SUPPORTING INFORMATION – FIGURES AND TABLES

* Graphs in figures SI 1-35 and SI-37-38 depict urinary excretion of polyphenol metabolites, while graphs in figures SI-39-45 show plasma concentrations of polyphenol metabolites. For clarity, statistical comparisons are shown in tables below each figure. Lower case letters indicate differences between doses and the same time point (i.e., down a column), while upper case letters indicate differences between time points and within dose (i.e., across a row). Two-way ANOVA with Tukey's HSD ($p<0.05$) used for all comparisons. nd = not detected; trace = metabolite detected but below LOQ. Data shown as mean ± SEM in graphs; mean ± SD in tables.

Table SI-1 – Mass spectrometry parameters for compounds quantified via MS^2.

Compound	MRM mode	RT (min)	MW	Precursor ion (m/z)	MS^2 fragments (m/z) [a]	CV	CE (eV)	Quantitation Standard
Anthocyanins								
Cyanidin								
Arabinoside	+	1.77	419.1	419	*287*	46	20	
Galactoside	+	1.41	449.1	449	137, *287*	46	54, 20	Cyanidin-3-glucoside
Glucoside	+	1.62	449.1	449	137, *287*	46	54, 20	
Glucuronide	+	1.8	463.1	464	*287*	35	20	
Delphinidin								
Arabinoside	+	1.41	435.4	435	*303*	100	18	
Galactoside	+	1.12	465.4	465	69, *303*	100	74, 18	Delphinidin-3-glucoside
Glucoside	+	1.24	465.4	465	69, *303*	100	74, 18	
Glucuronide	+	3.2	479.4	479	*303*	100	18	
Sulfate	+	4.11	383.4	383	153, *303*	100	54, 18	
Malvidin								
Arabinoside	+	2.79	463.4	463	*331*	100	34	
Galactoside	+	2.4	493.4	493	315, *331*	100	50, 34	Malvidin-3-glucoside
Glucoside	+	2.63	493.4	493	315, *331*	100	50, 34	
Peonidin								
Arabinoside	+	2.44	433.4	433	*301*	35	20	
Galactoside	+	2.11	463.4	464	*301*	35	20	
Glucoside	+	2.4	463.4	464	*301*	35	20	Peonidin-3-glucoside
Glucuronide	+	4.28	477.4	477	*301*	35	20	
Sulfate	+	4.24	381.4	381	*301*	35	20	
Petunidin								
Arabinoside	+	2.13	449.4	449	*317*	40	22	
Galactoside	+	1.69	479.4	479	*317*	40	22	
Glucoside	+	1.91	479.4	479	*317*	40	22	Petunidin-3-glucoside
Glucuronide	+	3.77	493.4	493	*317*	40	22	
Sulfate	+	4.26	397.4	397	*317*	40	22	

Phenolic Acids								
Benzaldehydes (BALD)								
4-OH-BALD	-	1.70	126	121	65, *92*	44	22, 24	4-OH-BALD
3-OH-4-OMe-BALD	-	2.30	150.2	151	92, *136*	24	22, 12	3-OH-4-OMe-BALD
Benzoic acids (BzA)								
Protocatechuic acid	-	0.86	154.1	153	*81*, 91	28	18, 24	Protocatechuic acid
Gallic acid	-	0.61	170.1	169	*79*, 97	32	22, 20	Gallic acid
3-OH-4-OMe-BzA	-	1.64	168.1	167	*108*, 152	28	20, 12	3-OH-4-OMe-BzA
Syringic acid	-	1.91	198.2	197	123, *182*	36	24, 14	Syringic acid
BzA sulfate	-	3.93	202.1	201	*121*	28	12	4-OH-BALD
BzA glucuronide	-	3.81	298.2	297	*121*	30	22	4-OH-BALD
Phenyl Acetic Acids (PAA)								
4-OH-PAA	-	1.52	152.2	151	*107*, 133	28	10	4-OH-PAA
3-OMe-PAA	-	3.62	166.2	165	*106*, 121	28	24, 6	3-OMe-PAA
3-OH-4-OMe-PAA	-	2.35	182.2	181	79, *122*	14	16, 12	3-OH-4-OMe-PAA
Phenyl Propionic Acids (PPA)								
3-OH-PPA	-	2.82	166.2	165	*121*, 147	24	16, 12	3-OH-PPA
3-OH-4-OMe-PPA	-	3.24	196.2	195	135, *136*	32	26, 12	3-OH-4-OMe-PPA
trans-Cinnamic Acids								
p-Coumaric acid	-	2.41	164	163	*93*, 120	28	28, 32	*p*-Coumaric acid
Caffeic acid	-	1.62	180.2	179	*107*, 117	32	22, 24	Caffeic acid
Caffeic acid sulfate	-	4.35	260.2	259	*179*	32	12	Caffeic acid
Caffeic acid glucuronide	-	1.46	356.2	355	*179*	30	18	Caffeic acid glucuronide
Ferulic acid	-	3.12	194.2	193	*134*, 178	30	18, 12	Ferulic acid
Ferulic acid sulfate	-	1.82	274.2	273	134, *193*	30	18, 12	Ferulic acid
Ferulic acid glucuronide	-	3.51	370.2	369	*193*	30	22	Ferulic acid
Chlorogenic acid	-	1.49	354.3	353	85, *191*	26	40, 18	Chlorogenic acid
Feruloylquinic acid	-	2.64	368.3	367	134, *191*	30	40, 20	Ferulic acid
Ethyl gallate	-	2.62	198.2	197	*124*, 125	30	30	Ethyl gallate
Taxifolin	-	3.19	304.3	303	*125*, 177	34	22, 14	Taxifolin
Catechins								
Catechin	-	1.40	290.3	289	*109*, 123	33	24, 26	Catechin

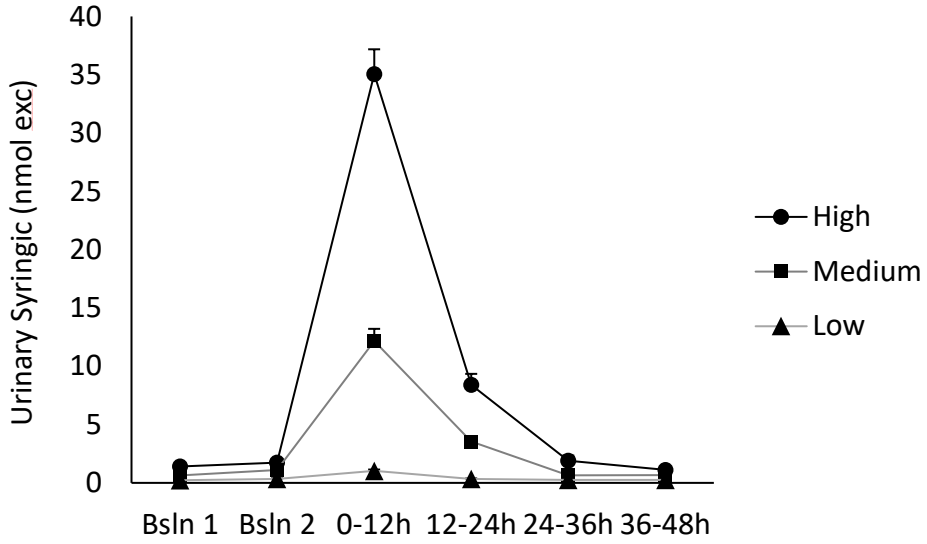
Epicatechin	-	2.11	290.3	289	*109*, 123	33	24, 26	Epicatechin
(Epi)gallocatechin peak 1	-	0.80	306.3	305	*125*, 179	40	20, 14	Catechin
(Epi)gallocatechin peak 2	-	1.00	306.3	305	125, *179*	40	20, 14	Catechin
Flavonols								
Quercetin	-	4.19	302.2	301	*151*, 179	38	20, 18	Quercetin
Kaempferol	-	4.52	286.2	285	146, *151*	58	30, 18	Quercetin
Myricetin	-	3.79	318.2	317	*151*, 179	46	26, 20	Myricetin
Kaempferol-3-glycs [b]	-	1.40	448.4	447	*284*	42	18	Quercetin-3-glucoside
Quercetin-3-glycs	-	3.39	464.1	463	271, *300*	42	40, 24	Quercetin-3-glucoside
Quercetin-3-rutinoside	-	3.41	610.2	609	*300*	42	24	Quercetin
Quercetin glucuronide	-	3.46	478.1	477	151, *300*	42	38, 22	Quercetin glucuronide
4-OMe-quercetin	-	4.62	316.2	315	151, *300*	28	32, 20	4-OMe-quercetin
Me-quercetin glucuronide	-	3.80	492.1	491	151, *315*	42	38, 22	Quercetin glucuronide
Hippuric Acids								
Hippuric acid	-	1.58	179.2	178	56, *77*	28	12, 16	Hippuric acid
3-OH-hippuric acid	-	1.04	195.2	194	*93*, 121	32	22, 24	3-OH-hippuric acid

MRM = Multiple Reaction Monitoring; RT = retention time; MW = molecular weight; CV = cone voltage; CE = collision energy.

[a] Daughter fragments monitored; fragment listed in italics used for quantitation.

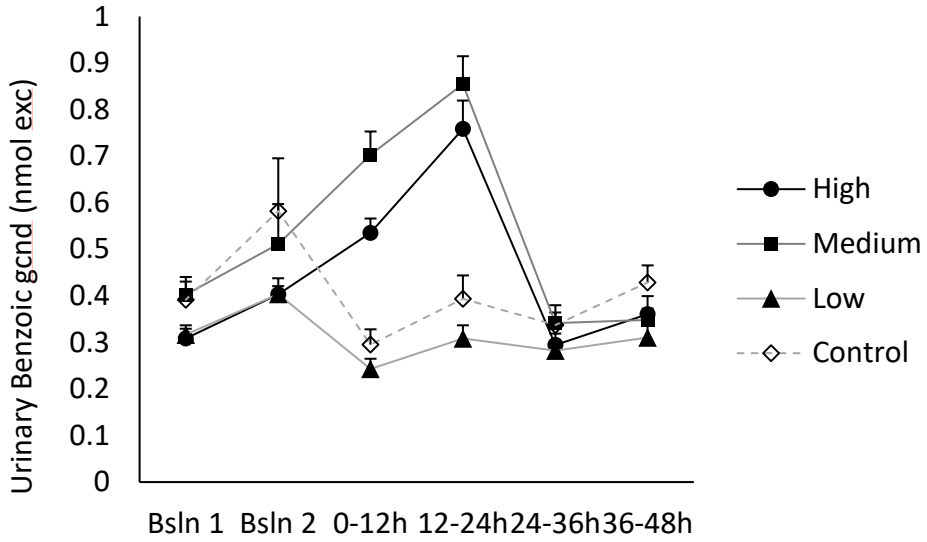
[b] Galactoside and glucoside peaks overlapped and were not distinguishable, so quantitated as sum of both peaks.

Figure SI-1 – Urinary excretion of syringic acid.



