

**Supplementary Table 1:** Retention time (Rt), detection wavelength, calibration curves, determination coefficient (R<sup>2</sup>), linearity range, method precision, method reproducibility, limit of detection (LOD) and limit of quantification (LOQ) for phenolic compound quantification in spiked Milli-Q water:acetic acid (95:5 v:v) solution using HPLC-DAD.

| Compound | Rt (min) | Detection wavelength (nm) | Calibration Curve | R <sup>2</sup> | Linearity (nM) | Precision (% RSD, n=3) |       |       | Reproducibility (% RSD, n=3) |       |       | LOD (μM) | LOQ (μM) |
|----------|----------|---------------------------|-------------------|----------------|----------------|------------------------|-------|-------|------------------------------|-------|-------|----------|----------|
|          |          |                           |                   |                |                | 50                     | 25    | 1     | 50                           | 25    | 1     |          |          |
|          |          |                           |                   |                |                | μg/mL                  | μg/mL | μg/mL | μg/mL                        | μg/mL | μg/mL |          |          |
| Cat      | 6.12     | 280                       | y=12.512x         | 0.9971         | 3.44 - 172.25  | 3.77                   | 4.70  | 1.59  | 6.79                         | 2.31  | 0.62  | 0.342    | 1.140    |
| Chl      | 7.16     | 320                       | y=25.385x         | 0.9972         | 1.41 - 141.12  | 5.18                   | 3.37  | 2.00  | 4.22                         | 1.47  | 0.09  | 0.040    | 0.135    |
| B2       | 7.40     | 280                       | y=37.814x         | 0.9905         | 0.17 - 86.43   | 9.88                   | 5.86  | 2.03  | 2.92                         | 5.43  | 1.45  | 0.005    | 0.015    |
| EGCG     | 8.46     | 280                       | y=27.051x         | 0.9977         | 1.09 - 109.08  | 4.84                   | 1.81  | 0.79  | 3.78                         | 1.67  | 1.99  | 0.034    | 0.113    |
| Ecat     | 9.27     | 280                       | y=13.466x         | 0.9904         | 1.72 - 172.25  | 9.49                   | 5.38  | 9.20  | 5.14                         | 0.76  | 1.08  | 0.089    | 0.296    |
| Cy3R     | 10.35    | 520                       | y=51.985x         | 0.9948         | 0.17 - 83.96   | 5.73                   | 6.10  | 5.11  | 4.58                         | 0.22  | 4.16  | 0.003    | 0.010    |
| pCou     | 10.69    | 290                       | y=150.890x        | 0.9960         | 0.61 - 304.58  | 5.87                   | 3.35  | 1.06  | 4.06                         | 1.01  | 3.85  | 0.003    | 0.010    |
| Mv3R     | 11.71    | 520                       | y=46.252x         | 0.9940         | 0.20 - 101.33  | 5.88                   | 6.85  | 5.84  | 4.21                         | 0.31  | 5.56  | 0.006    | 0.021    |
| Rut      | 13.51    | 340                       | y=27.135x         | 0.9965         | 0.16 - 81.90   | 5.98                   | 3.42  | 2.41  | 4.49                         | 1.33  | 0.19  | 0.003    | 0.010    |
| Rvt      | 16.14    | 320                       | y=130.550x        | 0.9965         | 0.22 - 219.07  | 5.91                   | 3.34  | 0.84  | 4.40                         | 1.42  | 0.19  | 0.002    | 0.006    |

Abbreviations: (+)-catechin (Cat); chlorogenic acid (Chl); procyanidin dimer B2 (B2); (-)-epigallocatechin gallate (EGCG); (-)-epicatechin (Ecat); cyanidin-3-O-rutinoside (Cy3R); p-coumaric acid (pCou); malvidin-3-O-glucoside (MV3G); rutin (Rut) and resveratrol (Rvt).