

Additional File 1: Table S1. Monosaccharide summary of *Plantago ovata* mucilage fractionated by the small-scale extraction pipeline in comparison with previously published large scale techniques.

Fraction	Marlett & Fischer 2002 ^a	Guo <i>et al.</i> 2008 ^b	Yu <i>et al.</i> 2017 ^c	This study
Heteroxylan-Relative Pectin Content (Rha+GalA:Xyl Ratio)				
CWE	0.679	0.286	0.426	0.438
HWE	trace R+G		trace R+G	trace R+G
IAE	-	trace R+G	trace R+G	trace R+G
Heteroxylan Branching (Ara:Xyl Ratio)				
CWE	0.200	0.232	0.211	0.222
HWE	0.285		0.301	0.281
IAE	-	0.345	0.341	0.364

- From the work of Marlett and Fischer, psyllium husk fractions Fr C and Fr B are deemed comparable to CWE and HWE fractions, respectively. Their remaining fraction, Fr A, contained alkali insoluble husk material and thus is not directly comparable to the IAE fraction.
- From Guo *et al.*'s work, psyllium husk fraction WE is deemed to be similar to a pooling of CWE and HWE while AEG 0.5 is deemed comparable to IAE
- From Yu *et al.*'s work CW, HW and KOH fractions are deemed comparable to CWE, HWE and IAE fractions, respectively.