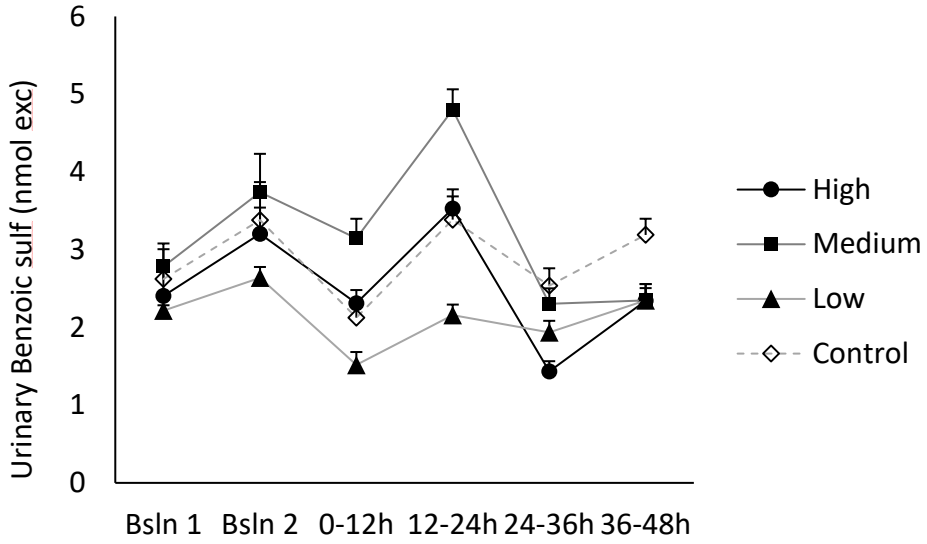
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.23 ± 0.09 ^{aB}	0.35 ± 0.11 ^{aB}	1.03 ± 0.3 ^{aA}	0.35 ± 0.09 ^{aB}	0.25 ± 0.06 ^{aB}	0.27 ± 0.09 ^{aB}
Medium	0.65 ± 0.34 ^{bC}	1.12 ± 0.59 ^{bC}	12.16 ± 2.95 ^{bA}	3.55 ± 0.92 ^{bB}	0.65 ± 0.4 ^{bC}	0.65 ± 0.29 ^{bC}
High	1.39 ± 0.58 ^{Cc}	1.74 ± 0.59 ^{cC}	35.06 ± 6 ^{cA}	8.41 ± 2.65 ^{cB}	1.9 ± 1.25 ^{cC}	1.12 ± 0.28 ^{cC}

Figure SI-2 – Urinary excretion of benzoic acid glucuronide.



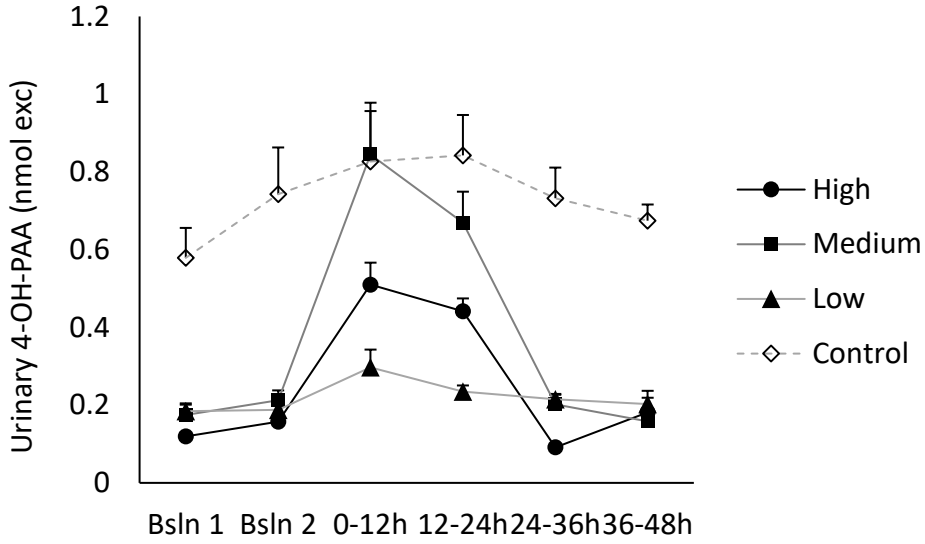
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	0.39 ± 0.14 ^{A}	0.58 ± 0.32 ^{A}	0.3 ± 0.09 ^{bC}	0.39 ± 0.14 ^{bABC}	0.34 ± 0.12 ^{BC}	0.43 ± 0.1 ^{AB}
Low	0.32 ± 0.04 ^{A}	0.4 ± 0.05 ^{A}	0.24 ± 0.06 ^{bB}	0.31 ± 0.08 ^{bAB}	0.28 ± 0.05 ^{AB}	0.31 ± 0.07 ^{AB}
Medium	0.4 ± 0.08 ^{B}	0.51 ± 0.24 ^{B}	0.7 ± 0.14 ^{aA}	0.85 ± 0.17 ^{aA}	0.34 ± 0.06 ^{B}	0.35 ± 0.07 ^{B}
High	0.31 ± 0.08 ^{C}	0.4 ± 0.1 ^{C}	0.54 ± 0.09 ^{aB}	0.76 ± 0.17 ^{aA}	0.29 ± 0.07 ^{C}	0.36 ± 0.1 ^{C}

Figure SI-3 – Urinary excretion of benzoic acid sulfate.



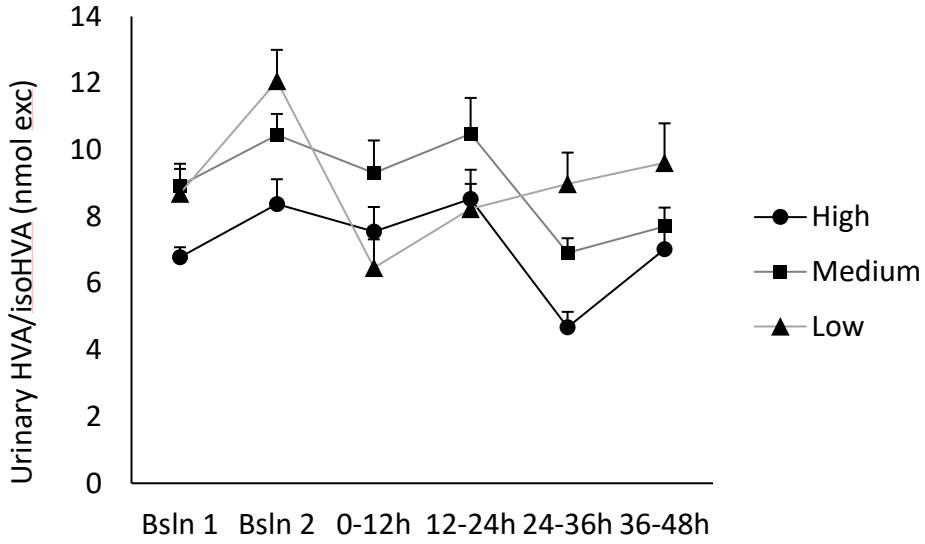
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	2.62 ± 1.09 ^{AB}	3.38 ± 1.3 ^{AB}	2.13 ± 0.59 ^{bA}	3.39 ± 0.85 ^{bB}	2.54 ± 0.63 ^{aAB}	3.19 ± 0.59 ^{B}
Low	2.21 ± 0.2 ^{A}	2.64 ± 0.39 ^{A}	1.52 ± 0.44 ^{cB}	2.16 ± 0.38 ^{cA}	1.93 ± 0.42 ^{abAB}	2.35 ± 0.6 ^{A}
Medium	2.78 ± 0.83 ^{B}	3.74 ± 1.39 ^{B}	3.15 ± 0.71 ^{Abc}	4.8 ± 0.74 ^{aA}	2.3 ± 0.56 ^{aD}	2.35 ± 0.59 ^{CD}
High	2.41 ± 0.87 ^{AB}	3.21 ± 0.95 ^{AB}	2.31 ± 0.48 ^{abB}	3.53 ± 0.7 ^{abA}	1.43 ± 0.37 ^{bC}	2.34 ± 0.43 ^{B}

Figure SI-4 – Urinary excretion of 4-hydroxyphenyl acetic acid.



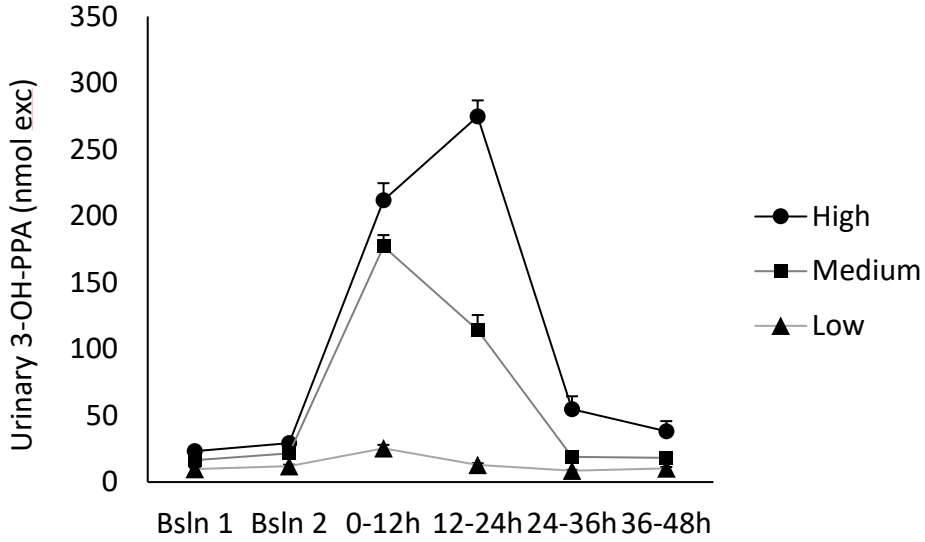
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	0.58 ± 0.22 ^{a}	0.74 ± 0.34 ^{a}	0.83 ± 0.37 ^{ab}	0.84 ± 0.29 ^{a}	0.73 ± 0.22 ^{a}	0.67 ± 0.12 ^{a}
Low	0.18 ± 0.05 ^{b}	0.19 ± 0.04 ^{b}	0.3 ± 0.12 ^{c}	0.23 ± 0.04 ^{c}	0.21 ± 0.04 ^{b}	0.2 ± 0.05 ^{b}
Medium	0.17 ± 0.08 ^{bB}	0.21 ± 0.07 ^{bB}	0.84 ± 0.38 ^{aA}	0.67 ± 0.23 ^{abA}	0.2 ± 0.07 ^{bB}	0.16 ± 0.08 ^{bB}
High	0.12 ± 0.03 ^{bBC}	0.16 ± 0.05 ^{bBC}	0.51 ± 0.16 ^{bA}	0.44 ± 0.09 ^{bA}	0.09 ± 0.02 ^{cC}	0.18 ± 0.15 ^{bB}

Figure SI-5 – Urinary excretion of homovanillic acid/isohomovanillic acid.



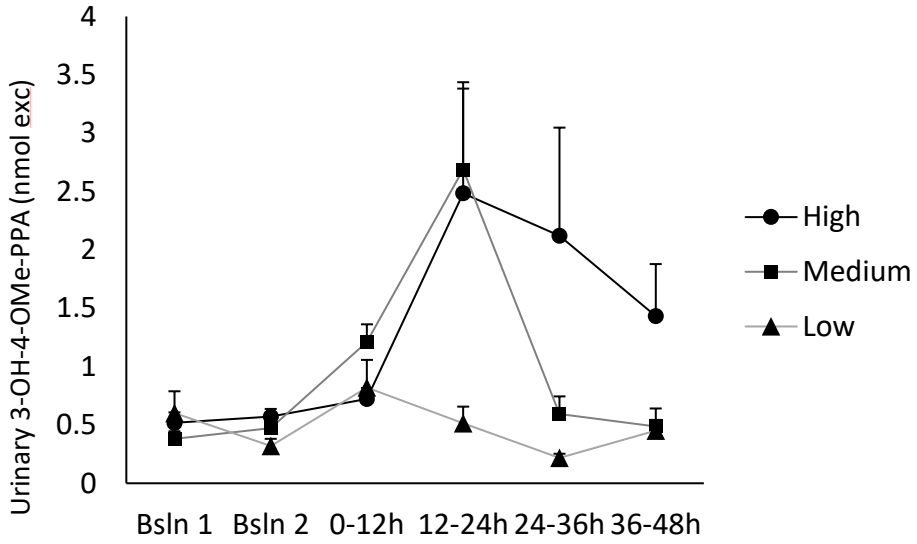
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	8.69 ± 2.07 ^{aA}	12.07 ± 2.64 ^{aA}	6.46 ± 2.25 ^{bB}	8.23 ± 2.12 ^{aAB}	8.98 ± 2.66 ^{AB}	9.61 ± 3.34 ^{A}
Medium	8.93 ± 1.83 ^{Aab}	10.45 ± 1.66 ^{abA}	9.31 ± 2.75 ^{aAB}	10.48 ± 3.04 ^{aA}	6.91 ± 1.24 ^{B}	7.7 ± 1.61 ^{AB}
High	6.78 ± 0.84 ^{bA}	8.37 ± 1.97 ^{bA}	7.55 ± 2.08 ^{abA}	8.53 ± 2.48 ^{bA}	4.68 ± 1.31 ^{B}	7.02 ± 1.77 ^{A}

Figure SI-6 – Urinary excretion of 3-hydroxyphenyl propionic acid.



