

Table-S1. Free radical scavenging rate of C3G and Vitamin C

Name	C3G	Vitamin C
DPPH	IC ₅₀ =286 µg/mL	IC ₅₀ =129 µg/mL
ABTS	IC ₅₀ =370 µg/mL	IC ₅₀ =383 µg/mL
FRAP	0.96 times of the same concentration of Vitamin C	

Table-S2. Free radical scavenging rate of PCA and Vitamin C

Name	PCA	Vitamin C
DPPH	IC ₅₀ =346 µg/mL	IC ₅₀ =142 µg/mL
ABTS	IC ₅₀ =463 µg/mL	IC ₅₀ =398 µg/mL
FRAP	0.81 times of the same concentration of Vitamin C	