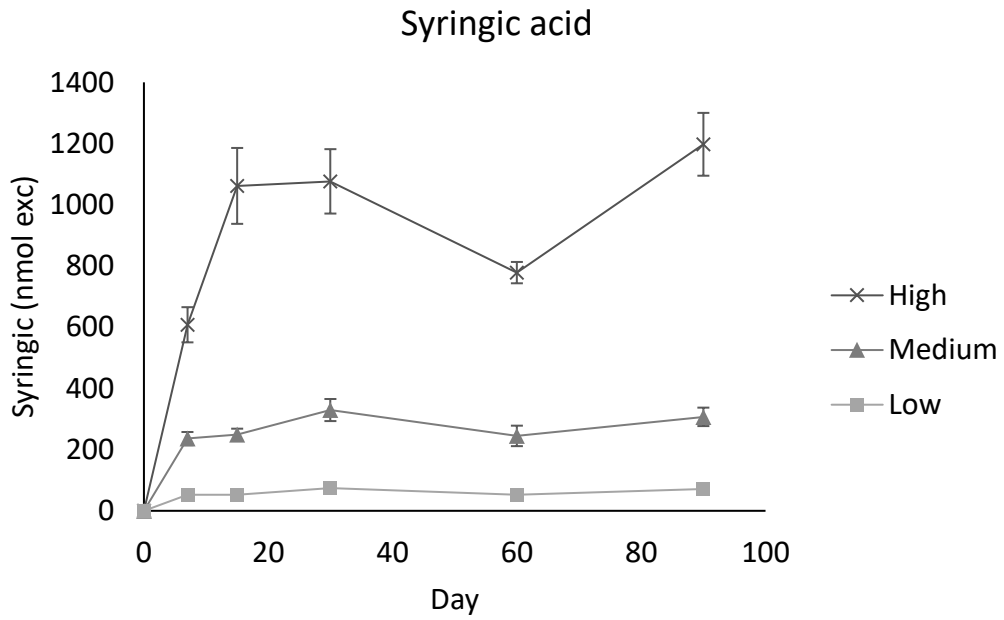
	Day					
	0	7	15	30	60	90
Water	2.98 ± 1.41	4.60 ± 1.88 ^{c}	4.03 ± 1.07 ^{d}	8.27 ± 3.49 ^{d}	5.60 ± 1.50 ^{d}	5.72 ± 1.38 ^{c}
Low	4.09 ± 1.61 ^{C}	65.2 ± 24.8 ^{a,B}	60.8 ± 28.2 ^{bc,B}	110 ± 37.8 ^{ab,A}	60.0 ± 25.4 ^{c,B}	88.3 ± 48.7 ^{b,AB}
Medium	5.37 ± 1.65 ^{C}	88.1 ± 32.7 ^{a,B}	151 ± 61.6 ^{a,AB}	233. ± 161 ^{a,A}	216 ± 69.2 ^{a,A}	204 ± 71.6 ^{a,A}
High	3.84 ± 1.05 ^{D}	23.6 ± 19.1 ^{bc,C}	72.2 ± 76.8 ^{c,B}	61.9 ± 51.9 ^{c,B}	155 ± 113 ^{ab,A}	96.5 ± 65.5 ^{a,A}
BB	4.19 ± 1.92 ^{B}	64.5 ± 24.2 ^{a,A}	97.4 ± 34.4 ^{ab,A}	66.3 ± 24.7 ^{bc,A}	77.3 ± 14.4 ^{bc,A}	87.3 ± 32.7 ^{b,A}
NG	5.23 ± 2.29	3.21 ± 1.60 ^{c}	8.93 ± 0.62 ^{d}	5.06 ± 0.71 ^{a}	6.49 ± 2.35 ^{d}	5.65 ± 1.80 ^{c}

Figure SI-2a – Vanillic acid.



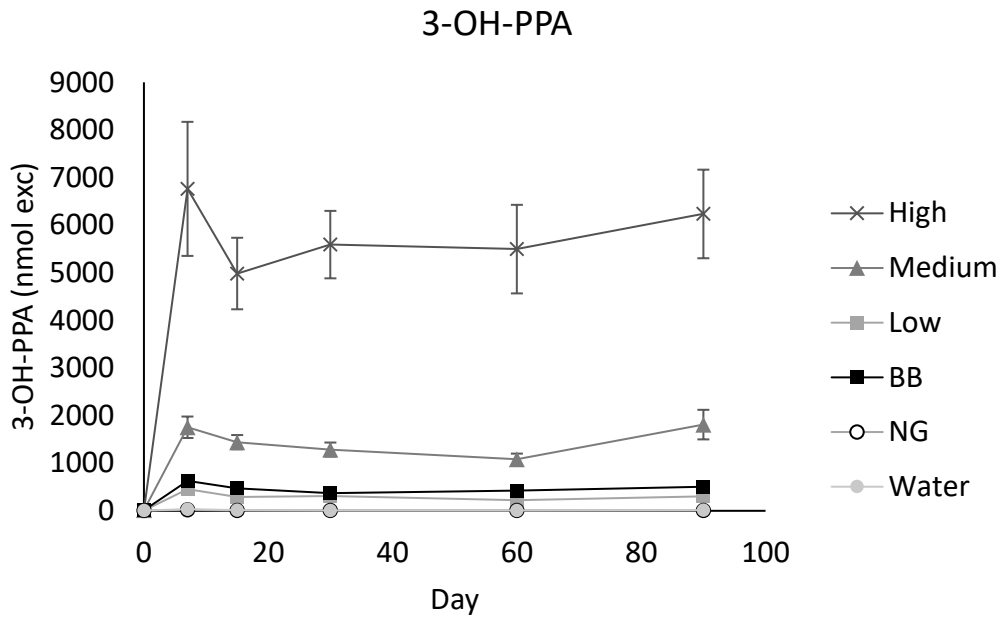
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	5.54 ± 2.60 [b]	4.76 ± 2.15 [b]	6.58 ± 3.71 [b]	6.30 ± 3.27 [b]	7.28 ± 2.75 [b]
High	nd	7.31 ± 3.59 [a,B]	13.4 ± 5.75 [a,A]	10.6 ± 4.28 [a,AB]	13.7 ± 4.12 [a,A]	15.8 ± 9.89 [a,A]
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-2b – Syringic acid.



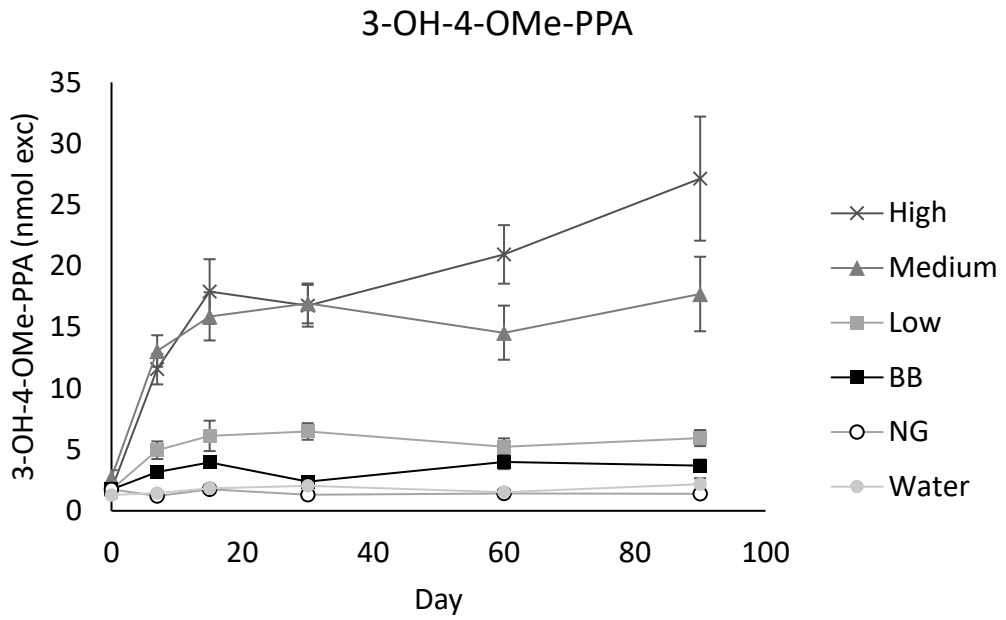
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	52.8 ± 8.82 ^{c,AB}	52.1 ± 13.4 ^{c,AB}	74.3 ± 29.2 ^{c,A}	52.7 ± 19.9 ^{c,B}	71.6 ± 27.0 ^{c,AB}
Medium	nd	236 ± 64.6 ^{b}	249 ± 54.9 ^{b}	329 ± 108 ^{b}	245 ± 94.7 ^{b}	307 ± 85.3 ^{b}
High	nd	608 ± 172 ^{a,C}	1062 ± 372 ^{a,AB}	1076 ± 316 ^{a,AB}	778 ± 110 ^{a,B}	1197 ± 290 ^{a,A}
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-2c – 3-hydroxyphenyl propionic acid.



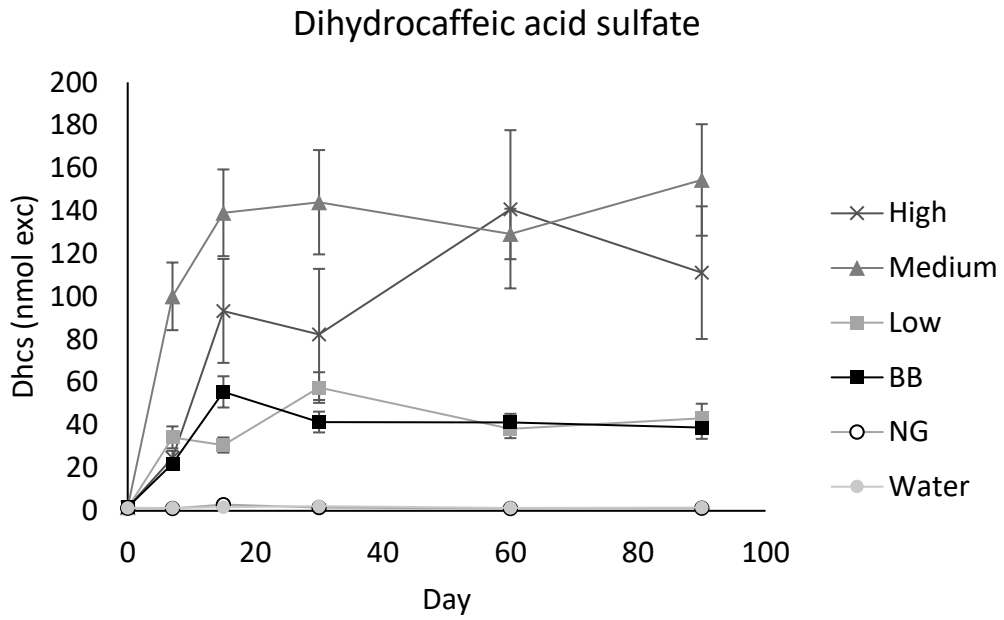
	Day					
	0	7	15	30	60	90
Water	5.70 ± 3.18	35.3 ± 36.8 ^{d}	12.3 ± 5.07 ^{d}	10.4 ± 4.50 ^{d}	7.05 ± 1.67 ^{d}	12.5 ± 5.41 ^{d}
Low	5.98 ± 3.39 ^{C}	454 ± 132 ^{c,A}	290 ± 107 ^{c,AB}	311 ± 109 ^{c,AB}	221 ± 70.5 ^{c,B}	305 ± 60.8 ^{c,AB}
Medium	12.0 ± 7.35 ^{B}	1755 ± 677 ^{b,A}	1442 ± 422 ^{b,A}	1287 ± 441 ^{b,A}	1081 ± 341 ^{b,A}	1811 ± 879 ^{b,A}
High	7.46 ± 6.26 ^{B}	6762 ± 4224 ^{a,A}	4984 ± 2253 ^{a,A}	5591 ± 2124 ^{a,A}	5497 ± 2941 ^{a,A}	6235 ± 2631 ^{a,A}
BB	10.4 ± 9.14 ^{B}	629 ± 228 ^{c,A}	470 ± 99.0 ^{c,A}	370 ± 58.1 ^{c,A}	427 ± 169 ^{c,A}	507 ± 255 ^{c,A}
NG	7.82 ± 5.62	21.3 ± 19.4 ^{d}	10.6 ± 2.81 ^{d}	8.40 ± 4.89 ^{d}	10.5 ± 2.80 ^{d}	11.2 ± 4.18 ^{d}

Figure SI-2d – 3-hydroxy-4-methoxyphenyl propionic acid.



