



SUPPLEMENTARY FIG. S3. The effects of heating time and pronase digestion on folate extraction. **(A)** The detected folate content was lower when a longer heating time was used during extraction. Data are presented in the percentage of folate obtained with 5 min (*black*) heating as the heating time was increased to 10 min (*light gray*) and 20 min (*dark gray*). **(B)** The prolonged incubation with pronase resulted in high background, interfering the assessment of 5-CH₃-THF and DHF. Chromatograms of samples with (*dotted line*) and without (*solid line*) pronase digestion were overlaid. **(C)** The folate contents obtained with (*gray*) and without (*black*) 3-h pronase digestion were comparable. Data are presented in the percentage of folate concentrations obtained with 5 min heating and without pronase digestion. The amount of THF was determined from the decreased THF peak area after adding SHMT and 5,10-methylenetetrahydrofolate dehydrogenase for conversion. SHMT, serine hydroxymethyltransferase.