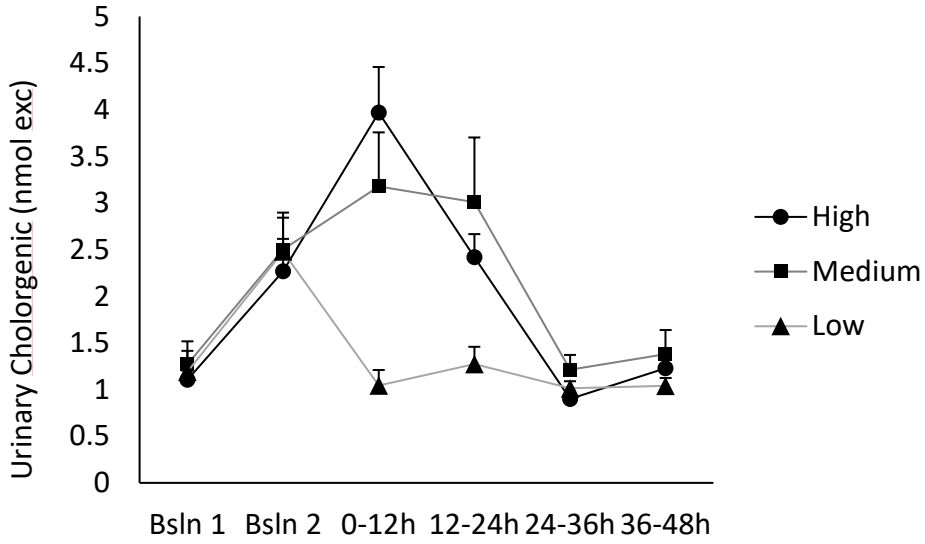
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	9.69 ± 3.33 ^{cB}	12.08 ± 2.85 ^{cB}	25.37 ± 6.93 ^{bA}	12.91 ± 3.53 ^{cB}	8.54 ± 1.81 ^{cB}	10.4 ± 2.64 ^{cB}
Medium	16.45 ± 5.88 ^{bC}	21.53 ± 6.99 ^{bC}	177.12 ± 24.15 ^{aA}	114.11 ± 32.43 ^{bB}	18.96 ± 5.23 ^{bC}	18.17 ± 5.44 ^{bC}
High	23.24 ± 7.67 ^{aC}	29.18 ± 9.16 ^{aC}	211.81 ± 36.43 ^{aA}	274.82 ± 34.15 ^{aA}	54.68 ± 27.76 ^{aB}	38.07 ± 20.5 ^{aBC}

Figure SI-7 – Urinary excretion of 3-hydroxy-4-methoxyphenyl propionic acid.



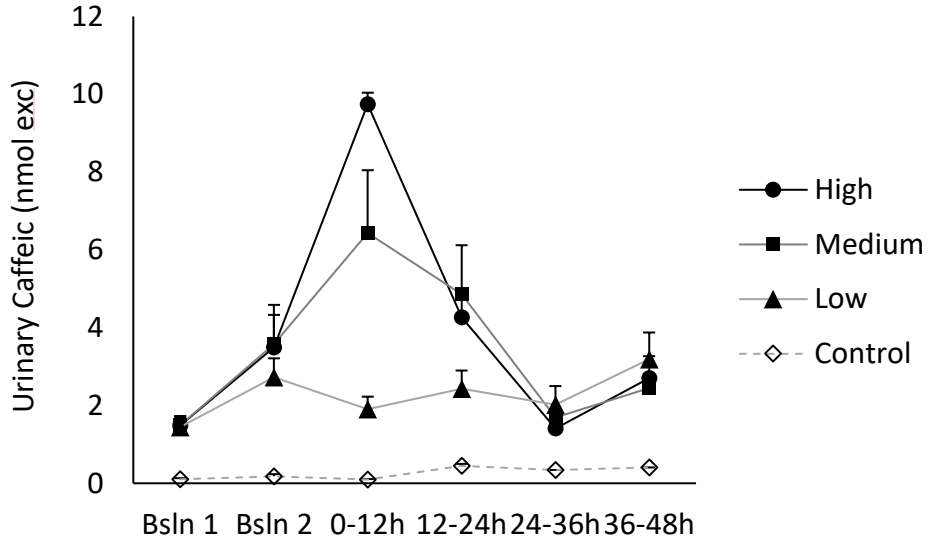
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.6 ± 0.42 ^{AB}	0.32 ± 0.17 ^{AB}	0.82 ± 0.58 ^{A}	0.51 ± 0.38 ^{bAB}	0.22 ± 0.09 ^{b}	0.45 ± 0.46 ^{b}
Medium	0.38 ± 0.18 ^{B}	0.47 ± 0.22 ^{B}	1.21 ± 0.43 ^{A}	2.69 ± 1.83 ^{aA}	0.59 ± 0.42 ^{bB}	0.49 ± 0.16 ^{bB}
High	0.52 ± 0.25 ^{B}	0.57 ± 0.19 ^{B}	0.72 ± 0.27 ^{AB}	2.48 ± 2.69 ^{aA}	2.12 ± 2.45 ^{aAB}	1.43 ± 1.09 ^{aAB}

Figure SI-8 – Urinary excretion of chlorogenic acid.



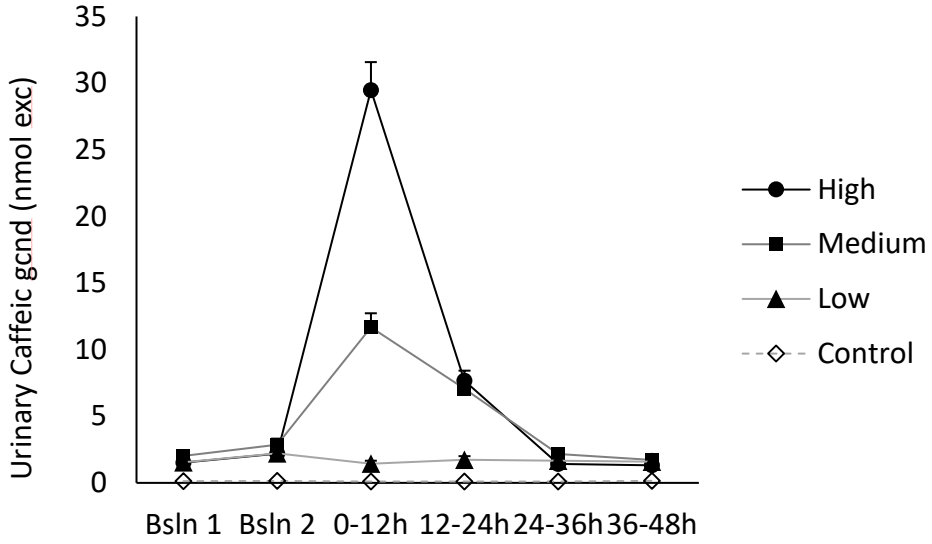
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	1.19 ± 0.64 ^{B}	2.48 ± 1.03 ^{A}	1.04 ± 0.44 ^{bB}	1.27 ± 0.52 ^{bB}	1.01 ± 0.21 ^{B}	1.04 ± 0.24 ^{B}
Medium	1.27 ± 0.7 ^{B}	2.5 ± 1.12 ^{A}	3.18 ± 1.64 ^{aA}	3.01 ± 1.97 ^{aA}	1.21 ± 0.45 ^{B}	1.38 ± 0.73 ^{B}
High	1.11 ± 0.27 ^{C}	2.27 ± 0.98 ^{B}	3.97 ± 1.38 ^{aA}	2.42 ± 0.7 ^{aAB}	0.9 ± 0.24 ^{D}	1.23 ± 0.34 ^{CD}

Figure SI-9 – Urinary excretion of caffeic acid.



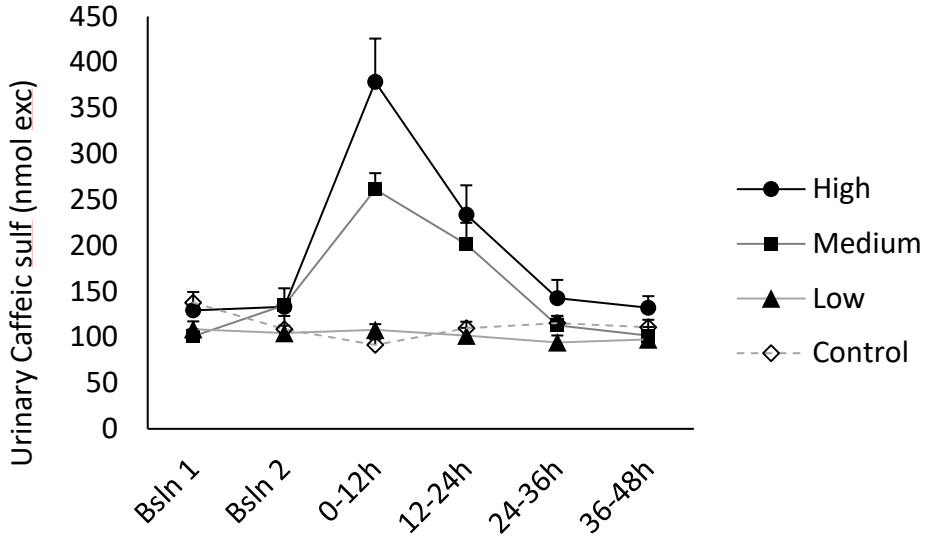
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	0.11 ± 0.06 ^{b}	0.18 ± 0.11 ^{b}	0.1 ± 0.02 ^{c}	0.45 ± 0.07 ^{b}	0.34 ± 0.06 ^{b}	0.41 ± 0.07 ^{b}
Low	1.45 ± 0.78 ^{a}	2.73 ± 1.37 ^{a}	1.9 ± 0.85 ^{b}	2.43 ± 1.32 ^{a}	2.02 ± 1.35 ^{a}	3.19 ± 1.94 ^{a}
Medium	1.49 ± 0.67 ^{aC}	3.57 ± 2.13 ^{aBC}	6.43 ± 4.57 ^{aA}	4.86 ± 3.57 ^{aAB}	1.69 ± 0.59 ^{aC}	2.44 ± 1.05 ^{aBC}
High	1.48 ± 0.55 ^{aC}	3.49 ± 3.09 ^{aBC}	9.74 ± 0.78 ^{aA}	4.27 ± 1.66 ^{aB}	1.41 ± 0.88 ^{aC}	2.7 ± 1.49 ^{aBC}

Figure SI-10 – Urinary excretion of caffeic acid glucuronide.