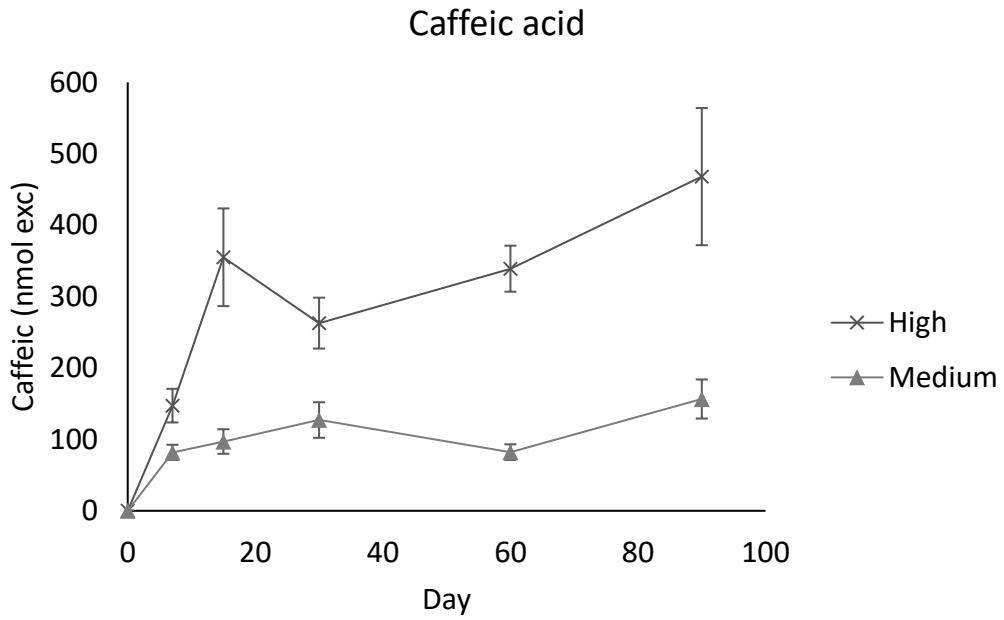
	Day					
	0	7	15	30	60	90
Water	1.29 ± 0.83	1.44 ± 0.59 ^{c}	1.84 ± 0.81 ^{c}	2.05 ± 0.72 ^{c}	1.51 ± 0.86 ^{c}	2.18 ± 1.45 ^{c}
Low	1.74 ± 1.2 ^{B}	4.95 ± 2.28 ^{b,A}	6.12 ± 3.92 ^{b,A}	6.48 ± 2.14 ^{b,A}	5.24 ± 2.14 ^{b,A}	5.94 ± 2.08 ^{b,A}
Medium	2.72 ± 1.82 ^{B}	13.05 ± 3.87 ^{a,A}	15.88 ± 5.56 ^{a,A}	16.94 ± 4.88 ^{a,A}	14.55 ± 6.25 ^{a,A}	17.71 ± 8.61 ^{a,A}
High	1.75 ± 0.5 ^{C}	11.57 ± 3.74 ^{a,B}	17.92 ± 7.92 ^{a,AB}	16.75 ± 5.12 ^{a,AB}	20.94 ± 7.56 ^{a,A}	27.13 ± 14.33 ^{a,A}
BB	1.74 ± 0.83 ^{B}	3.17 ± 0.9 ^{b,A}	3.96 ± 0.89 ^{b,A}	2.39 ± 0.59 ^{c,A}	3.99 ± 1.76 ^{b,A}	3.68 ± 1.25 ^{bc,A}
NG	1.75 ± 0.59	1.2 ± 0.4 ^{c}	1.76 ± 0.61 ^{c}	1.31 ± 0.4 ^{c}	1.42 ± 0.35 ^{a}	1.4 ± 0.4 ^{c}

Figure SI-2e – Dihydrocaffeic acid sulfate.



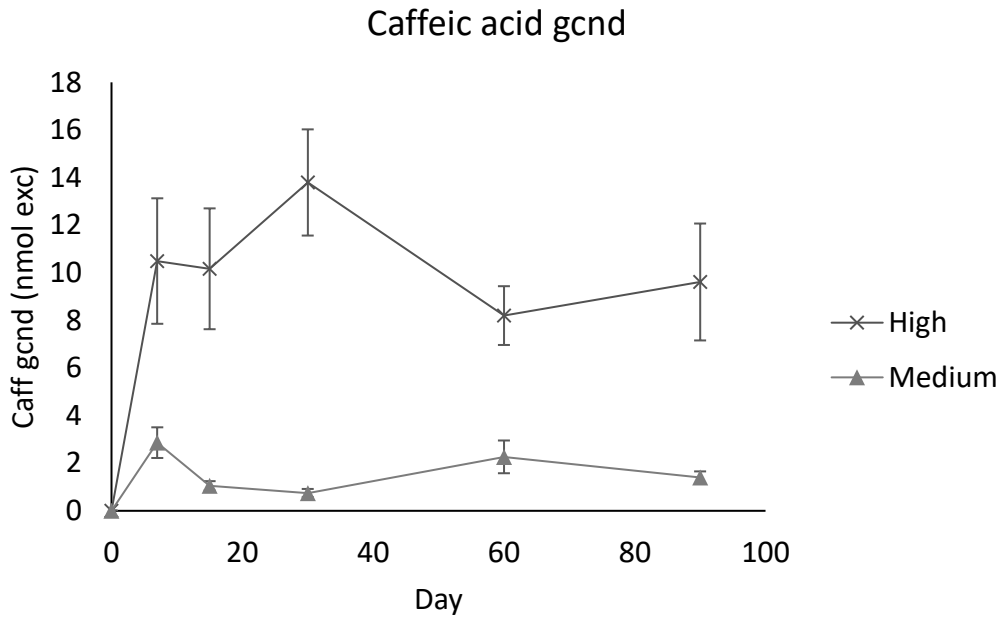
	Day					
	0	7	15	30	60	90
Water	1.36 ± 1.05	1.4 ± 0.88 ^{c}	1.7 ± 0.66 ^{d}	2.18 ± 1.06 ^{c}	1.33 ± 0.54 ^{c}	1.49 ± 0.48 ^{c}
Low	1.36 ± 0.65 ^{C}	34.29 ± 16.15 ^{b,AB}	30.7 ± 11.17 ^{c,B}	57.54 ± 22.61 ^{b,A}	38.3 ± 13.83 ^{b,AB}	43.17 ± 21.54 ^{b,AB}
Medium	1.72 ± 1.03 ^{B}	100 ± 47.38 ^{a,A}	139 ± 57.28 ^{a,A}	144 ± 73.04 ^{a,A}	129 ± 33.3 ^{a,A}	154 ± 73.59 ^{a,A}
High	1.6 ± 0.75 ^{D}	24.72 ± 9.87 ^{b,C}	93.3 ± 72.75 ^{ab,AB}	82.33 ± 91.81 ^{b,B}	141 ± 117 ^{a,A}	111 ± 87.57 ^{ab,AB}
BB	1.72 ± 0.6 ^{C}	22.01 ± 7.51 ^{b,B}	55.51 ± 21.85 ^{bc,A}	41.44 ± 14.56 ^{b,AB}	41.26 ± 12.0 ^{b,AB}	38.79 ± 12.75 ^{b,AB}
NG	1.21 ± 1.05	1.13 ± 0.14 ^{c}	2.91 ± 0.26 ^{d}	1.51 ± 0.92 ^{c}	1.03 ± 0.36 ^{c}	1.15 ± 0.51 ^{c}

Figure SI-2f – Caffeic acid.



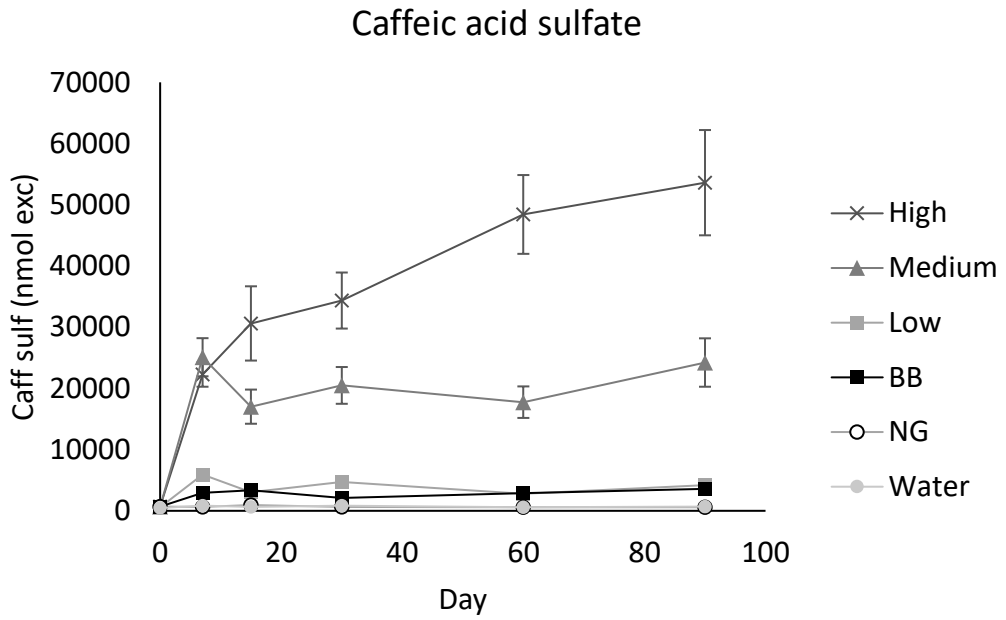
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	81.8 ± 31.9 [b]	97 ± 48.6 [b]	127.2 ± 74.7 [b]	82.2 ± 30.9 [b]	156.6 ± 77.4 [b]
High	nd	147.3 ± 70.6 [a,B]	355 ± 205.2 [a,A]	262.8 ± 106.9 [a,AB]	339 ± 102 [a,A]	468 ± 271.6 [a,A]
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-2g – Caffeic acid glucuronide.



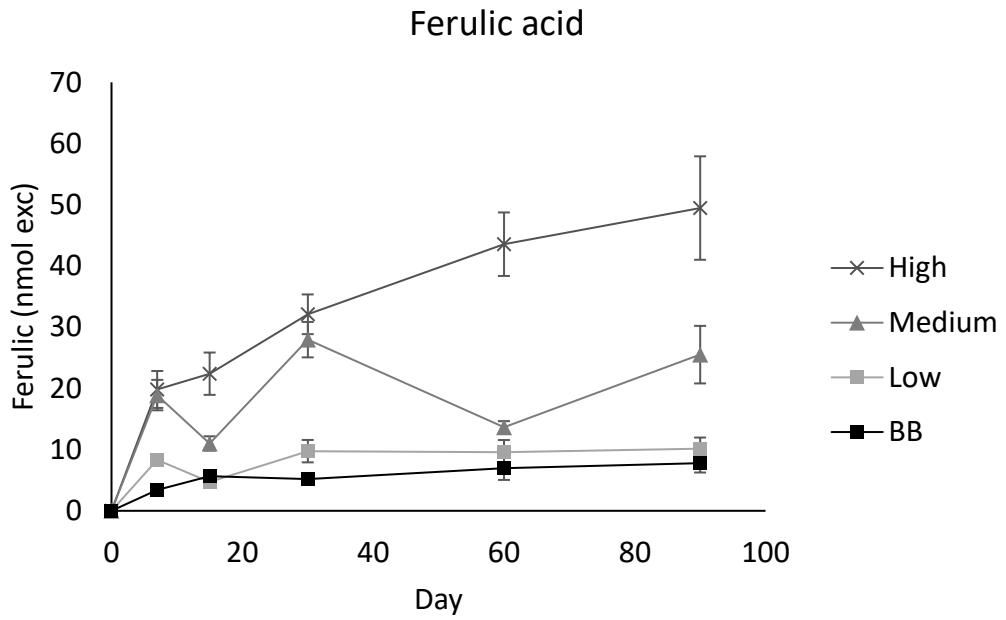
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	nd	nd	nd	nd	nd
Medium	nd	2.86 ± 1.93 ^{b,A}	1.05 ± 0.56 ^{b,AB}	0.75 ± 0.52 ^{b,B}	2.27 ± 1.95 ^{b,AB}	1.4 ± 0.71 ^{b,AB}
High	nd	10.49 ± 7.91 ^{a}	10.17 ± 7.61 ^{a}	13.79 ± 6.69 ^{a}	8.2 ± 3.9 ^{a}	9.61 ± 6.95 ^{a}
BB	nd	nd	nd	nd	nd	nd
NG	nd	nd	nd	nd	nd	nd

Figure SI-2h – Caffeic acid sulfate.



