

**Supplementary Table S2. MRM pairs of PC, PE, DG, and TG in LC-ESI MS**

Molecular species	Q1	Q3
PC22:0 (11:0/11:0)	594.4	184.1
PC32:0 (16:0/16:0)	734.5	184.1
PC38:6 (16:0/22:6)	806.5	184.1
PC38:5(16:0/22:5)	808.5	184.1
PC44:12 (22:6/22:6)	878.5	184.1
PC44:11 (22:5/22:6)	880.5	184.1
PE24:0 (12:0/12:0)	580.4	439.4
PE38:6 (16:0/22:6)	764.4	623.4
PE38:5 (16:0/22:5)	766.4	625.4
PE44:12 (22:6/22:6)	836.4	695.4
PE44:11 (22:5/22:6)	838.4	697.4
DG24:0 (12:0/12:0)	474.4	257.2
DG32:0 (16:0/16:0)	586.5	313.5
DG38:6 (16:0/22:6)	658.5	313.5
DG38:5 (16:0/22:5)	660.5	313.5
DG44:12 (22:6/22:6)	730.5	385.5
DG44:11 (22:6/22:5)	732.5	387.5
TG36:0 (12:0/12:0/12:0)	656.5	439.4
TG48:0 (16:0/16:0/16:0)	824.5	551.5
TG54:6 (16:0/22:6/16:0)	896.5	623.5
TG54:5 (16:0/22:5/16:0)	898.5	625.5
TG60:12 (22:6/22:6/16:0)	968.5	623.5
TG60:11 (22:6/22:5/16:0)	994.5	647.5
TG66:18 (22:6/22:6/22:6)	1040.5	695.5
TG66:17 (22:6/22:5/22:6)	1042.5	697.5