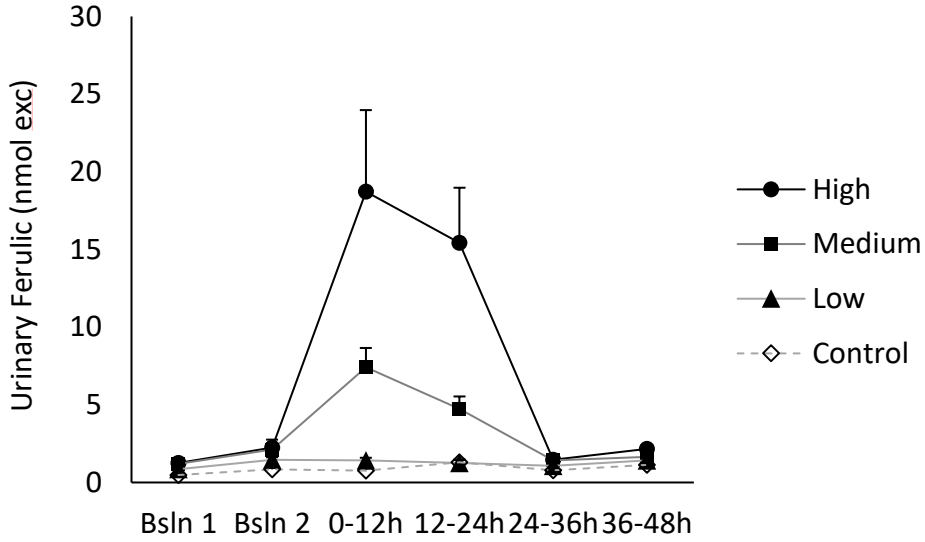
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	0.12 ± 0.03 ^{b}	0.14 ± 0.04 ^{b}	0.1 ± 0.03 ^{d}	0.11 ± 0.05 ^{c}	0.1 ± 0.03 ^{b}	0.14 ± 0.05 ^{b}
Low	1.55 ± 0.42 ^{a}	2.22 ± 0.95 ^{a}	1.44 ± 0.59 ^{c}	1.73 ± 0.78 ^{b}	1.67 ± 0.6 ^{a}	1.59 ± 0.76 ^{a}
Medium	2.03 ± 0.27 ^{aC}	2.86 ± 1.29 ^{aC}	11.67 ± 2.98 ^{bA}	7.07 ± 1.73 ^{aB}	2.17 ± 0.7 ^{aC}	1.72 ± 0.32 ^{aC}
High	1.52 ± 0.49 ^{aC}	2.19 ± 0.59 ^{aC}	29.48 ± 5.93 ^{aA}	7.67 ± 2.13 ^{aB}	1.42 ± 0.48 ^{aC}	1.32 ± 0.63 ^{aC}

Figure SI-11 – Urinary excretion of caffeic acid sulfate.



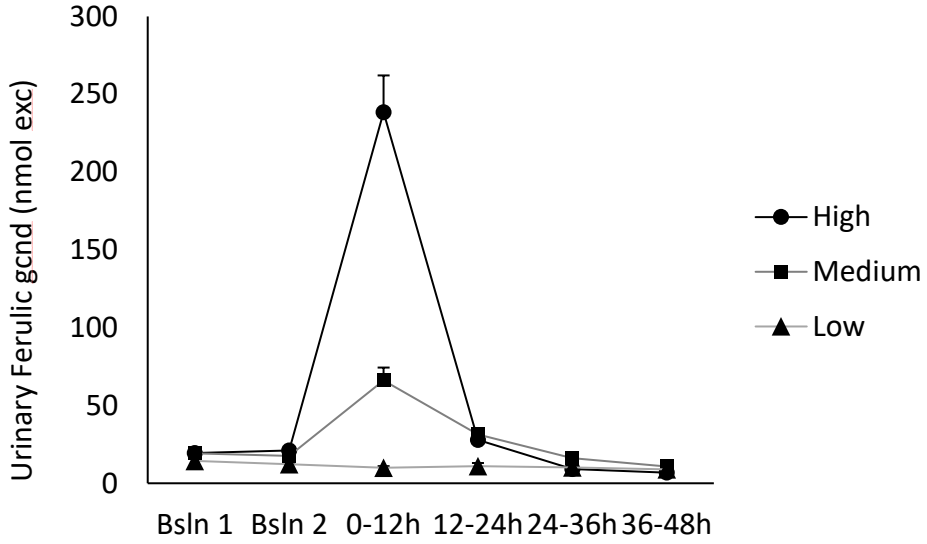
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	137.8 ± 32.9	108.9 ± 40.4	91.6 ± 17.5	109.9 ± 19.8	115.5 ± 22.2 ^{ab}	110.8 ± 23.2
Low	108.7 ± 24.3	104.4 ± 23.1	108 ± 16.6	101.8 ± 23.8	94.3 ± 21.5 ^{b}	97.6 ± 16.9
Medium	101 ± 21.2 ^{B}	134.8 ± 52.6 ^{B}	261.3 ± 50.1 ^{aA}	201.2 ± 66.8 ^{aA}	113 ± 27.6 ^{abB}	101.7 ± 26.7 ^{B}
High	129.2 ± 17.3 ^{C}	133.1 ± 18.9 ^{C}	378.5 ± 133.9 ^{aA}	233.7 ± 90.6 ^{aB}	142.6 ± 56.2 ^{aC}	132.2 ± 33.2 ^{C}

Figure SI-12 – Urinary excretion of ferulic acid.



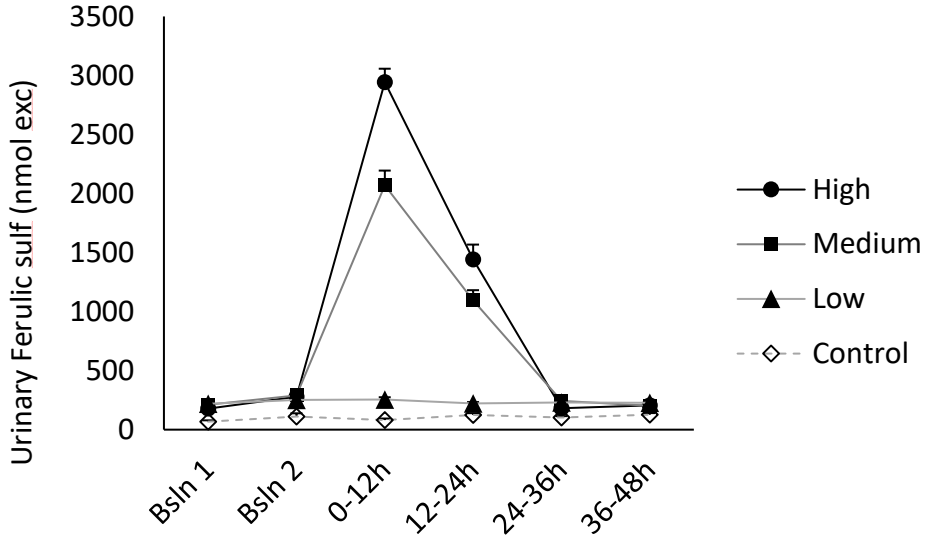
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	0.48 ± 0.18 ^{bB}	0.85 ± 0.27 ^{bAB}	0.77 ± 0.43 ^{dAB}	1.3 ± 0.42 ^{cA}	0.79 ± 0.14 ^{AB}	1.14 ± 0.39 ^{A}
Low	0.86 ± 0.42 ^{a}	1.46 ± 0.46 ^{a}	1.43 ± 0.43 ^{c}	1.25 ± 0.65 ^{c}	1.07 ± 0.59	1.42 ± 0.74
Medium	1.2 ± 0.42 ^{aB}	2.13 ± 1.07 ^{aB}	7.41 ± 3.52 ^{aA}	4.75 ± 2.24 ^{bA}	1.41 ± 0.33 ^{B}	1.64 ± 0.56 ^{B}
High	1.26 ± 0.47 ^{aB}	2.24 ± 1.46 ^{aB}	18.72 ± 14.86 ^{aA}	15.43 ± 10.03 ^{aA}	1.47 ± 0.62 ^{B}	2.16 ± 0.6 ^{B}

Figure SI-13 – Urinary excretion of ferulic acid glucuronide.



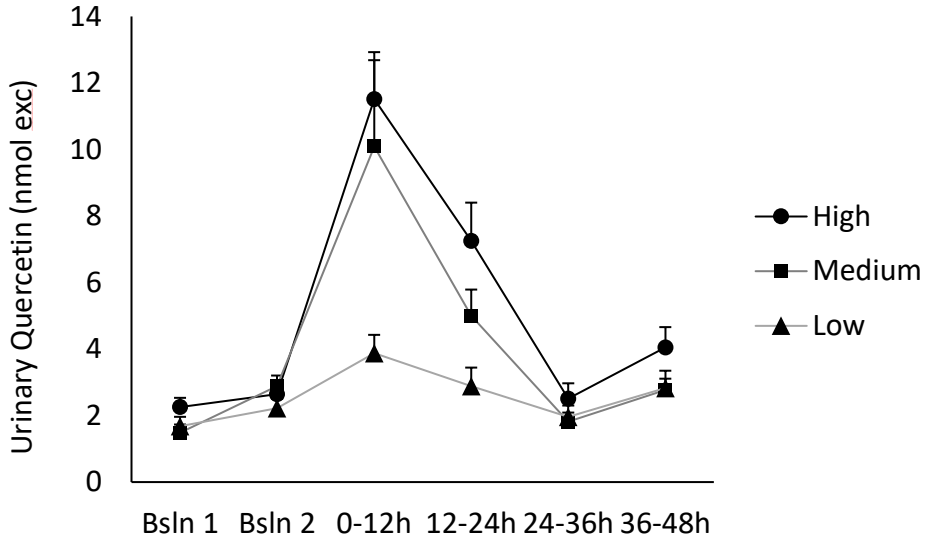
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	14.4 ± 5.7	12.3 ± 2.5	9.9 ± 2.9 ^{c}	11.1 ± 5.5 ^{b}	10.2 ± 3.3 ^{ab}	8.9 ± 2.7 ^{a}
Medium	19.2 ± 4.2 ^{C}	17.6 ± 4.4 ^{C}	66.1 ± 23.4 ^{bA}	31.3 ± 10.5 ^{aB}	16.2 ± 6.5 ^{aCD}	10.8 ± 3 ^{aD}
High	19.5 ± 2.4 ^{B}	21.2 ± 6.2 ^{B}	238.4 ± 66.9 ^{aA}	27.8 ± 6.6 ^{aB}	9.2 ± 4 ^{bC}	6.8 ± 4.1 ^{bC}

Figure SI-14 – Urinary excretion of ferulic acid sulfate.



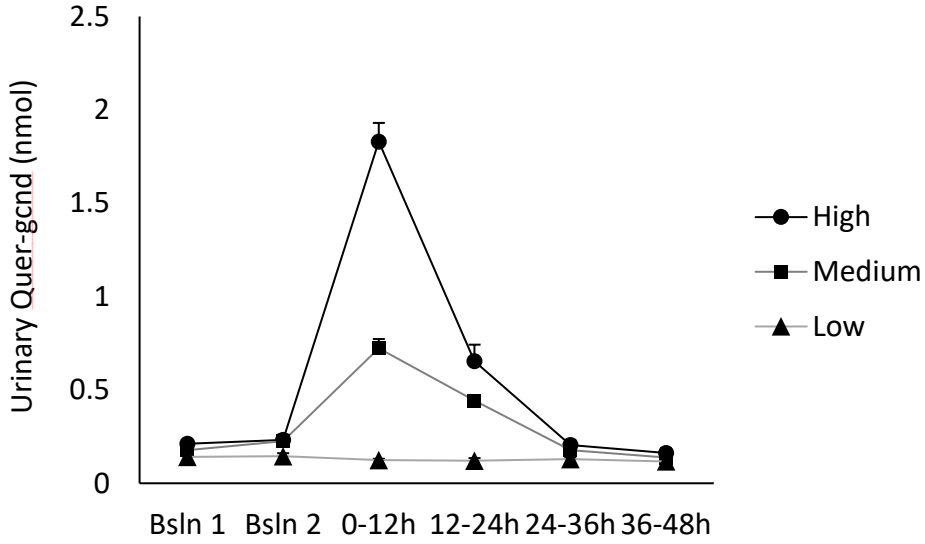
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	67.6 ± 31.7 ^{bB}	110.8 ± 78.2 ^{bAB}	80.9 ± 37.8 ^{cB}	125 ± 41.1 ^{cA}	102.5 ± 33.7 ^{bAB}	126.4 ± 39 ^{bA}
Low	219.1 ± 31.5 ^{a}	250.8 ± 52.9 ^{a}	255.2 ± 50.7 ^{b}	221.3 ± 34.2 ^{b}	230.9 ± 53.3 ^{a}	228.3 ± 49 ^{a}
Medium	209.8 ± 59.3 ^{aC}	289.7 ± 105.6 ^{aC}	2069.4 ± 353.8 ^{aA}	1095.8 ± 242.1 ^{aB}	243.4 ± 55.7 ^{aC}	202.3 ± 30.7 ^{aC}
High	177.9 ± 23.6 ^{aC}	278.7 ± 82.7 ^{aC}	2943.2 ± 301.9 ^{aA}	1440.6 ± 359.1 ^{aB}	182.3 ± 60.4 ^{aC}	205.7 ± 41.3 ^{aC}

Figure SI-15 – Urinary excretion of quercetin.