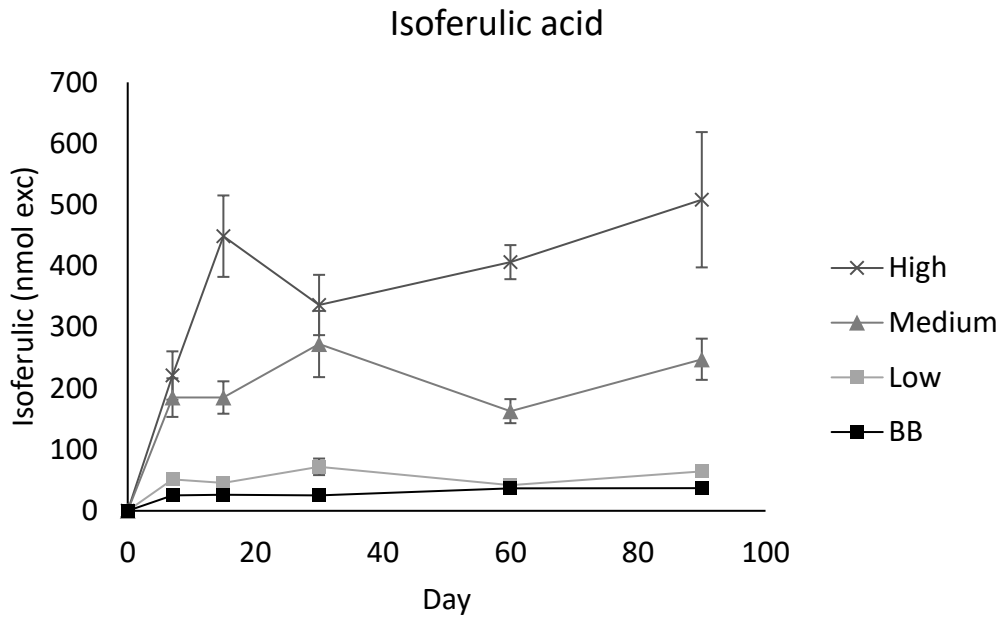
	Day					
	0	7	15	30	60	90
Water	457 ± 211	822 ± 332 ^{d}	620 ± 163 ^{c}	836 ± 64 ^{d}	595 ± 97 ^{d}	713 ± 102 ^{d}
Low	581 ± 252 ^{D}	5919 ± 2138 ^{b,A}	3064 ± 904 ^{b,BC}	4721 ± 1736 ^{b,AB}	2768 ± 1014 ^{c,C}	4203 ± 1745 ^{c,ABC}
Medium	665 ± 251 ^{B}	25089 ± 9344 ^{a,A}	17014 ± 7887 ^{a,A}	20487 ± 9008 ^{a,A}	17749 ± 7281 ^{b,A}	24222 ± 11182 ^{b,A}
High	707 ± 157 ^{C}	22268 ± 5987 ^{a,B}	30611 ± 18198 ^{a,B}	34349 ± 13737 ^{a,AB}	48414 ± 20353 ^{a,A}	53605 ± 24325 ^{a,A}
BB	685 ± 291 ^{B}	2914 ± 818 ^{c,A}	3346 ± 959 ^{b,A}	2123 ± 698 ^{c,A}	2870 ± 301 ^{c,A}	3585 ± 1554 ^{c,A}
NG	670 ± 380	615 ± 236 ^{d}	941 ± 208 ^{c}	642 ± 107 ^{d}	579 ± 176 ^{d}	593 ± 151 ^{d}

Figure SI-2i – Ferulic acid.



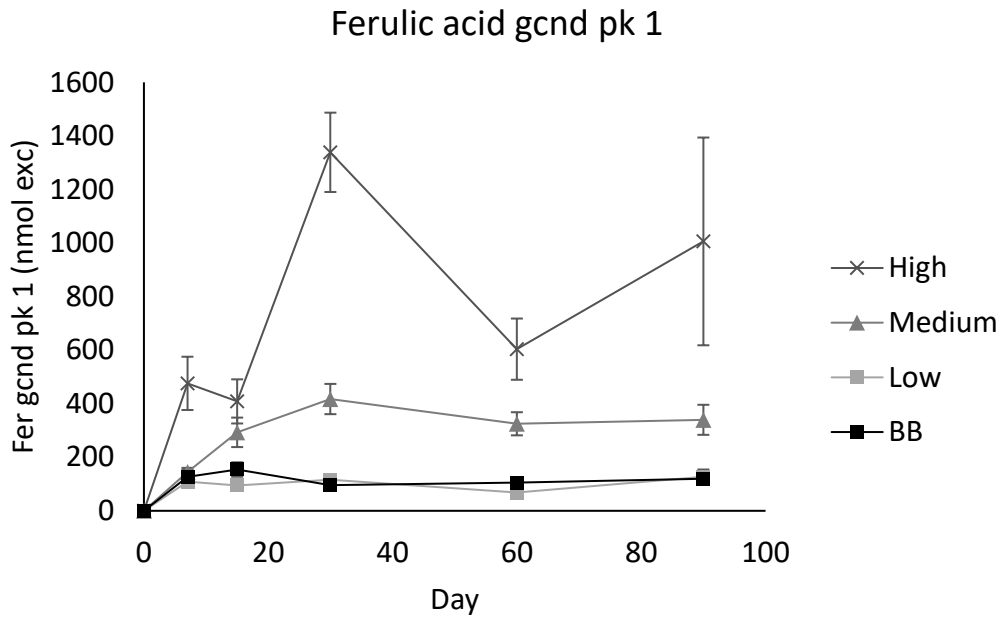
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	8.3 ± 2.92 ^{b,A}	4.71 ± 2.95 ^{b,B}	9.75 ± 5.78 ^{b,A}	9.59 ± 6.24 ^{bc,A}	10.15 ± 5.76 ^{b,A}
Medium	nd	18.9 ± 7.45 ^{a,ABC}	11.01 ± 3.3 ^{a,C}	27.96 ± 8.68 ^{a,A}	13.65 ± 2.82 ^{b,BC}	25.51 ± 13.3 ^{a,AB}
High	nd	19.83 ± 9.05 ^{a,B}	22.4 ± 10.37 ^{a,B}	32.11 ± 9.73 ^{a,AB}	43.56 ± 16.41 ^{a,A}	49.46 ± 23.9 ^{a,A}
BB	nd	3.42 ± 1.16 ^{c,B}	5.65 ± 3.03 ^{b,AB}	5.18 ± 2.07 ^{b,AB}	6.94 ± 5.69 ^{c,AB}	7.78 ± 3.74 ^{b,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-2j – Isoferulic acid.



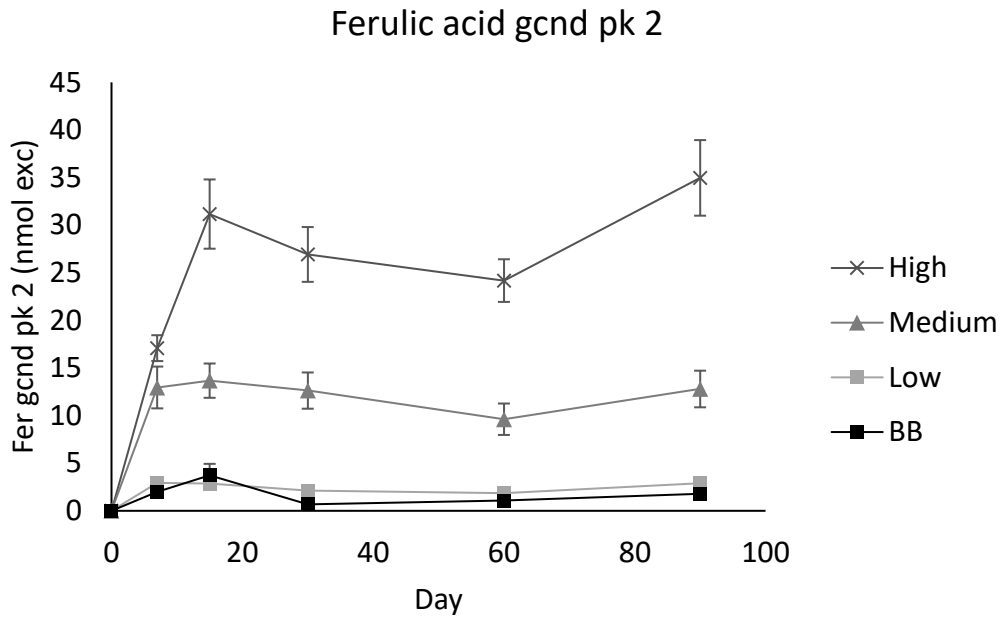
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	51.4 ± 27.7 [b]	45.8 ± 24 [c]	71.9 ± 42.8 [b]	42 ± 19.5 [c]	64.3 ± 11.7 [b]
Medium	nd	184.9 ± 94.6 [a]	185.1 ± 74.9 [b]	272.5 ± 162.2 [a]	162.8 ± 55.6 [b]	247.6 ± 95.2 [a]
High	nd	221.1 ± 118.4 [a,B]	448.7 ± 199.5 [a,A]	336.3 ± 147.7 [a,AB]	406.3 ± 88 [a,A]	508.2 ± 312.6 [a,A]
BB	nd	25.3 ± 12.8 [c]	26.4 ± 14 [c]	25 ± 7.8 [c]	36.5 ± 18.8 [c]	37.1 ± 19.2 [b]
NG	nd	nd	nd	nd	nd	nd

Figure SI-2k – Ferulic acid glucuronide peak 1.



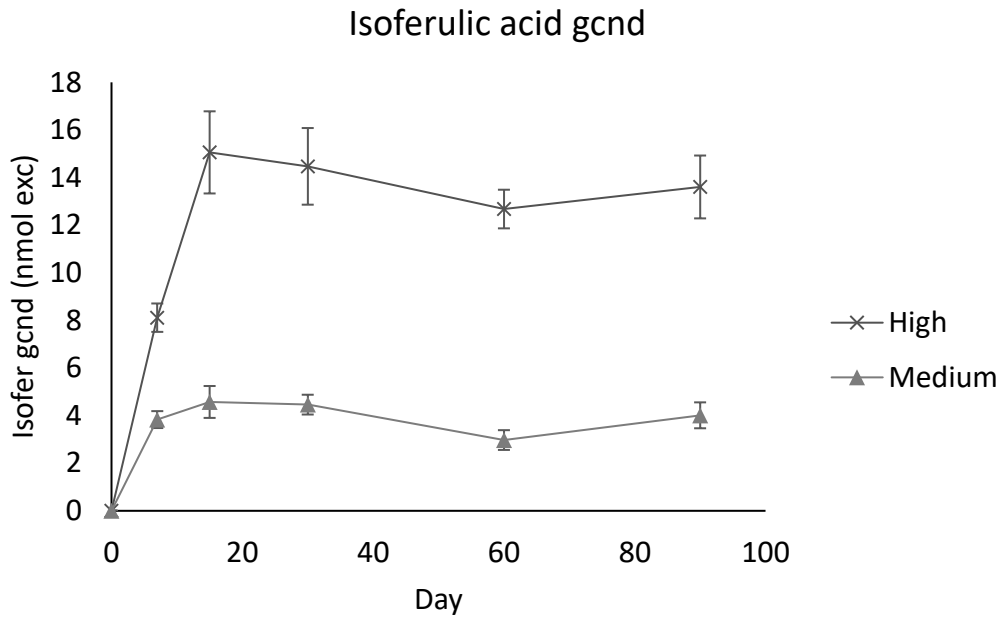
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	108.5 ± 47.1 ^{b}	94.3 ± 39.2 ^{c}	115.7 ± 56.4 ^{a}	68 ± 27.8 ^{b}	127 ± 86.2 ^{b}
Medium	nd	144.6 ± 47.6 ^{b,B}	293 ± 155.6 ^{ab,AB}	417.4 ± 169.6 ^{b,A}	324.9 ± 122.1 ^{a,A}	339.8 ± 158.7 ^{a,A}
High	nd	475.9 ± 298.3 ^{a,B}	408.5 ± 247.2 ^{a,B}	1338.6 ± 444.3 ^{a,A}	603.6 ± 361.4 ^{a,B}	1006 ± 1097 ^{a,B}
BB	nd	126.9 ± 80.3 ^{b}	154.2 ± 80.7 ^{bc}	95.4 ± 34.2 ^{a}	105.5 ± 30.7 ^{b}	120.3 ± 42.4 ^{b}
NG	nd	nd	nd	nd	nd	nd

Figure SI-2l – Ferulic acid glucuronide peak 2.



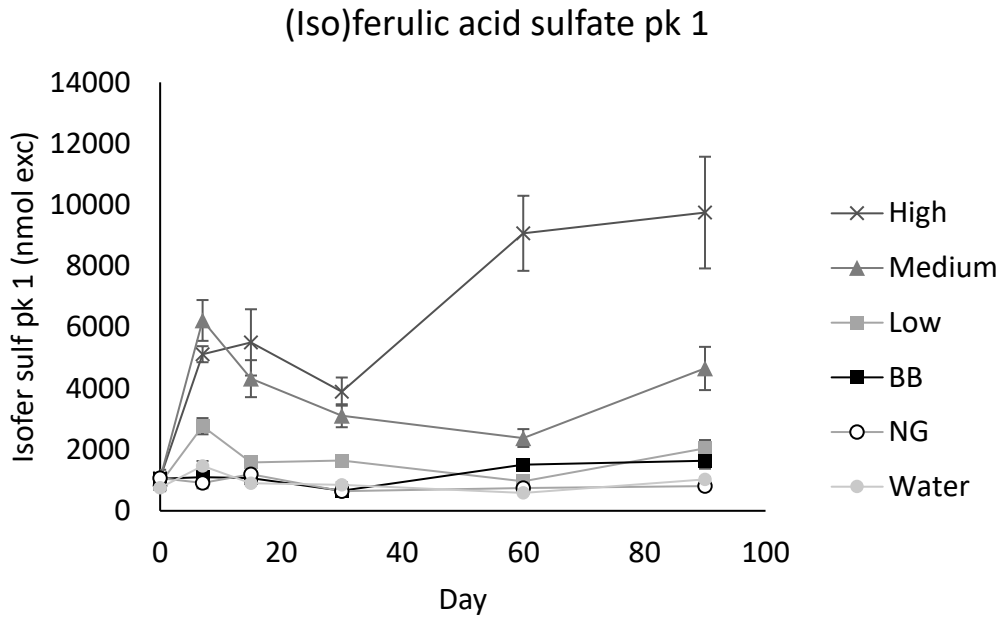
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	2.93 ± 1.17 ^{b}	2.87 ± 1.31 ^{c}	2.11 ± 1.46 ^{c}	1.85 ± 0.9 ^{c}	2.89 ± 1.28 ^{c}
Medium	nd	12.95 ± 6.59 ^{a}	13.67 ± 5.09 ^{b}	12.63 ± 5.71 ^{b}	9.62 ± 4.67 ^{b}	12.79 ± 5.44 ^{b}
High	nd	17.08 ± 4.07 ^{a}	31.16 ± 10.91 ^{a}	26.92 ± 8.63 ^{a}	24.18 ± 7.09 ^{a}	34.97 ± 11.23 ^{a}
BB	nd	2.0 ± 1.31 ^{b,AB}	3.73 ± 3.61 ^{c,A}	0.68 ± 0.45 ^{d,C}	1.08 ± 0.52 ^{c,BC}	1.78 ± 1.02 ^{c,AB}
NG	nd	nd	nd	nd	nd	nd

Figure SI-2m – Isoferulic acid glucuronide.



