

**Table 2. <sup>13</sup>C-NMR chemical shifts of epicatechin metabolites**

Compound	EC	3'MEC	4'MEC	EC7Gluc	3'MEC5/7Gluc	4'MEC7Gluc
2	79.8	79.9	79.7	79.7	80.1	79.4
3	67.4	67.5	67.4	66.9	66.5	66.8
4	29.2	29.4	29.3	29.4	29	29.1
5	157.9	157.5	157.6	157.3	157.4	157.1
6	96.4	96.5	95.6	97.4	97.3	97.6
7	157.9	157.6	157.5	158.2	158.1	158.5
8	95.8	96	95.9	97.2	96.7	97.1
9	157.3	157.3	157.2	157.5	157.6	157.5
10	100.1	100.2	100.1	102.6	101.8	102.4
1'	132.2	132.3	133.5	133.1	132.7	133
2'	115.3	111.9	112.4	115.7	115.5	115.7
3'	145.9	148.6	146.7	146.1	147.9	145.4
4'	145.7	146.8	148.5	146.3	146.1	148.1
5'	115.9	115.7	115.1	115.5	115.7	115.9
6'	119.7	120.6	119.3	121.7	122.4	121.3
-OCH3		56.4	56.5		56.5	56.7
1''				101.2	101.8	100.9
2''				75	75.2	74.8
3''				77.3	77.5	77.5
4''				74.1	74	73.8
5''				77.4	77.3	77.1
6''				177.6	182.4	180.4