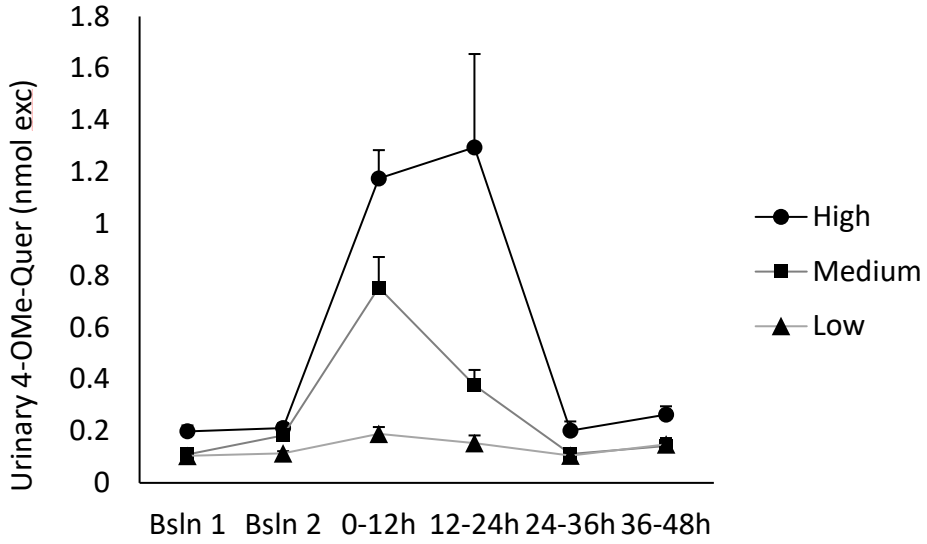
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	1.68 ± 0.8 ^{B}	2.22 ± 0.74 ^{B}	3.88 ± 1.46 ^{bA}	2.88 ± 1.59 ^{bAB}	1.96 ± 0.97 ^{B}	2.83 ± 1.47 ^{AB}
Medium	1.48 ± 0.7 ^{C}	2.89 ± 0.84 ^{C}	10.09 ± 7.35 ^{aA}	5 ± 2.22 ^{abAB}	1.82 ± 0.77 ^{C}	2.77 ± 0.97 ^{BC}
High	2.25 ± 0.79 ^{C}	2.64 ± 1.01 ^{C}	11.52 ± 3.99 ^{aA}	7.25 ± 3.26 ^{aAB}	2.5 ± 1.32 ^{C}	4.05 ± 1.61 ^{BC}

Figure SI-16 – Urinary excretion of quercetin glucuronide.



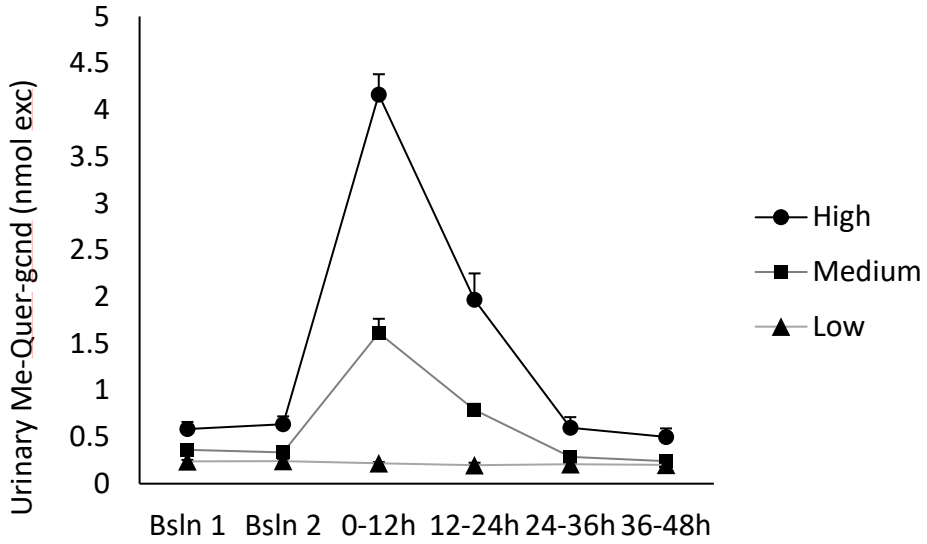
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.14 ± 0.02 ^{b}	0.15 ± 0.05 ^{b}	0.12 ± 0.02 ^{c}	0.12 ± 0.04 ^{c}	0.13 ± 0.02 ^{b}	0.12 ± 0.03
Medium	0.18 ± 0.03 ^{aCD}	0.23 ± 0.1 ^{aC}	0.72 ± 0.14 ^{bA}	0.44 ± 0.06 ^{bB}	0.18 ± 0.04 ^{aCD}	0.14 ± 0.03 ^{D}
High	0.21 ± 0.06 ^{aCD}	0.23 ± 0.06 ^{aC}	1.83 ± 0.28 ^{aA}	0.65 ± 0.25 ^{aB}	0.21 ± 0.08 ^{aCD}	0.16 ± 0.07 ^{D}

Figure SI-17 – Urinary excretion of 4-methoxy quercetin.



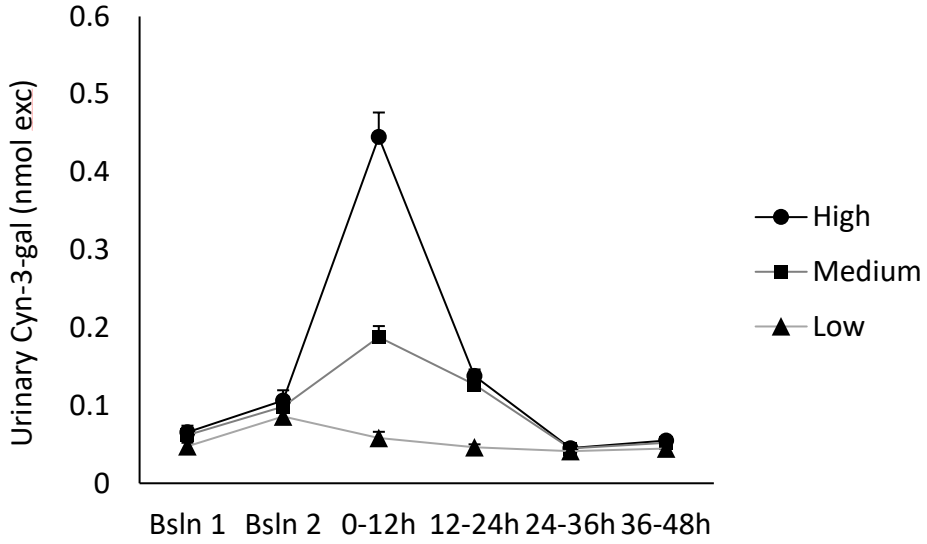
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.1 ± 0.05 ^{bB}	0.11 ± 0.02 ^{bB}	0.19 ± 0.08 ^{bA}	0.15 ± 0.08 ^{cAB}	0.11 ± 0.05 ^{bB}	0.15 ± 0.07 ^{bAB}
Medium	0.11 ± 0.04 ^{bC}	0.18 ± 0.04 ^{aC}	0.75 ± 0.33 ^{aA}	0.38 ± 0.17 ^{bB}	0.11 ± 0.04 ^{abC}	0.14 ± 0.05 ^{bC}
High	0.2 ± 0.06 ^{aB}	0.21 ± 0.06 ^{aB}	1.17 ± 0.31 ^{aA}	1.29 ± 1.02 ^{aA}	0.2 ± 0.11 ^{aB}	0.26 ± 0.1 ^{aB}

Figure SI-18 – Urinary excretion of methyl quercetin glucuronide.



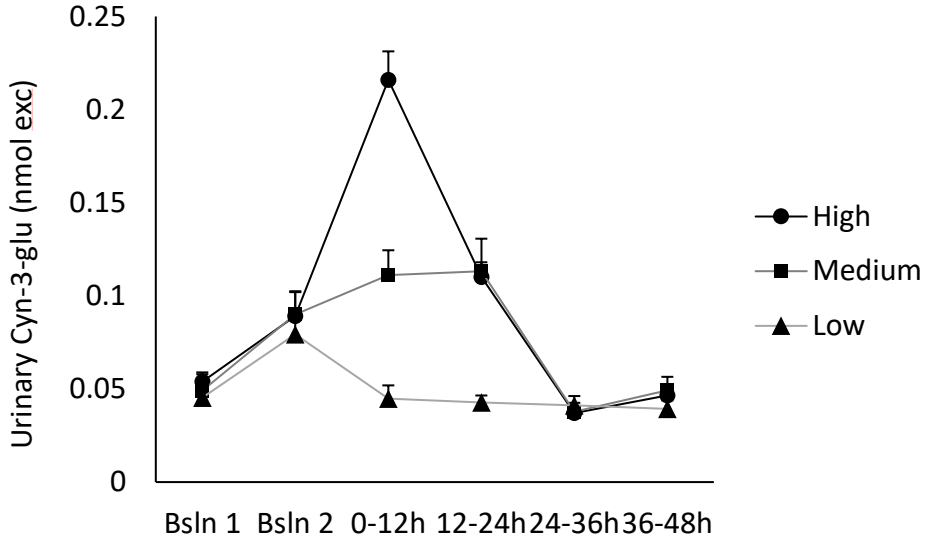
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.24 ± 0.04 ^{b}	0.24 ± 0.07 ^{b}	0.22 ± 0.04 ^{c}	0.2 ± 0.08 ^{c}	0.21 ± 0.05 ^{b}	0.2 ± 0.09 ^{b}
Medium	0.36 ± 0.16 ^{bC}	0.34 ± 0.1 ^{bC}	1.61 ± 0.43 ^{bA}	0.79 ± 0.18 ^{bB}	0.29 ± 0.09 ^{bC}	0.24 ± 0.09 ^{bC}
High	0.59 ± 0.21 ^{aC}	0.64 ± 0.24 ^{aC}	4.16 ± 0.58 ^{aA}	1.97 ± 0.75 ^{aB}	0.6 ± 0.3 ^{aC}	0.5 ± 0.24 ^{aC}

Figure SI-19 – Urinary excretion of cyanidin-3-galactoside.



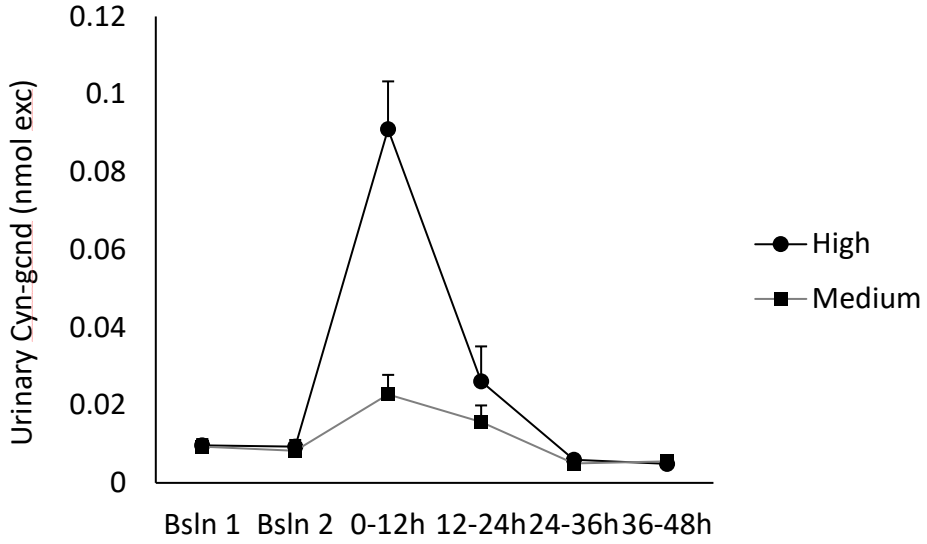
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.0473 ± 0.0133 ^{A}	0.0858 ± 0.022 ^{A}	0.0583 ± 0.0206 ^{cAB}	0.0463 ± 0.0108 ^{bAB}	0.0413 ± 0.0134 ^{B}	0.0446 ± 0.0159 ^{B}
Medium	0.062 ± 0.034 ^{C}	0.0984 ± 0.0373 ^{C}	0.1879 ± 0.0399 ^{bA}	0.1267 ± 0.0489 ^{aB}	0.0448 ± 0.0145 ^{D}	0.0521 ± 0.0175 ^{D}
High	0.0656 ± 0.0163 ^{C}	0.1065 ± 0.0369 ^{C}	0.445 ± 0.0891 ^{aA}	0.138 ± 0.0234 ^{aB}	0.0452 ± 0.0085 ^{D}	0.0548 ± 0.0057 ^{D}

Figure SI-20 – Urinary excretion of cyanidin-3-glucoside.