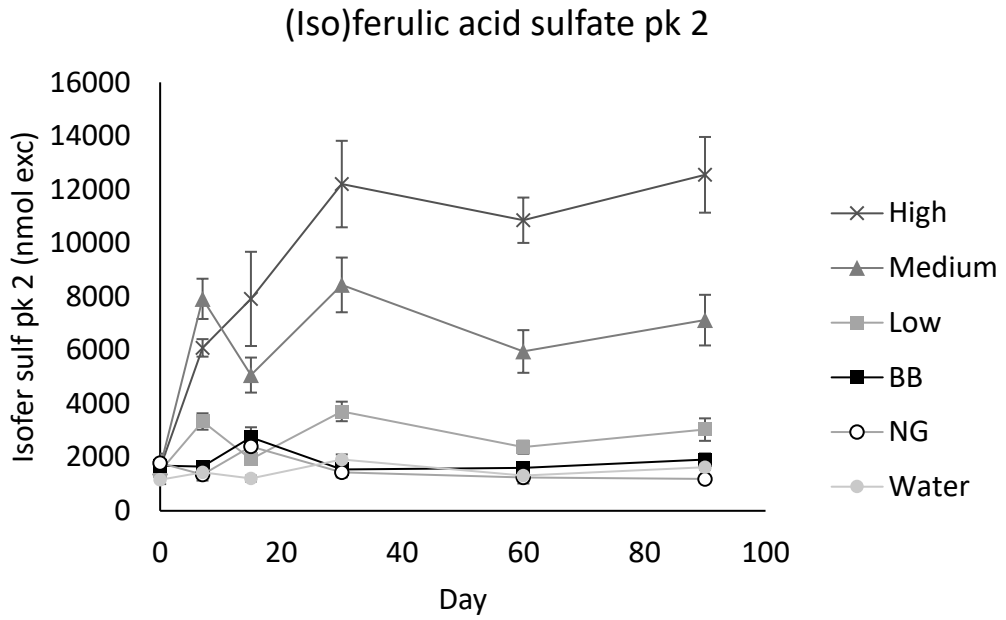
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	3.83 ± 1.07 ^{b,AB}	4.57 ± 1.89 ^{b,A}	4.46 ± 1.25 ^{b,A}	2.97 ± 1.18 ^{b,B}	4.01 ± 1.54 ^{b,AB}
High	nd	8.11 ± 1.79 ^{a,B}	15.06 ± 5.18 ^{a,A}	14.47 ± 4.83 ^{a,A}	12.68 ± 2.57 ^{a,A}	13.61 ± 3.73 ^{a,A}
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-2n – (Iso)ferulic acid sulfate peak 1.



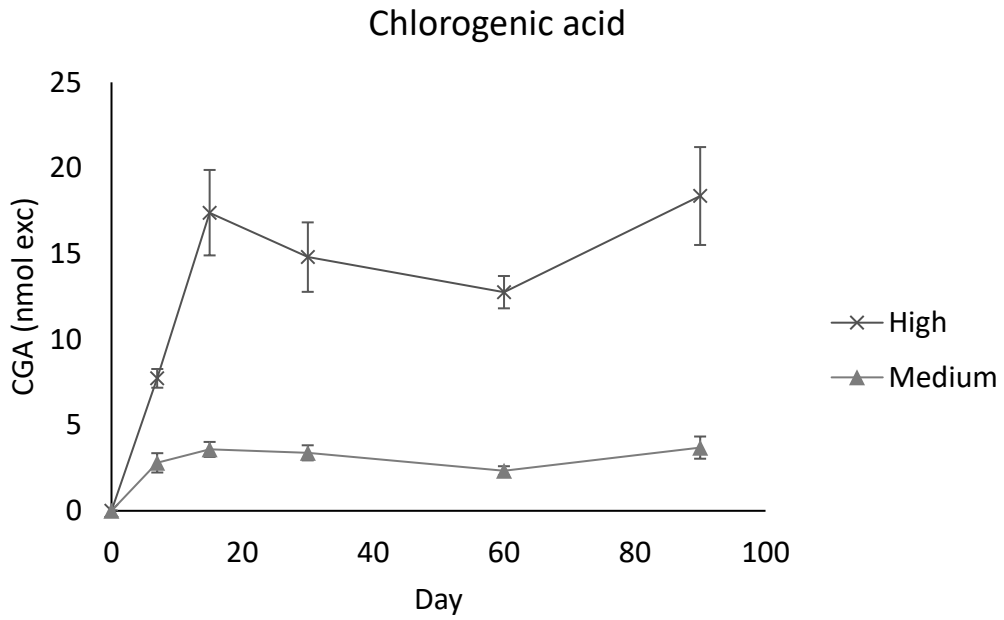
	Day					
	0	7	15	30	60	90
Water	753 ± 355	1467 ± 505 ^{c}	902 ± 217 ^{c}	845 ± 265 ^{c}	584 ± 108 ^{d}	1025 ± 212 ^{d}
Low	893 ± 355 ^{C}	2764 ± 839 ^{b,A}	1579 ± 428 ^{b,B}	1641 ± 452 ^{b,B}	960 ± 305 ^{cd,C}	2038 ± 869 ^{c,AB}
Medium	1055 ± 387 ^{D}	6220 ± 2000 ^{a,A}	4318 ± 1709 ^{a,AB}	3106 ± 1126 ^{a,BC}	2378 ± 824 ^{b,C}	4650 ± 1997 ^{b,AB}
High	1066 ± 260 ^{C}	5117 ± 785 ^{a,B}	5503 ± 3248 ^{a,B}	3896 ± 1380 ^{a,B}	9067 ± 3878 ^{a,A}	9744 ± 5162 ^{a,A}
BB	1050 ± 459 ^{AB}	1101 ± 204 ^{c,A}	1064 ± 243 ^{bc,A}	656 ± 238 ^{c,B}	1502 ± 124 ^{bc,A}	1635 ± 633 ^{cd,A}
NG	1067 ± 549	910 ± 347 ^{c}	1196 ± 171 ^{bc}	641 ± 162 ^{d}	740 ± 289 ^{d}	806 ± 151 ^{d}

Figure SI-2o – (Iso)ferulic acid sulfate peak 2.



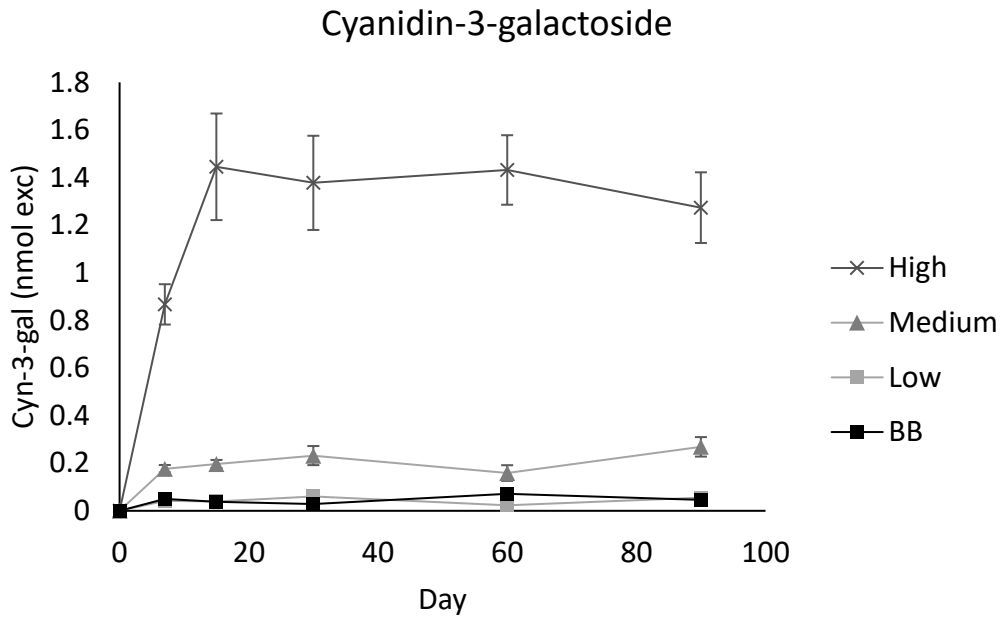
	Day					
	0	7	15	30	60	90
Water	1160 ± 512	1437 ± 445 ^{c}	1204 ± 342 ^{c}	1916 ± 572 ^{c}	1315 ± 274 ^{d}	1629 ± 306 ^{d}
Low	1479 ± 477 ^{C}	3335 ± 968 ^{b,AB}	1923 ± 479 ^{b,C}	3711 ± 1154 ^{b,A}	2374 ± 766 ^{c,BC}	3033 ± 1327 ^{c,ABC}
Medium	1628 ± 415 ^{C}	7915 ± 2254 ^{a,A}	5068 ± 1850 ^{a,B}	8435 ± 3064 ^{a,A}	5949 ± 2253 ^{b,AB}	7120 ± 2674 ^{b,AB}
High	1603 ± 388 ^{C}	6084 ± 981 ^{a,B}	7913 ± 5277 ^{a,B}	12201 ± 4846 ^{a,A}	10851 ± 2678 ^{a,A}	12546 ± 3997 ^{a,A}
BB	1686 ± 632 ^{B}	1650 ± 303 ^{c,B}	2743 ± 1129 ^{b,A}	1544 ± 546 ^{c,B}	1607 ± 172 ^{cd,B}	1920 ± 551 ^{cd,AB}
NG	1783 ± 704	1354 ± 449 ^{c}	2402 ± 406 ^{b}	1440 ± 381 ^{c}	1244 ± 448 ^{d}	1191 ± 165 ^{d}

Figure SI-2p – Chlorogenic acid.



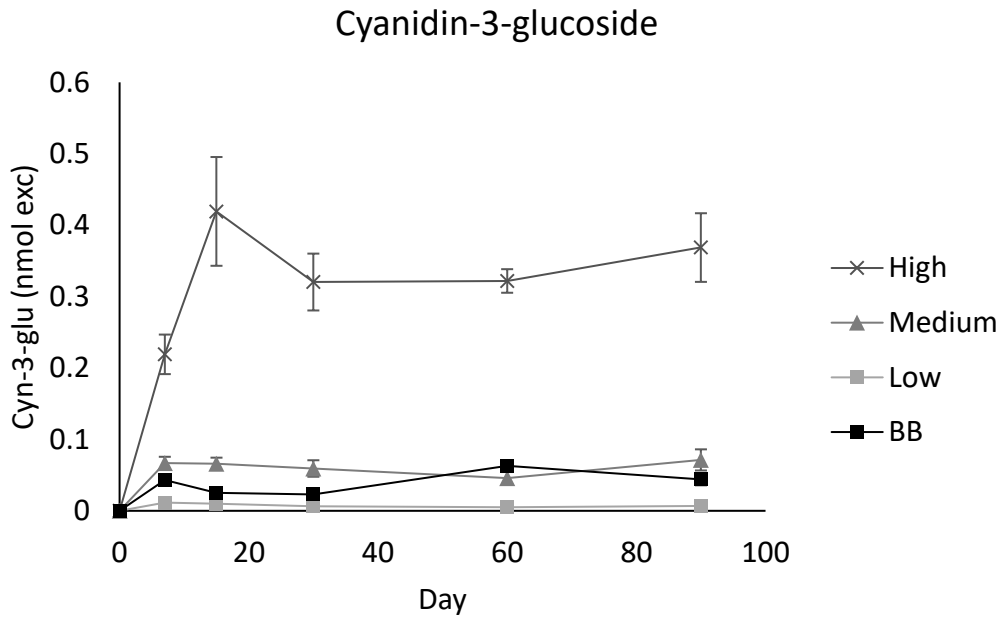
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	2.8 ± 1.69 [b]	3.58 ± 1.24 [b]	3.38 ± 1.32 [b]	2.34 ± 0.75 [b]	3.69 ± 1.83 [b]
High	nd	7.73 ± 1.64 [a,B]	17.39 ± 7.48 [a,A]	14.8 ± 6.08 [a,A]	12.76 ± 2.98 [a,A]	18.37 ± 8.08 [a,A]
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-3a – Cyanidin-3-galactoside.



