

**S4 Table. P-value from a 1 tailed t-test.** T-tests indicated a change in antioxidant capacity, phenolic and flavonoid concentration of -25% from the original test.

Supplier	Supplement	Bottle	Water Extractions			Methanol Extractions		
			A	P	F	A	P	F
Spring Valley	Echinacea	1	0.995	<0.001	0.992	0.151	0.987	1.00
Spring Valley	Echinacea	2	<0.001	0.919	0.008	0.534	.987	0.992
Sundown Naturals	Echinacea	1	0.989	0.993	<0.001	<0.001	0.912	0.839
Sundown Naturals	Echinacea	2	<0.001	0.916	<0.001	0.021	0.84	0.207
Nature's Way	Echinacea Goldenseal	1	<0.001	0.993	<0.001	<0.001	<0.001	1.00
Nature's Way	Echinacea Goldenseal	2	0.001	0.601	<0.001	<0.001	0.81	1.00
Spring Valley	Echinacea Goldenseal	1	0.26	0.892	<0.001	<0.001	0.002	1.00
Spring Valley	Echinacea Goldenseal	2	0.999	0.882	<0.001	0.002	0.996	0.648
Spring Valley	Turmeric	1	0.508	0.903	<0.001	<0.001	1.00	0.003
Spring Valley	Turmeric	2	0.003	0.896	<0.001	<0.001	0.296	<0.001
Sundown Naturals	Turmeric	1	<0.001	0.73	<0.001	<0.001	0.006	<0.001
Sundown Naturals	Turmeric	2	<0.001	0.003	<0.001	<0.001	0.94	0.001
Nature's Way	Valerian	1	<0.001	0.972	<0.001	<0.001	0.998	1.00
Nature's Way	Valerian	2	<0.001	0.992	0.002	<0.001	0.999	0.855
Spring Valley	Valerian	1	1.00	0.956	<0.001	<0.001	0.998	0.078
Spring Valley	Valerian	2	0.023	0.348	0.019	<0.001	0.998	0.006
Sundown Naturals	Valerian	1	<0.001	0.474	<0.001	<0.001	0.419	0.938
Sundown Naturals	Valerian	2	0.005	0.707	<0.001	<0.001	0.066	0.938