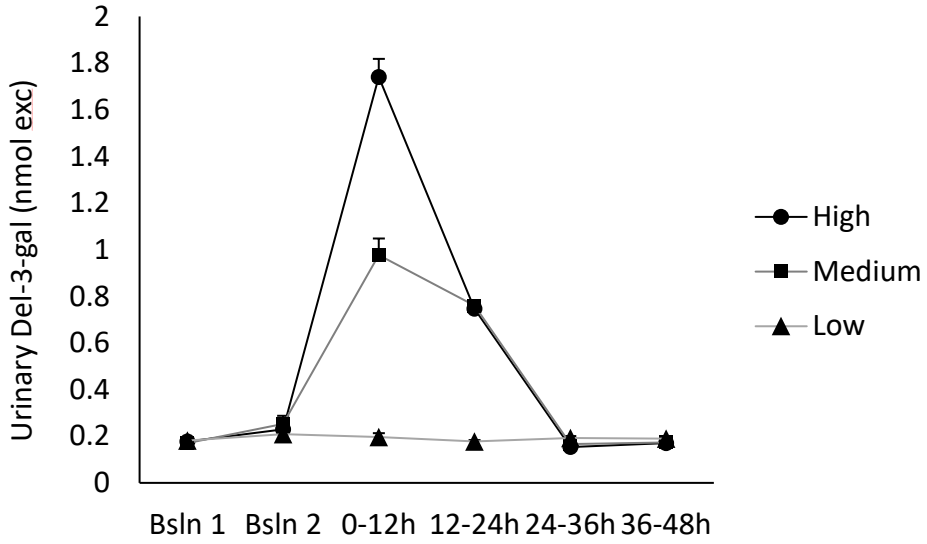
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.0453 ± 0.0151 ^{B}	0.0794 ± 0.0239 ^{A}	0.0448 ± 0.0188 ^{cB}	0.0427 ± 0.0107 ^{bB}	0.0411 ± 0.0143 ^{B}	0.0393 ± 0.013 ^{B}
Medium	0.0492 ± 0.0247 ^{BC}	0.0901 ± 0.0337 ^{B}	0.1111 ± 0.0379 ^{bA}	0.1132 ± 0.0495 ^{aA}	0.0378 ± 0.0136 ^{D}	0.0493 ± 0.0205 ^{CD}
High	0.0539 ± 0.0142 ^{CD}	0.0892 ± 0.0375 ^{C}	0.216 ± 0.0433 ^{aA}	0.11 ± 0.0226 ^{aB}	0.037 ± 0.0078 ^{E}	0.0466 ± 0.0089 ^{DE}

Figure SI-21 – Urinary excretion of cyanidin glucuronide.



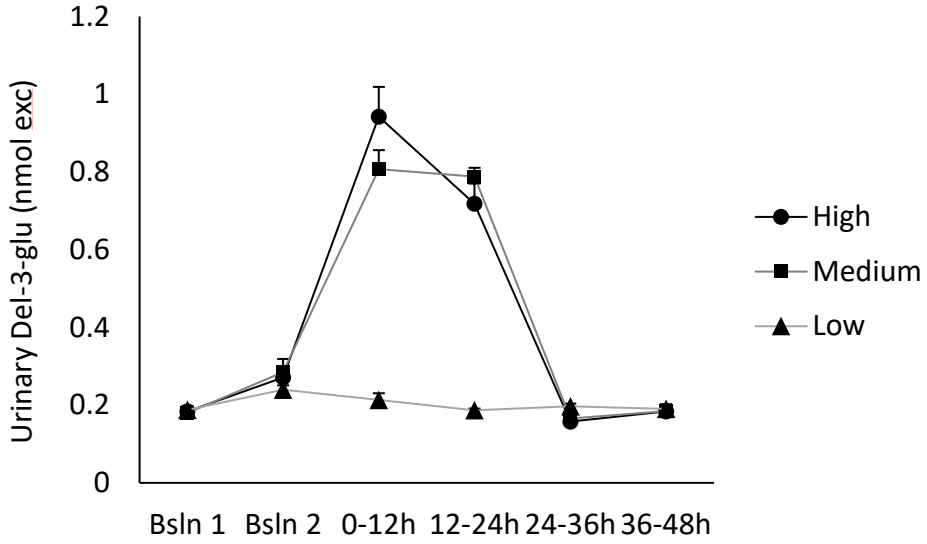
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	nd	nd	nd	nd	nd	nd
Medium	0.0093 ± 0.0045 ^{BC}	0.0083 ± 0.0027 ^{BC}	0.0228 ± 0.0142 ^{b}	0.0157 ± 0.012 ^{B}	0.005 ± 0.0016 ^{C}	0.0055 ± 0.0003 ^{C}
High	0.0097 ± 0.0045 ^{BC}	0.0093 ± 0.0049 ^{BC}	0.091 ± 0.0348 ^{a}	0.0262 ± 0.0253 ^{B}	0.006 ± 0.0019 ^{C}	0.0049 ± 0.0014 ^{C}

Figure SI-22 – Urinary excretion of delphinidin-3-galactoside.



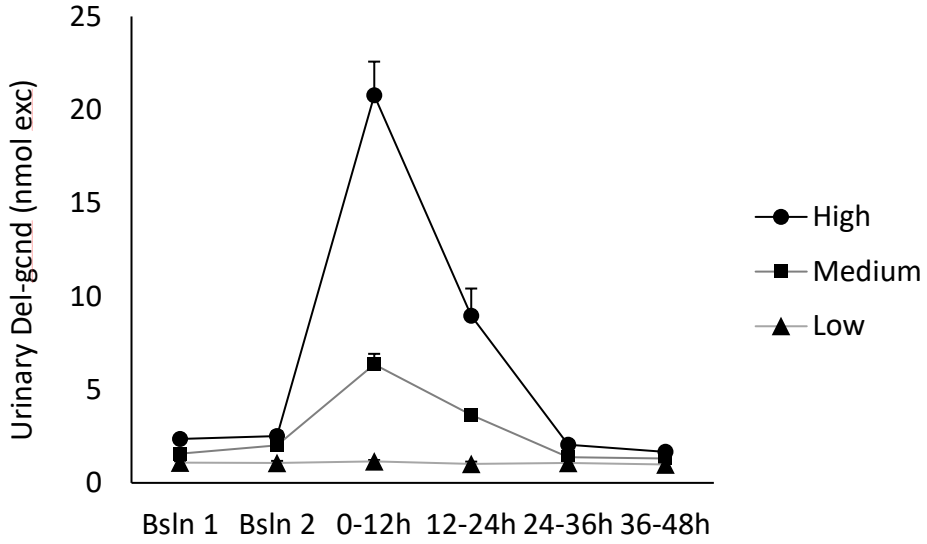
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.1821 ± 0.0096	0.2089 ± 0.0251	0.1968 ± 0.043 ^{c}	0.1777 ± 0.0163 ^{b}	0.1924 ± 0.0222	0.1904 ± 0.0226
Medium	0.1705 ± 0.0297 ^{B}	0.2522 ± 0.1005 ^{B}	0.9769 ± 0.2007 ^{bA}	0.7607 ± 0.0642 ^{aA}	0.1664 ± 0.0359 ^{B}	0.173 ± 0.0269 ^{B}
High	0.178 ± 0.0256 ^{C}	0.2291 ± 0.0856 ^{C}	1.7408 ± 0.2185 ^{aA}	0.7474 ± 0.0909 ^{aB}	0.1536 ± 0.0192 ^{C}	0.1701 ± 0.0184 ^{C}

Figure SI-23 – Urinary excretion of delphinidin-3-glucoside.



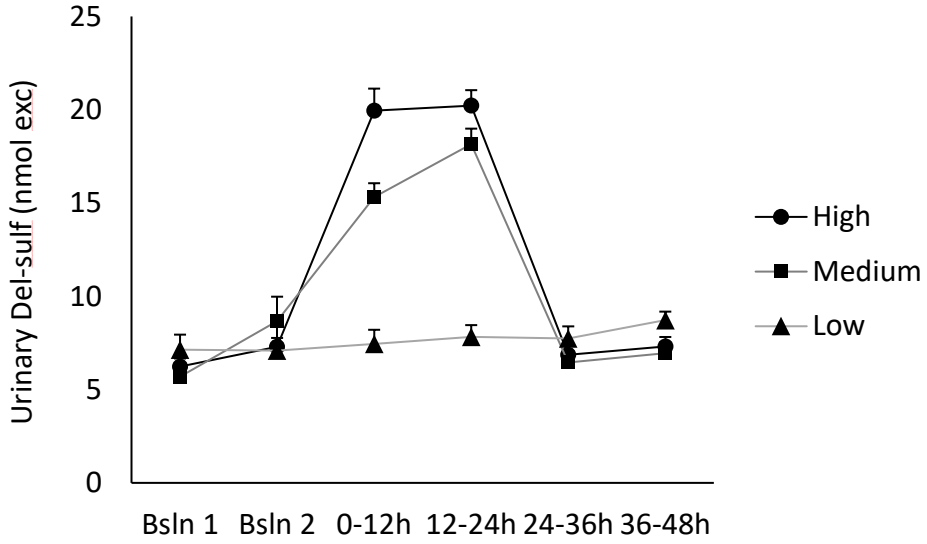
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.1883 ± 0.0202	0.2397 ± 0.0316	0.2137 ± 0.0445 ^{b}	0.1867 ± 0.0124 ^{b}	0.197 ± 0.0199 ^{a}	0.1906 ± 0.0185
Medium	0.1795 ± 0.049 ^{BC}	0.2849 ± 0.096 ^{B}	0.807 ± 0.1387 ^{aA}	0.7878 ± 0.0644 ^{aA}	0.1656 ± 0.0317 ^{bC}	0.1844 ± 0.0514 ^{BC}
High	0.184 ± 0.0255 ^{CD}	0.271 ± 0.0838 ^{C}	0.9421 ± 0.217 ^{aA}	0.7179 ± 0.1472 ^{aB}	0.1578 ± 0.0188 ^{bD}	0.1839 ± 0.0166 ^{CD}

Figure SI-24 – Urinary excretion of delphinidin glucuronide.