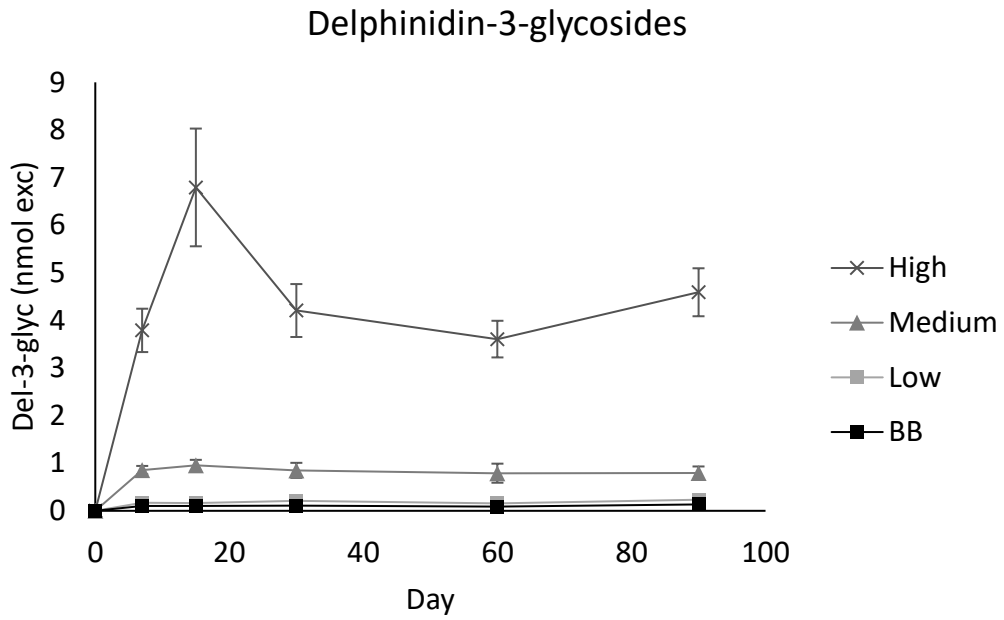
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.041 ± 0.023 ^{c,A}	0.039 ± 0.017 ^{c,A}	0.06 ± 0.032 ^{c,A}	0.023 ± 0.014 ^{c,B}	0.056 ± 0.022 ^{c,A}
Medium	nd	0.177 ± 0.047 ^{b}	0.197 ± 0.048 ^{b}	0.232 ± 0.12 ^{b}	0.159 ± 0.093 ^{b}	0.269 ± 0.116 ^{b}
High	nd	0.867 ± 0.254 ^{a}	1.445 ± 0.672 ^{a}	1.378 ± 0.594 ^{a}	1.432 ± 0.462 ^{a}	1.274 ± 0.42 ^{a}
BB	nd	0.05 ± 0.02 ^{c,A}	0.038 ± 0.017 ^{c,AB}	0.028 ± 0.017 ^{d,B}	0.071 ± 0.035 ^{b,A}	0.045 ± 0.035 ^{c,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3b – Cyanidin-3-glucoside.



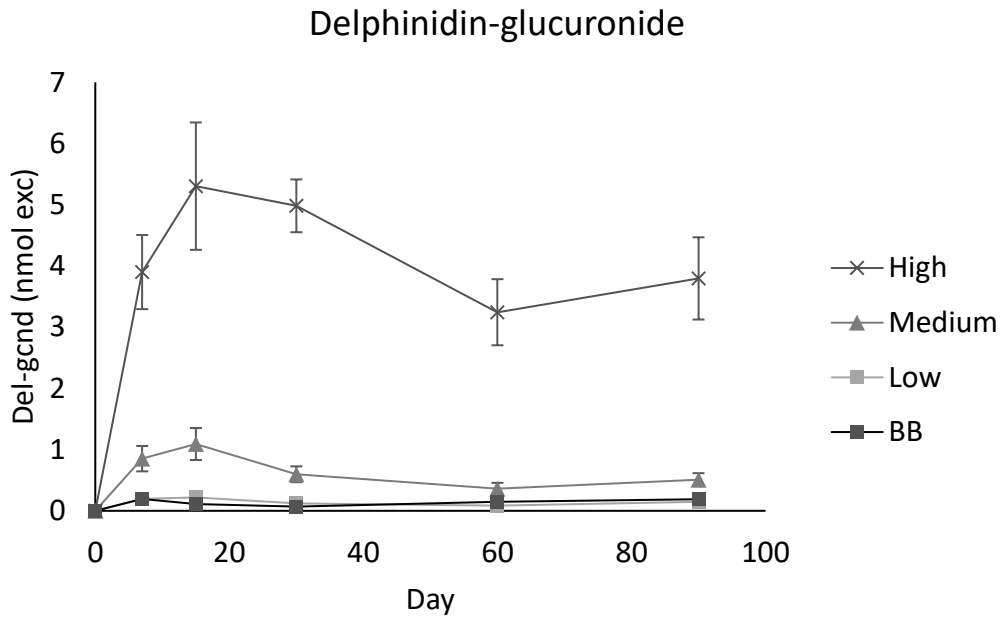
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.012 ± 0.006 ^{c,A}	0.01 ± 0.005 ^{d,AB}	0.007 ± 0.001 ^{d,AB}	0.005 ± 0.003 ^{c,B}	0.007 ± 0.005 ^{c,AB}
Medium	nd	0.067 ± 0.026 ^{b}	0.066 ± 0.024 ^{b}	0.059 ± 0.035 ^{b}	0.046 ± 0.024 ^{b}	0.071 ± 0.042 ^{b}
High	nd	0.219 ± 0.083 ^{a}	0.419 ± 0.228 ^{a}	0.32 ± 0.119 ^{a}	0.322 ± 0.052 ^{a}	0.369 ± 0.136 ^{a}
BB	nd	0.043 ± 0.019 ^{b,A}	0.025 ± 0.011 ^{c,AB}	0.023 ± 0.014 ^{c,B}	0.063 ± 0.012 ^{b,A}	0.044 ± 0.021 ^{b,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3c – Delphinidin-3-glycosides.



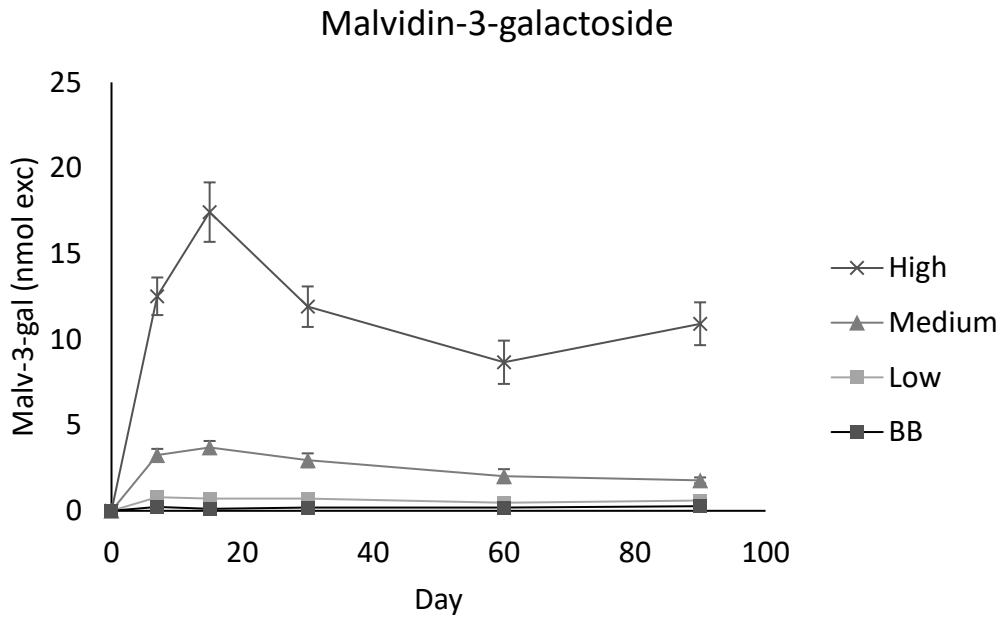
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.17 ± 0.09 [c]	0.16 ± 0.08 [c]	0.21 ± 0.12 [c]	0.16 ± 0.06 [c]	0.23 ± 0.1 [c]
Medium	nd	0.86 ± 0.26 [b]	0.96 ± 0.32 [b]	0.85 ± 0.47 [b]	0.79 ± 0.57 [b]	0.8 ± 0.38 [b]
High	nd	3.79 ± 1.37 [a]	6.79 ± 3.71 [a]	4.21 ± 1.67 [a]	3.61 ± 1.22 [a]	4.59 ± 1.43 [a]
BB	nd	0.1 ± 0.05 [c]	0.1 ± 0.08 [c]	0.11 ± 0.04 [c]	0.09 ± 0.04 [c]	0.13 ± 0.08 [c]
NG	nd	nd	nd	nd	nd	nd

Figure SI-3d – Delphinidin-3-glucuronide.



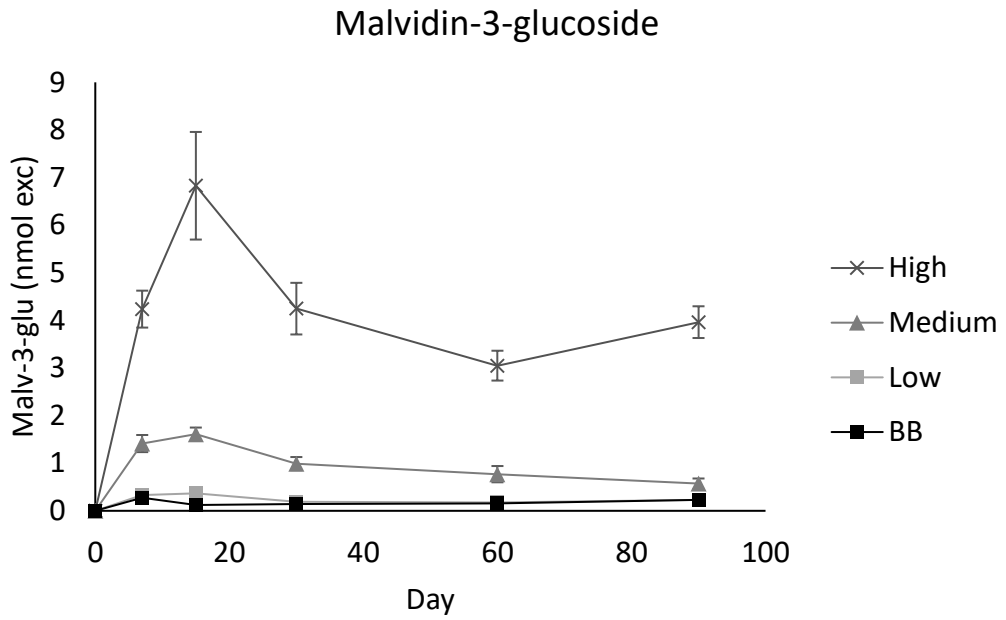
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.19 ± 0.14 ^{c}	0.22 ± 0.13 ^{c}	0.12 ± 0.09 ^{c}	0.08 ± 0.06 ^{c}	0.15 ± 0.1 ^{c}
Medium	nd	0.85 ± 0.62 ^{b,AB}	1.09 ± 0.74 ^{b,A}	0.6 ± 0.39 ^{b,AB}	0.36 ± 0.27 ^{b,B}	0.51 ± 0.3 ^{b,AB}
High	nd	3.9 ± 1.82 ^{a}	5.3 ± 3.12 ^{a}	4.98 ± 1.29 ^{a}	3.24 ± 1.71 ^{a}	3.8 ± 1.9 ^{a}
BB	nd	0.19 ± 0.06 ^{c}	0.11 ± 0.09 ^{c}	0.07 ± 0.04 ^{c}	0.15 ± 0.1 ^{bc}	0.19 ± 0.12 ^{bc}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3e – Malvidin-3-galactoside.