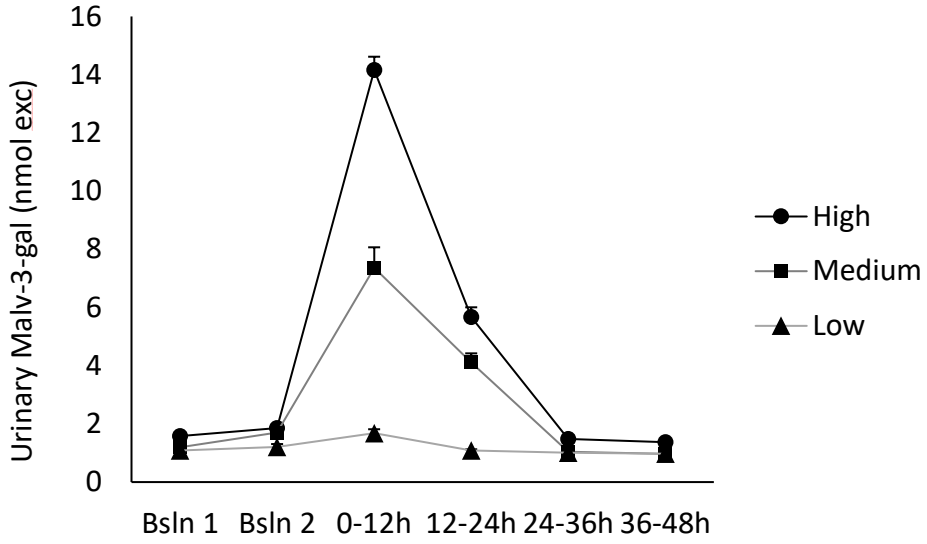
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	1.08 ± 0.22 ^{b}	1.07 ± 0.31 ^{b}	1.15 ± 0.19 ^{c}	1.01 ± 0.37 ^{c}	1.06 ± 0.29 ^{b}	0.99 ± 0.43 ^{b}
Medium	1.57 ± 0.39 ^{bC}	2.01 ± 0.80 ^{aC}	6.35 ± 1.60 ^{bA}	3.63 ± 0.59 ^{bB}	1.37 ± 0.41 ^{bC}	1.31 ± 0.39 ^{abC}
High	2.36 ± 0.56 ^{aC}	2.50 ± 0.75 ^{aC}	20.77 ± 5.12 ^{aA}	8.96 ± 4.11 ^{aB}	2.05 ± 0.54 ^{aCD}	1.66 ± 0.55 ^{aD}

Figure SI-25 – Urinary excretion of delphinidin sulfate.



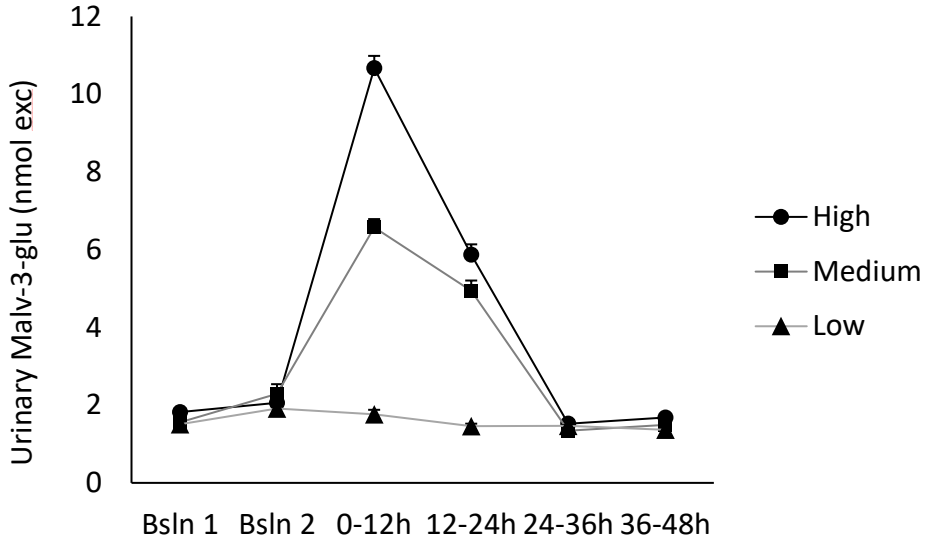
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	7.14 ± 2.28	7.09 ± 1.92	7.45 ± 1.99 ^{c}	7.83 ± 1.78 ^{b}	7.75 ± 1.81	8.72 ± 1.29
Medium	5.69 ± 0.89 ^{B}	8.67 ± 3.69 ^{B}	15.32 ± 2.11 ^{bA}	18.16 ± 2.35 ^{aA}	6.45 ± 1.2 ^{B}	6.95 ± 1.65 ^{B}
High	6.24 ± 1.22 ^{B}	7.29 ± 3.03 ^{B}	19.95 ± 3.35 ^{aA}	20.22 ± 2.35 ^{aA}	6.87 ± 1.34 ^{B}	7.31 ± 1.35 ^{B}

Figure SI-26 – Urinary excretion of malvidin-3-galactoside.



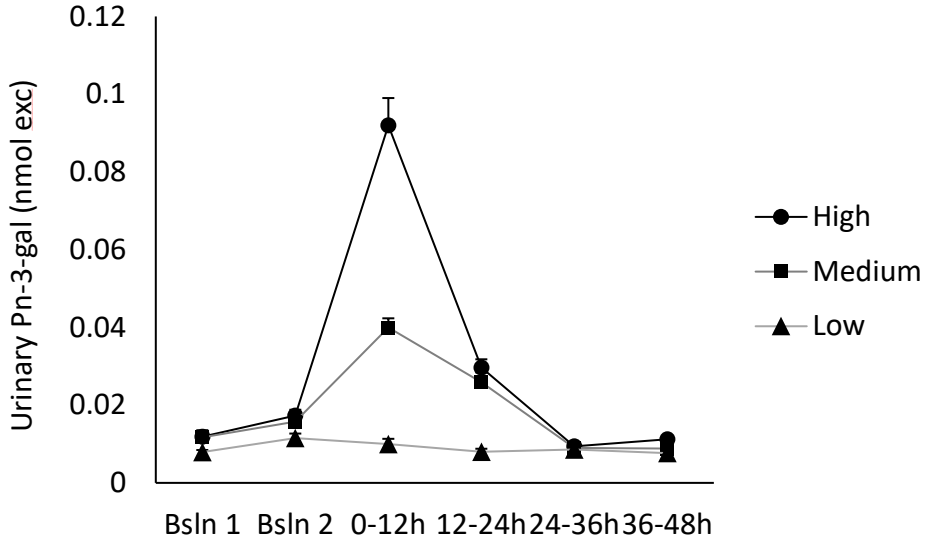
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	1.09 ± 0.12 ^{bB}	1.21 ± 0.26 ^{bB}	1.68 ± 0.33 ^{cA}	1.09 ± 0.11 ^{cB}	1.01 ± 0.13 ^{bB}	0.97 ± 0.19 ^{bB}
Medium	1.19 ± 0.27 ^{bC}	1.70 ± 0.50 ^{aC}	7.36 ± 2.00 ^{bA}	4.11 ± 0.82 ^{bB}	1.04 ± 0.31 ^{bC}	0.97 ± 0.17 ^{bC}
High	1.58 ± 0.20 ^{aC}	1.86 ± 0.39 ^{aC}	14.16 ± 1.30 ^{aA}	5.67 ± 0.96 ^{aB}	1.48 ± 0.18 ^{aC}	1.37 ± 0.15 ^{aC}

Figure SI-27 – Urinary excretion of malvidin-3-glucoside.



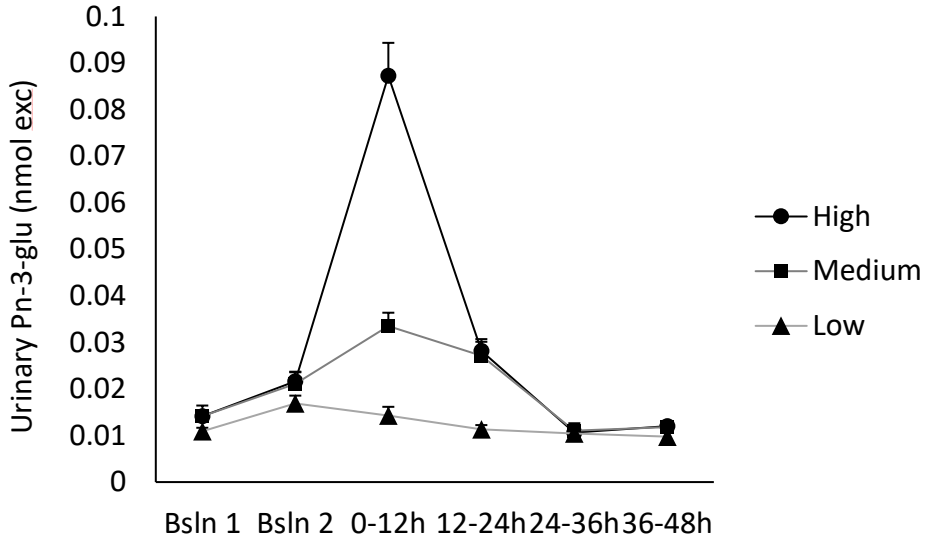
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	1.51 ± 0.14	1.91 ± 0.25	1.76 ± 0.31 ^{c}	1.46 ± 0.17 ^{b}	1.47 ± 0.25	1.37 ± 0.25
Medium	1.56 ± 0.34 ^{CD}	2.29 ± 0.7 ^{C}	6.57 ± 0.57 ^{bA}	4.94 ± 0.75 ^{aB}	1.34 ± 0.27 ^{D}	1.49 ± 0.3 ^{D}
High	1.82 ± 0.21 ^{C}	2.06 ± 0.12 ^{C}	10.67 ± 0.9 ^{aA}	5.87 ± 0.76 ^{aB}	1.52 ± 0.2 ^{C}	1.68 ± 0.11 ^{C}

Figure SI-28 – Urinary excretion of peonidin-3-galactoside.



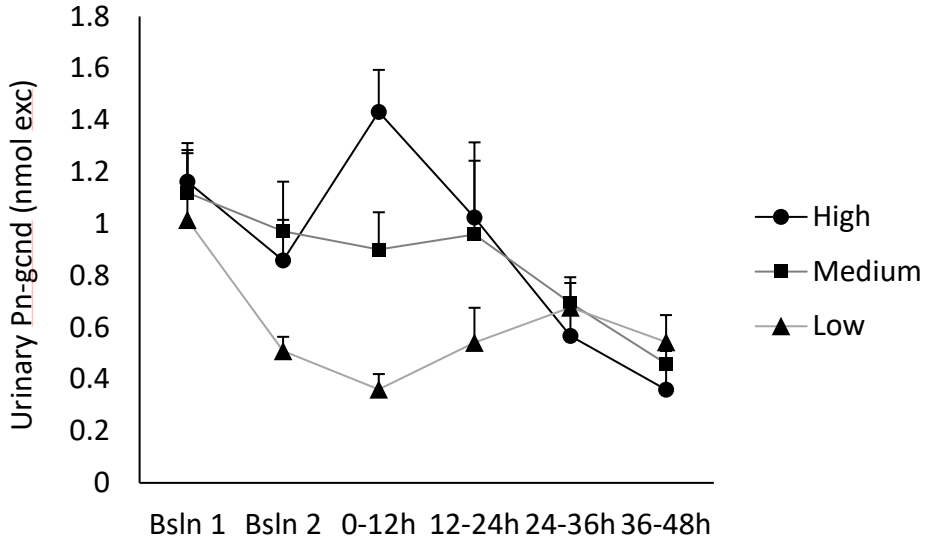
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.0079 ± 0.0014 ^{b}	0.0115 ± 0.0033 ^{b}	0.01 ± 0.0036 ^{c}	0.008 ± 0.0022 ^{b}	0.0086 ± 0.0028	0.0076 ± 0.0026
Medium	0.0117 ± 0.0053 ^{aC}	0.0158 ± 0.0045 ^{aC}	0.04 ± 0.0067 ^{bA}	0.0259 ± 0.0071 ^{aB}	0.009 ± 0.0036 ^{D}	0.0088 ± 0.0031 ^{D}
High	0.0119 ± 0.0021 ^{aC}	0.0173 ± 0.0042 ^{aC}	0.092 ± 0.0199 ^{aA}	0.0297 ± 0.0061 ^{aB}	0.0094 ± 0.0028 ^{C}	0.0113 ± 0.0013 ^{C}

Figure SI-29 – Urinary excretion of peonidin-3-glucoside.