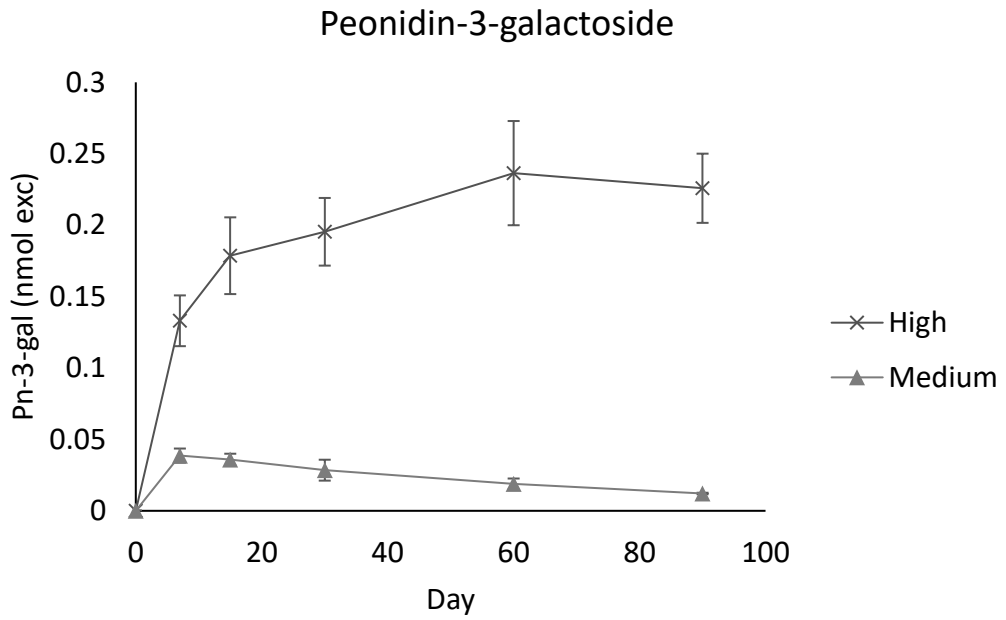
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.79 ± 0.36 ^{c,A}	0.7 ± 0.3 ^{c,AB}	0.72 ± 0.52 ^{c,AB}	0.47 ± 0.25 ^{c,B}	0.61 ± 0.34 ^{c,AB}
Medium	nd	3.25 ± 1.08 ^{b,AB}	3.7 ± 1.07 ^{b,A}	2.95 ± 1.22 ^{b,AB}	2.02 ± 1.15 ^{b,B}	1.78 ± 0.48 ^{b,B}
High	nd	12.52 ± 3.29 ^{a,AB}	17.43 ± 5.2 ^{a,A}	11.91 ± 3.55 ^{a,AB}	8.67 ± 3.99 ^{a,B}	10.91 ± 3.53 ^{a,AB}
BB	nd	0.23 ± 0.1 ^{d,A}	0.12 ± 0.05 ^{d,B}	0.19 ± 0.09 ^{d,AB}	0.2 ± 0.09 ^{d,AB}	0.27 ± 0.12 ^{d,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3f – Malvidin-3-glucoside.



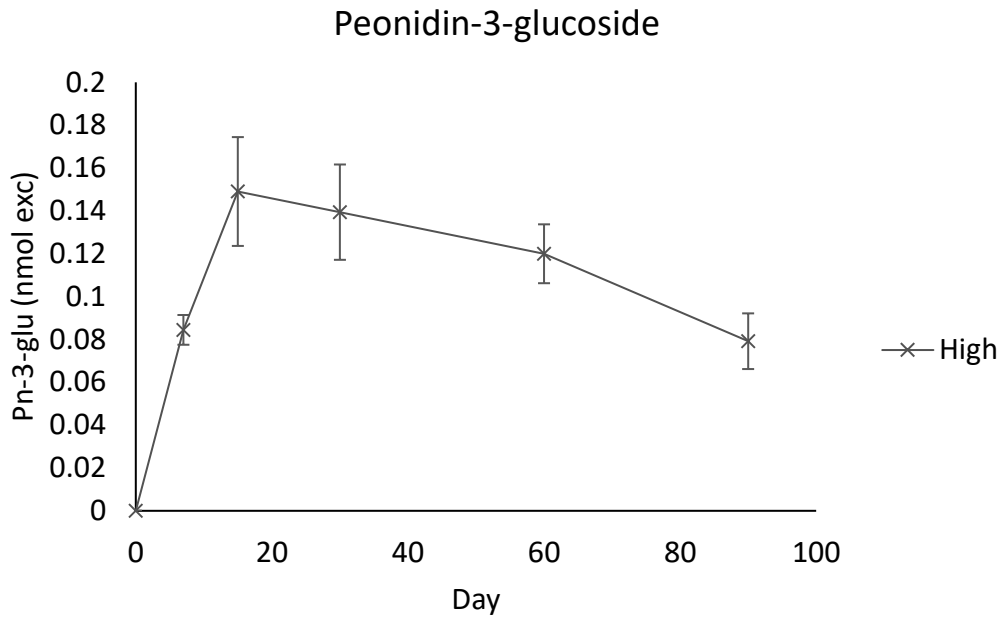
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.33 ± 0.15 ^{c,AB}	0.37 ± 0.2 ^{c,A}	0.19 ± 0.14 ^{c,C}	0.18 ± 0.1 ^{c,C}	0.23 ± 0.15 ^{c,BC}
Medium	nd	1.41 ± 0.54 ^{b,AB}	1.61 ± 0.39 ^{b,A}	0.99 ± 0.41 ^{b,BC}	0.77 ± 0.48 ^{b,C}	0.57 ± 0.31 ^{b,C}
High	nd	4.24 ± 1.16 ^{a,AB}	6.83 ± 3.39 ^{a,A}	4.25 ± 1.63 ^{a,AB}	3.05 ± 0.99 ^{a,B}	3.96 ± 0.94 ^{a,AB}
BB	nd	0.27 ± 0.13 ^{c,A}	0.12 ± 0.04 ^{d,B}	0.14 ± 0.07 ^{c,B}	0.16 ± 0.06 ^{c,AB}	0.23 ± 0.1 ^{c,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3g – Peonidin-3-galactoside.



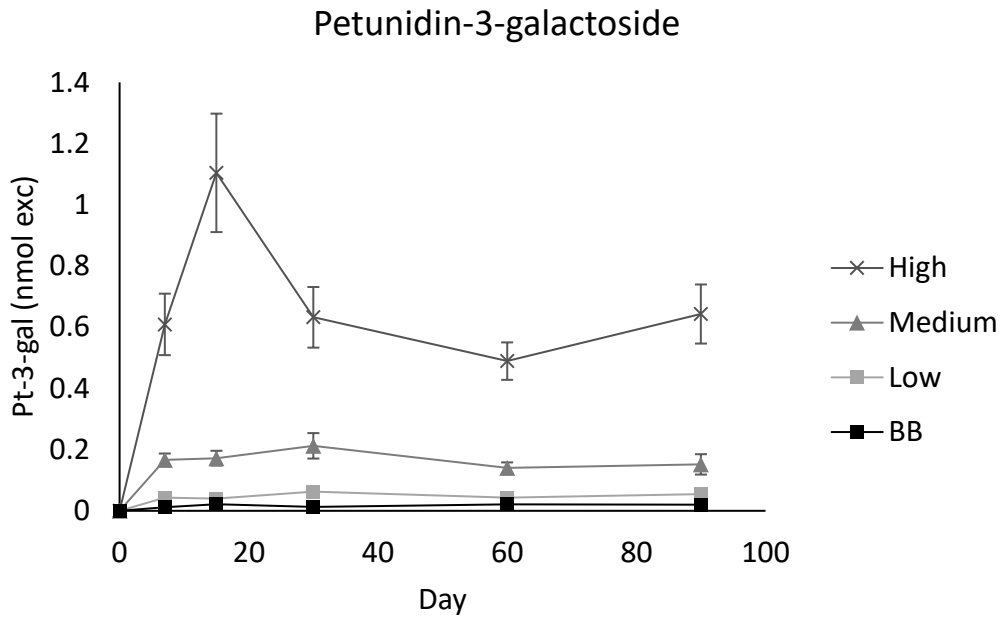
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	0.039 ± 0.015 ^{b,A}	0.036 ± 0.011 ^{b,AB}	0.028 ± 0.022 ^{b,BC}	0.019 ± 0.011 ^{b,C}	0.012 ± 0.001 ^{b,C}
High	nd	0.133 ± 0.053 ^{a}	0.179 ± 0.081 ^{a}	0.195 ± 0.071 ^{a}	0.236 ± 0.115 ^{a}	0.226 ± 0.069 ^{a}
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-3h – Peonidin-3-glucoside.



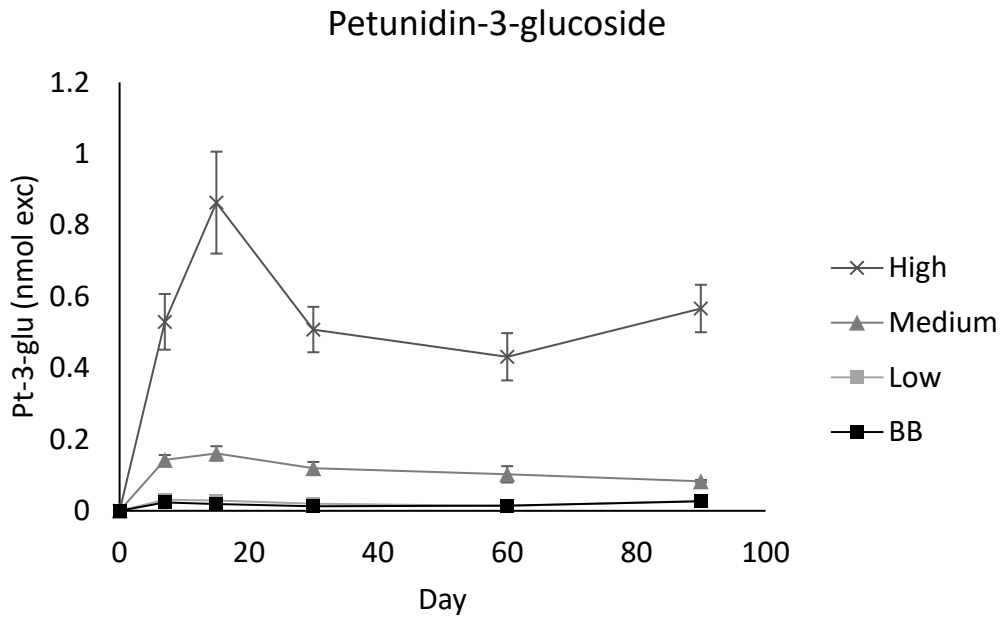
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	trace	trace	trace	trace	trace
High	nd	0.084 ± 0.021 ^{BC}	0.149 ± 0.076 ^{A}	0.139 ± 0.067 ^{AB}	0.12 ± 0.043 ^{ABC}	0.079 ± 0.037 ^{C}
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-3i – Petunidin-3-galactoside.



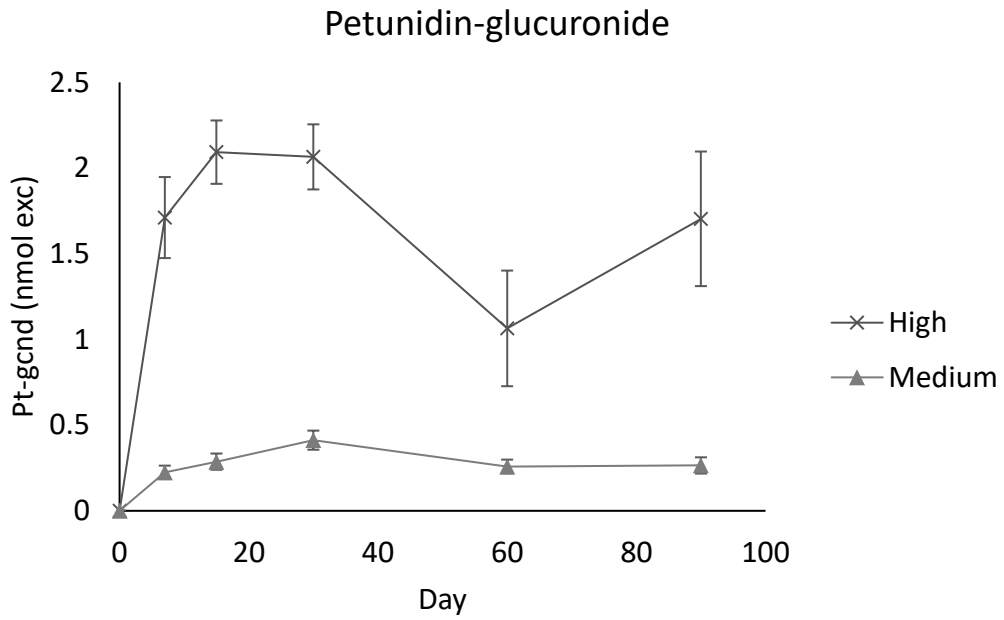
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.043 ± 0.028 ^{c}	0.04 ± 0.02 ^{c}	0.063 ± 0.049 ^{c}	0.043 ± 0.024 ^{c}	0.054 ± 0.026 ^{c}
Medium	nd	0.167 ± 0.061 ^{b}	0.172 ± 0.068 ^{b}	0.212 ± 0.125 ^{b}	0.14 ± 0.051 ^{b}	0.152 ± 0.094 ^{b}
High	nd	0.609 ± 0.301 ^{a,AB}	1.104 ± 0.581 ^{a,A}	0.632 ± 0.297 ^{a,AB}	0.489 ± 0.193 ^{a,B}	0.643 ± 0.273 ^{a,AB}
BB	nd	0.012 ± 0.006 ^{d}	0.022 ± 0.01 ^{c}	0.013 ± 0.008 ^{d}	0.021 ± 0.012 ^{c}	0.02 ± 0.007 ^{c}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3j – Petunidin-3-glucoside.



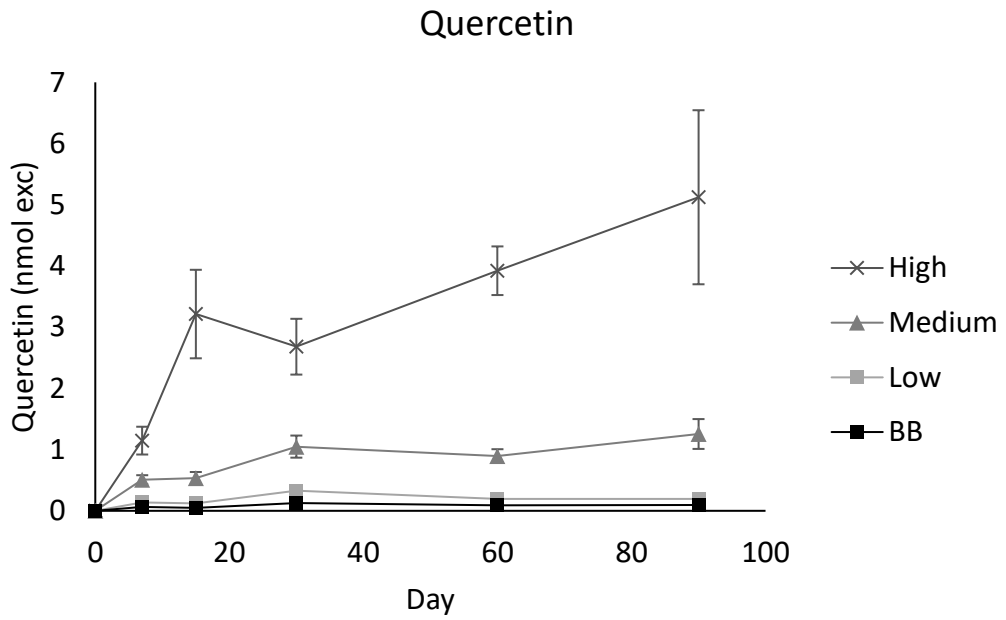
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.031 ± 0.02 ^{c,A}	0.029 ± 0.015 ^{c,A}	0.019 ± 0.013 ^{c,AB}	0.014 ± 0.011 ^{c,B}	0.028 ± 0.016 ^{c,AB}
Medium	nd	0.142 ± 0.042 ^{b}	0.161 ± 0.057 ^{b}	0.12 ± 0.052 ^{b}	0.102 ± 0.065 ^{b}	0.083 ± 0.01 ^{b}
High	nd	0.529 ± 0.234 ^{a}	0.863 ± 0.428 ^{a}	0.508 ± 0.191 ^{a}	0.431 ± 0.209 ^{a}	0.567 ± 0.188 ^{a}
BB	nd	0.024 ± 0.011 ^{c,A}	0.019 ± 0.013 ^{c,AB}	0.012 ± 0.006 ^{c,B}	0.014 ± 0.005 ^{c,AB}	0.027 ± 0.019 ^{c,AB}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3k – Petunidin-3-glucuronide.



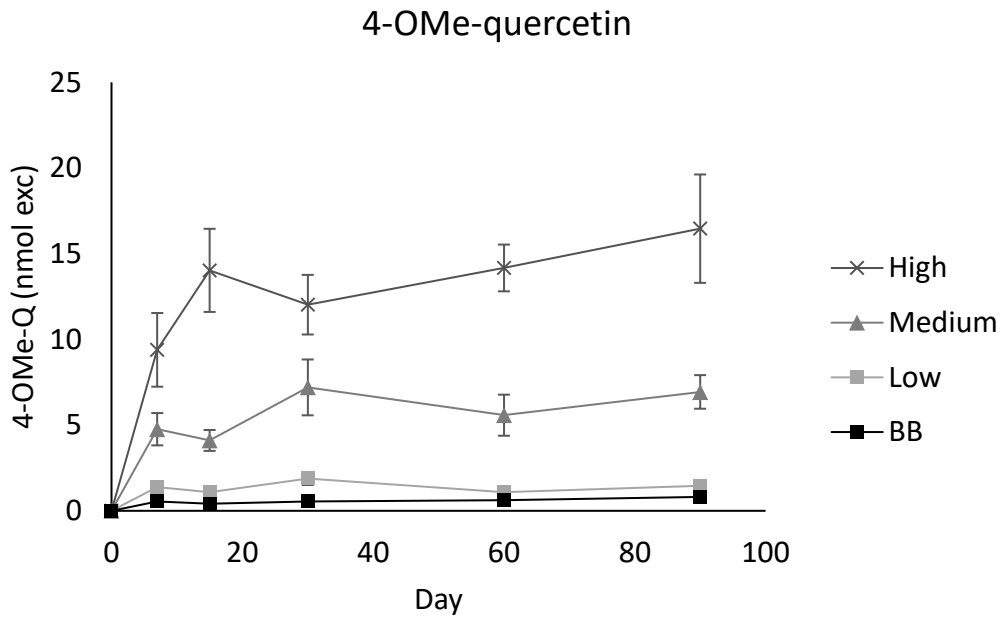
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	0.22 ± 0.12 [b]	0.29 ± 0.13 [b]	0.41 ± 0.17 [b]	0.26 ± 0.11 [b]	0.26 ± 0.13 [b]
High	nd	1.71 ± 0.71 [a,A]	2.09 ± 0.55 [a,A]	2.06 ± 0.57 [a,A]	1.06 ± 1.07 [a,B]	1.7 ± 1.11 [a,AB]
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-3l – Quercetin.



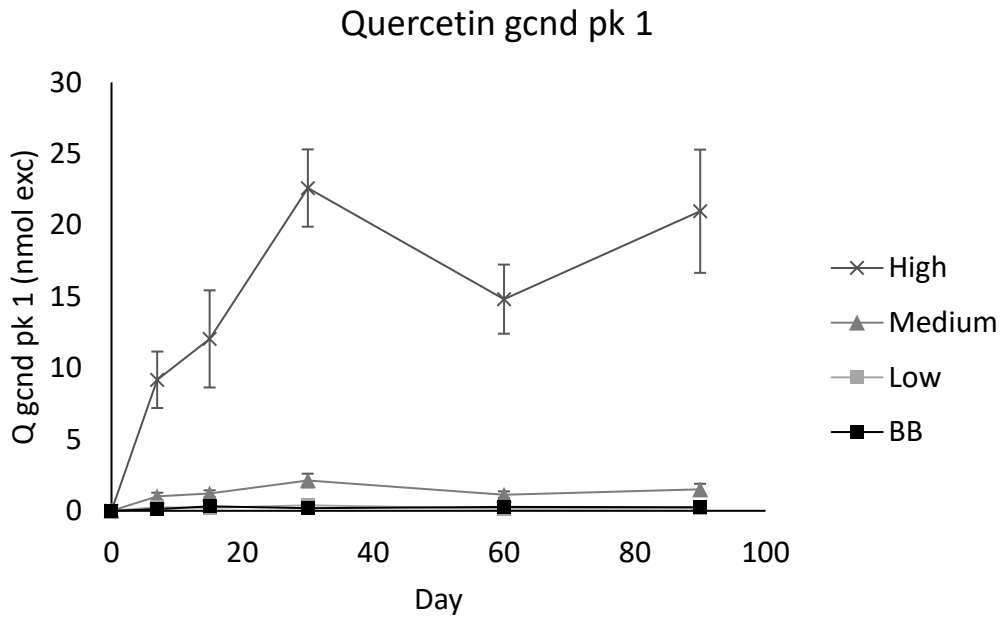
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.14 ± 0.09 ^{b,B}	0.12 ± 0.08 ^{c,B}	0.33 ± 0.19 ^{b,A}	0.20 ± 0.10 ^{c,AB}	0.20 ± 0.04 ^{b,AB}
Medium	nd	0.51 ± 0.22 ^{a}	0.53 ± 0.28 ^{b}	1.05 ± 0.54 ^{a}	0.9 ± 0.31 ^{b}	1.26 ± 0.69 ^{a}
High	nd	1.15 ± 0.68 ^{a,B}	3.21 ± 2.17 ^{a,A}	2.68 ± 1.37 ^{a,A}	3.92 ± 1.26 ^{a,A}	5.12 ± 4.02 ^{a,A}
BB	nd	0.06 ± 0.04 ^{b}	0.05 ± 0.05 ^{c}	0.13 ± 0.05 ^{b}	0.09 ± 0.11 ^{c}	0.1 ± 0.04 ^{b}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3m – 4-methoxy-quercetin.



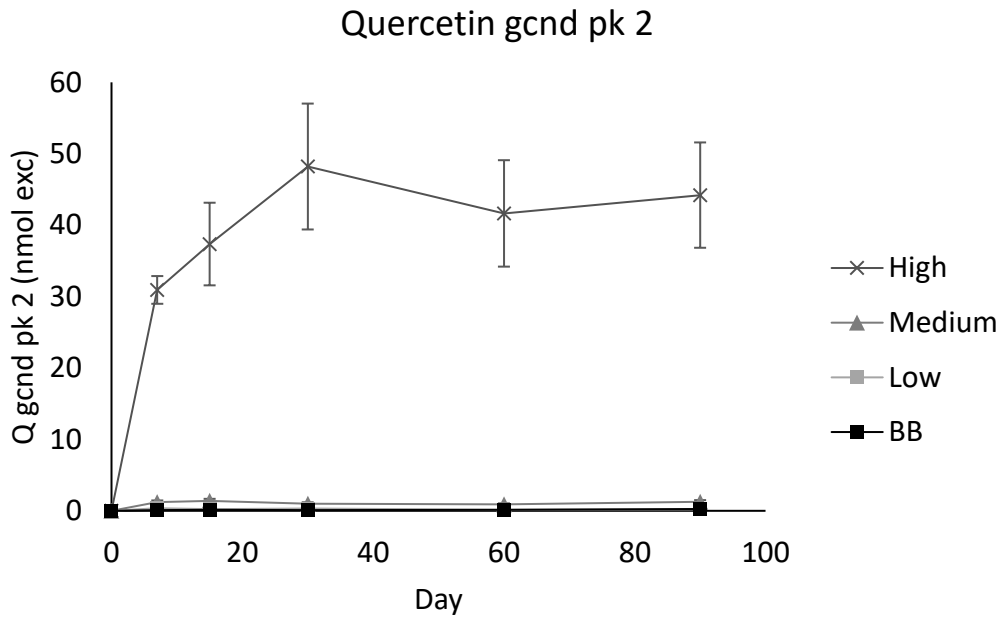
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	1.39 ± 0.77 ^{b}	1.09 ± 0.63 ^{c}	1.88 ± 1.19 ^{b}	1.08 ± 0.65 ^{b}	1.46 ± 0.33 ^{b}
Medium	nd	4.76 ± 2.83 ^{a}	4.11 ± 1.72 ^{b}	7.2 ± 4.89 ^{a}	5.58 ± 3.39 ^{a}	6.94 ± 2.77 ^{a}
High	nd	9.39 ± 6.45 ^{a,B}	14.03 ± 7.27 ^{a,AB}	12.03 ± 5.22 ^{a,AB}	14.17 ± 4.31 ^{a,A}	16.46 ± 8.94 ^{a,AB}
BB	nd	0.54 ± 0.26 ^{c,AB}	0.42 ± 0.26 ^{d,B}	0.54 ± 0.14 ^{c,AB}	0.62 ± 0.26 ^{b,AB}	0.81 ± 0.62 ^{b,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3n – Quercetin glucuronide peak 1.



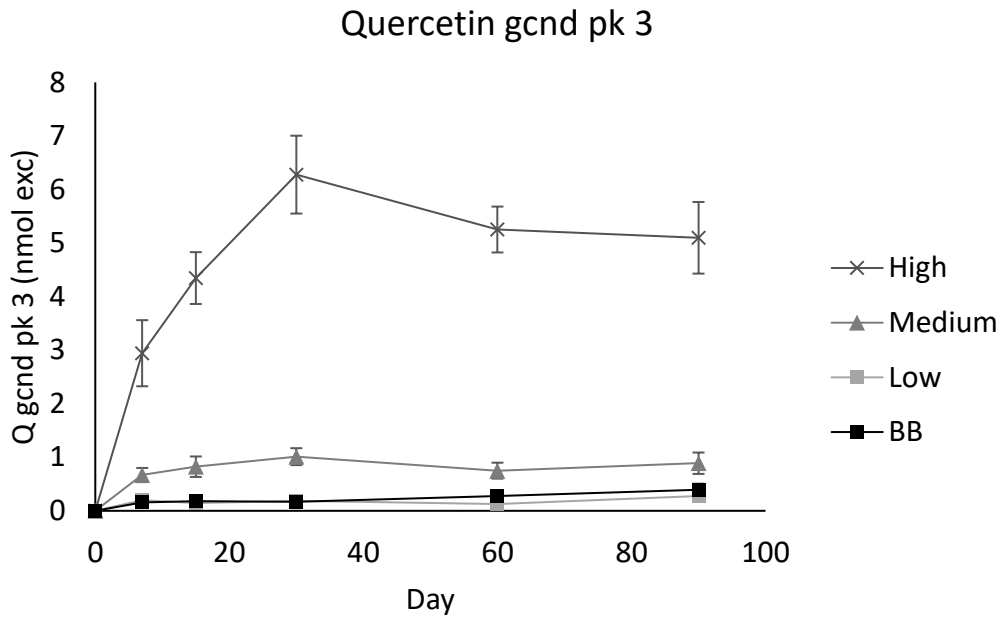
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.26 ± 0.19 ^{c}	0.21 ± 0.17 ^{c}	0.39 ± 0.35 ^{c}	0.13 ± 0.07 ^{c}	0.19 ± 0.14 ^{c}
Medium	nd	1.01 ± 0.78 ^{b,B}	1.21 ± 0.65 ^{b,AB}	2.12 ± 1.43 ^{b,A}	1.13 ± 0.65 ^{b,AB}	1.52 ± 1.08 ^{b,AB}
High	nd	9.17 ± 5.93 ^{a,B}	12.03 ± 10.21 ^{a,AB}	22.6 ± 8.12 ^{a,A}	14.82 ± 7.65 ^{a,AB}	20.98 ± 12.2 ^{a,AB}
BB	nd	0.11 ± 0.08 ^{d,B}	0.31 ± 0.27 ^{c,A}	0.18 ± 0.12 ^{c,AB}	0.26 ± 0.22 ^{c,A}	0.26 ± 0.14 ^{c,AB}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3o – Quercetin glucuronide peak 2.



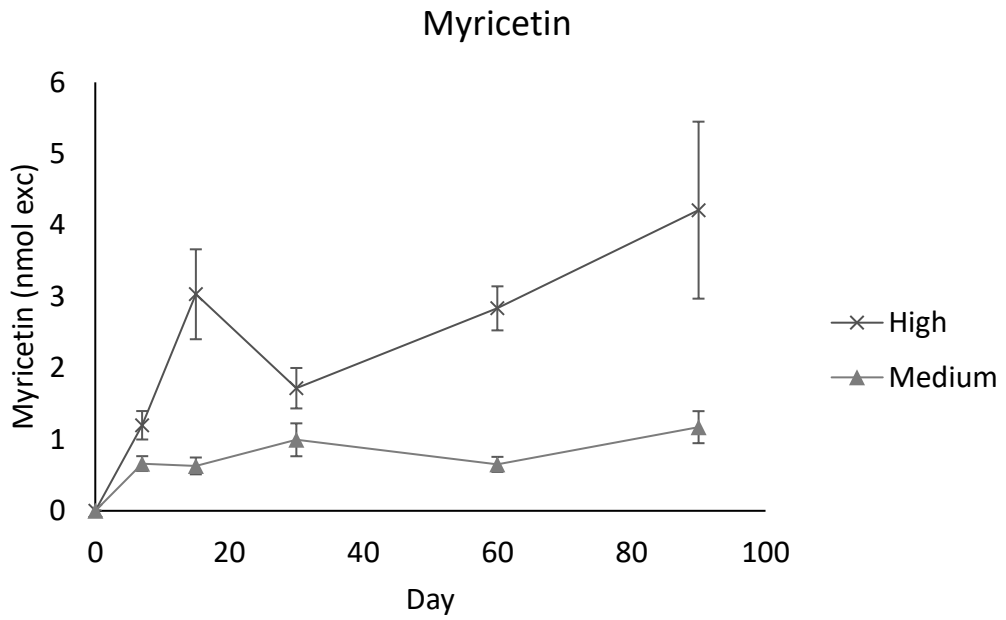
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.36 ± 0.10 ^{c,A}	0.24 ± 0.15 ^{c,AB}	0.3 ± 0.17 ^{c,AB}	0.13 ± 0.09 ^{c,C}	0.21 ± 0.09 ^{c,B}
Medium	nd	1.23 ± 0.67 ^{b}	1.39 ± 0.81 ^{b}	1.0 ± 0.56 ^{b}	0.89 ± 0.45 ^{b}	1.24 ± 0.72 ^{b}
High	nd	30.93 ± 5.82 ^{a}	37.36 ± 17.35 ^{a}	48.21 ± 26.44 ^{a}	41.64 ± 23.56 ^{a}	44.21 ± 20.86 ^{a}
BB	nd	0.11 ± 0.09 ^{d,B}	0.15 ± 0.1 ^{c,AB}	0.11 ± 0.05 ^{d,B}	0.16 ± 0.07 ^{c,AB}	0.26 ± 0.12 ^{c,A}
NG	nd	nd	nd	nd	nd	nd

Figure SI-3p – Quercetin glucuronide peak 3.



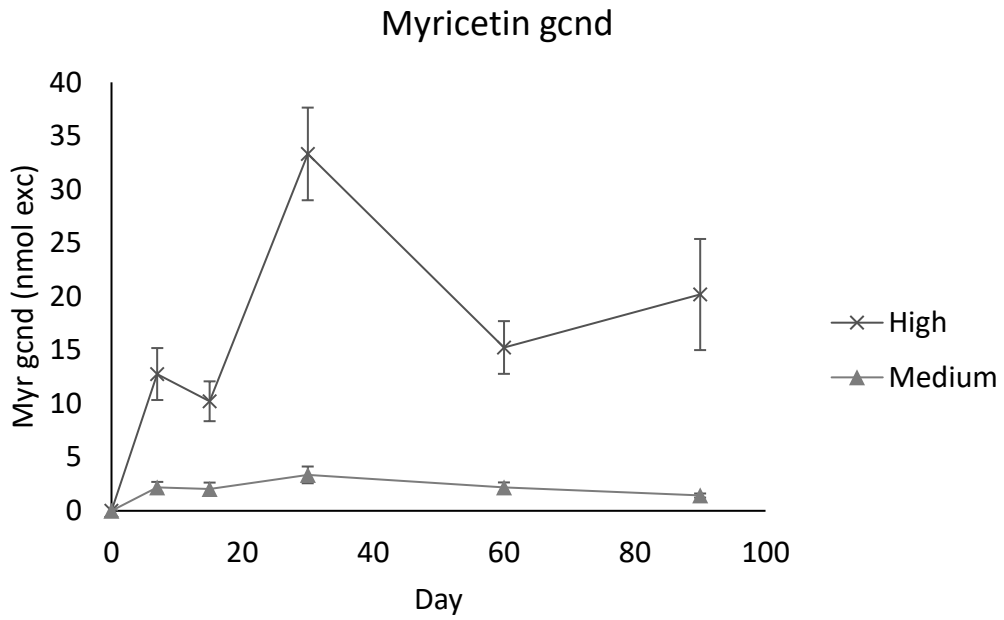
	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	0.2 ± 0.15 [c]	0.14 ± 0.13 [c]	0.19 ± 0.09 [c]	0.12 ± 0.09 [c]	0.28 ± 0.24 [c]
Medium	nd	0.67 ± 0.4 [b]	0.82 ± 0.54 [b]	1.01 ± 0.47 [b]	0.75 ± 0.42 [b]	0.89 ± 0.56 [b]
High	nd	2.94 ± 1.85 [a]	4.35 ± 1.45 [a]	6.28 ± 2.18 [a]	5.25 ± 1.35 [a]	5.1 ± 1.89 [a]
BB	nd	0.16 ± 0.09 [c]	0.18 ± 0.14 [c]	0.17 ± 0.11 [c]	0.28 ± 0.21 [bc]	0.39 ± 0.28 [bc]
NG	nd	nd	nd	nd	nd	nd

Figure SI-3q – Myricetin.

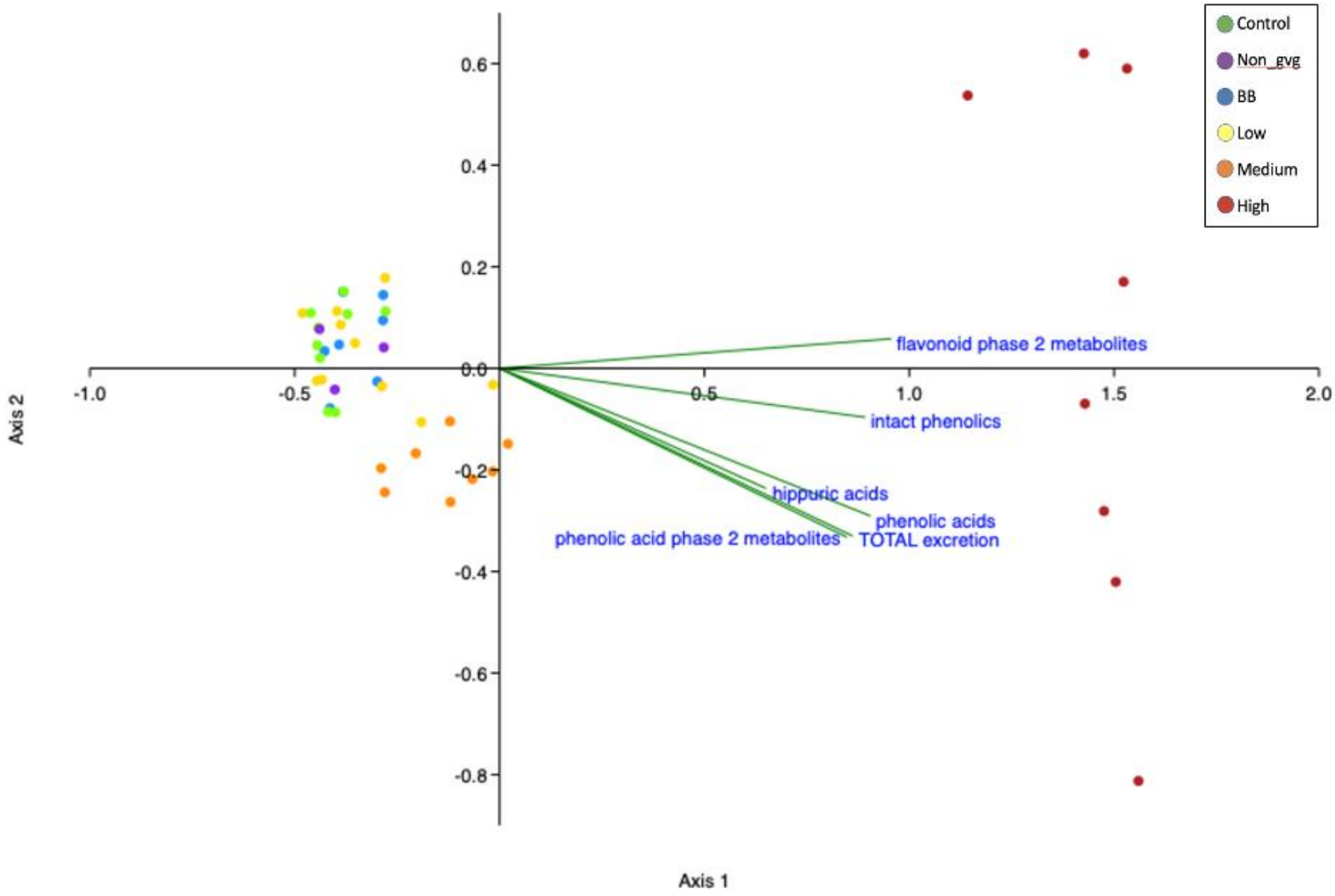


	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	trace	trace	trace	trace	trace
Medium	nd	0.66 ± 0.31	0.63 ± 0.33 [b]	0.99 ± 0.69 [b]	0.65 ± 0.3 [b]	1.17 ± 0.63 [b]
High	nd	1.20 ± 0.60 [B]	3.03 ± 1.89 [a,A]	1.72 ± 0.85 [a,AB]	2.84 ± 0.98 [a,A]	4.21 ± 3.51 [a,A]
BB	nd	trace	trace	trace	trace	trace
NG	nd	nd	nd	nd	nd	nd

Figure SI-3r – Myricetin glucuronide.



	Day					
	0	7	15	30	60	90
Water	nd	nd	nd	nd	nd	nd
Low	nd	nd	nd	nd	nd	nd
Medium	nd	2.20 ± 1.50 [b]	2.04 ± 1.68 [b]	3.35 ± 2.34 [b]	2.2 ± 1.27 [b]	1.43 ± 0.54 [b]
High	nd	12.77 ± 7.28 [a,B]	10.23 ± 5.58 [a,B]	33.32 ± 12.97 [a,A]	15.25 ± 7.78 [a,B]	20.19 ± 14.67 [a,AB]
BB	nd	nd	nd	nd	nd	nd
NG	nd	nd	nd	nd	nd	nd


Control
Non_gvg
BB
Low
Medium
High
flavonoid phase 2 metabolites
intact phenolics
hippuric acids
phenolic acids
TOTAL excretion
phenolic acid phase 2 metabolites
Axis 1
Axis 2
0.6
0.4
0.2
0.0
-0.2
-0.4
-0.6
-0.8
-1.0
-0.5
0.5
1.0
1.5
2.0