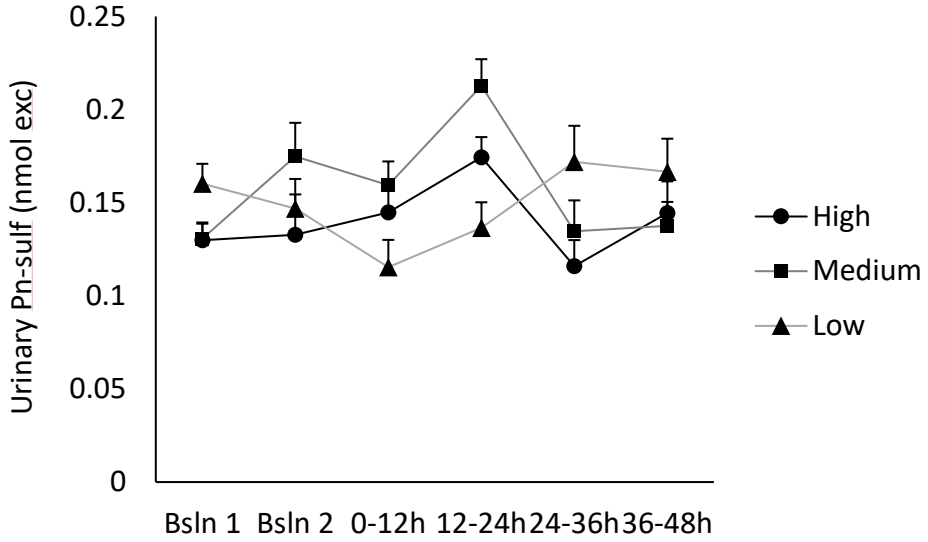
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.0109 ± 0.0022	0.0169 ± 0.0047	0.0143 ± 0.005 ^{c}	0.0114 ± 0.0025 ^{b}	0.0105 ± 0.0035	0.0098 ± 0.0024
Medium	0.0142 ± 0.0064 ^{BC}	0.0211 ± 0.0074 ^{B}	0.0335 ± 0.0081 ^{bA}	0.0271 ± 0.0086 ^{aAB}	0.011 ± 0.0045 ^{C}	0.0118 ± 0.0023 ^{C}
High	0.0142 ± 0.0035 ^{CD}	0.0216 ± 0.0056 ^{C}	0.0872 ± 0.0201 ^{aA}	0.0282 ± 0.0071 ^{aB}	0.0106 ± 0.0023 ^{D}	0.012 ± 0.0028 ^{D}

Figure SI-30 – Urinary excretion of peonidin glucuronide.



	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	1.01 ± 0.73 ^{A}	0.51 ± 0.14 ^{B}	0.36 ± 0.16 ^{bB}	0.54 ± 0.38 ^{bB}	0.68 ± 0.27 ^{B}	0.54 ± 0.29 ^{B}
Medium	1.12 ± 0.47 ^{A}	0.97 ± 0.54 ^{A}	0.9 ± 0.41 ^{aAB}	0.96 ± 0.81 ^{abAB}	0.69 ± 0.28 ^{AB}	0.46 ± 0.14 ^{B}
High	1.16 ± 0.42 ^{AB}	0.86 ± 0.44 ^{B}	1.43 ± 0.46 ^{aA}	1.02 ± 0.82 ^{aAB}	0.57 ± 0.24 ^{BC}	0.36 ± 0.2 ^{C}

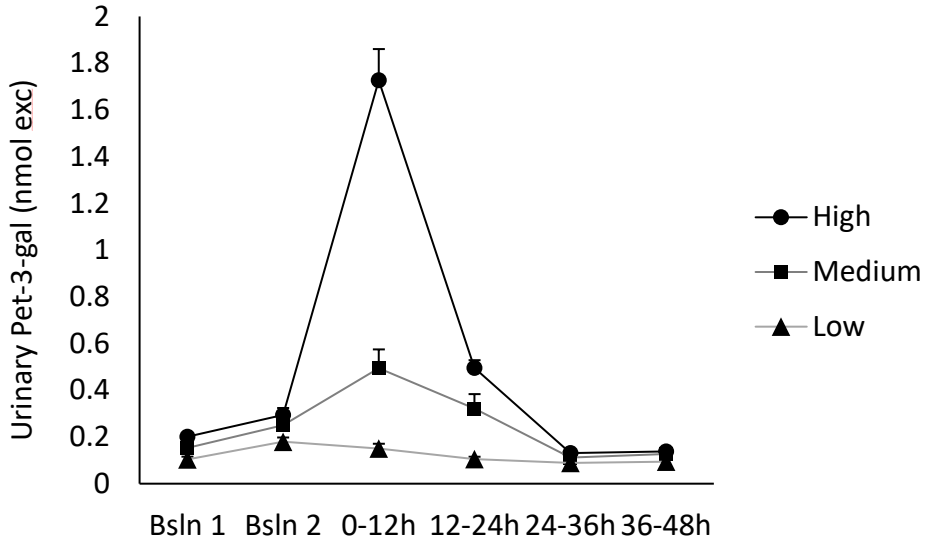
Figure SI-31 – Urinary excretion of peonidin sulfate.



0

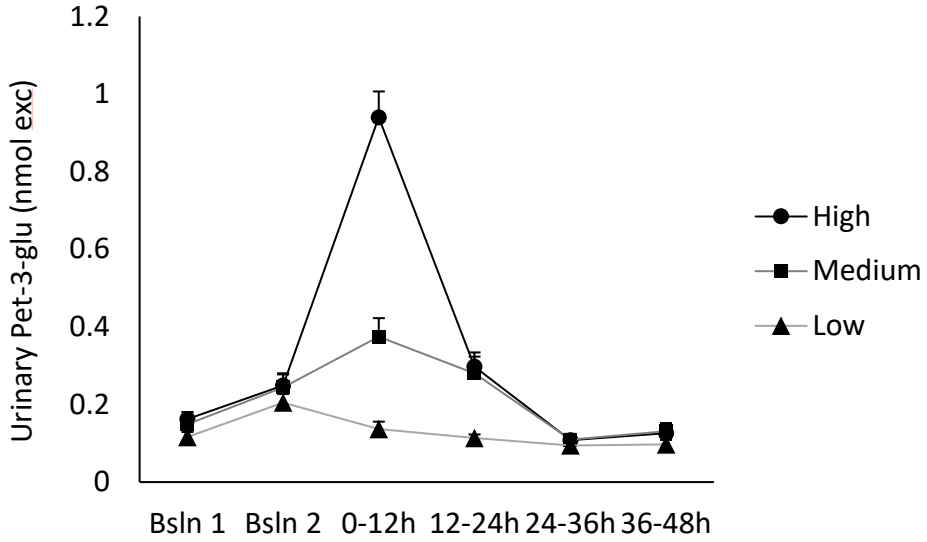
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.1603 ± 0.03 ^{A}	0.1468 ± 0.0452 ^{AB}	0.1154 ± 0.0388 ^{B}	0.1365 ± 0.0388 ^{AB}	0.1719 ± 0.0547 ^{A}	0.1667 ± 0.0501 ^{A}
Medium	0.1307 ± 0.0247	0.1748 ± 0.0511	0.1594 ± 0.0361	0.2128 ± 0.0404	0.1347 ± 0.0468	0.1376 ± 0.0362
High	0.1299 ± 0.0251 ^{B}	0.1328 ± 0.0611 ^{B}	0.1448 ± 0.0368 ^{AB}	0.1744 ± 0.0306 ^{A}	0.1159 ± 0.0396 ^{B}	0.1445 ± 0.0449 ^{AB}

Figure SI-32 – Urinary excretion of petunidin-3-galactoside.



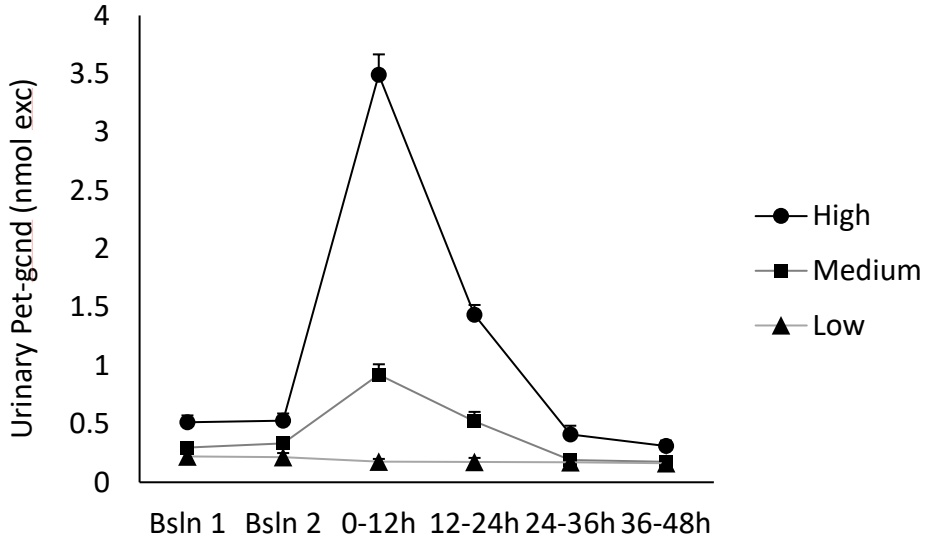
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.1 ± 0.03 ^{bB}	0.18 ± 0.05 ^{bA}	0.15 ± 0.05 ^{cA}	0.11 ± 0.03 ^{cAB}	0.09 ± 0.03 ^{bB}	0.09 ± 0.03 ^{AB}
Medium	0.15 ± 0.09 ^{abC}	0.25 ± 0.1 ^{abC}	0.49 ± 0.23 ^{bA}	0.32 ± 0.17 ^{bB}	0.11 ± 0.05 ^{abD}	0.13 ± 0.04 ^{D}
High	0.2 ± 0.04 ^{aC}	0.29 ± 0.09 ^{aC}	1.73 ± 0.38 ^{aA}	0.5 ± 0.09 ^{aB}	0.13 ± 0.02 ^{aD}	0.14 ± 0.02 ^{D}

Figure SI-33 – Urinary excretion of petunidin-3-glucoside.



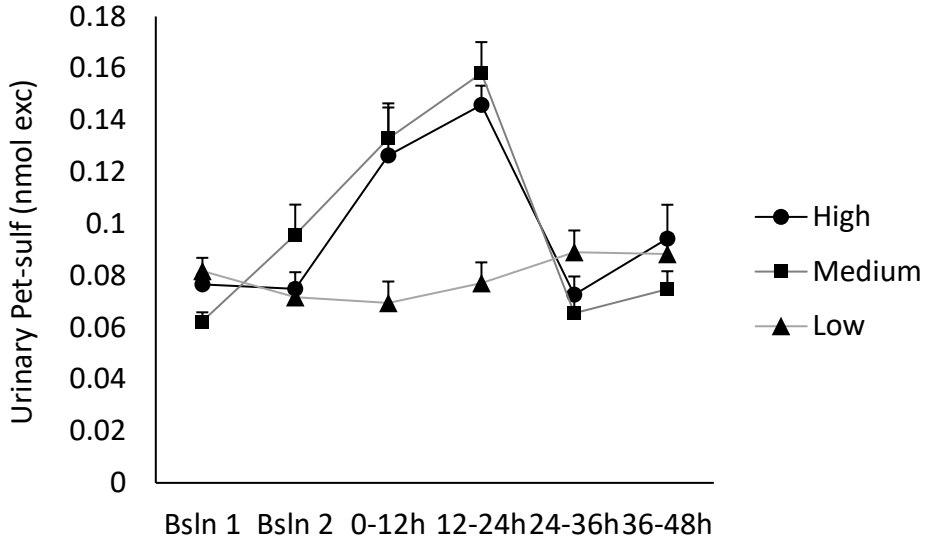
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.12 ± 0.04 ^{B}	0.2 ± 0.06 ^{A}	0.14 ± 0.05 ^{cB}	0.11 ± 0.03 ^{bB}	0.09 ± 0.03 ^{B}	0.1 ± 0.03 ^{B}
Medium	0.15 ± 0.09 ^{CD}	0.24 ± 0.1 ^{BC}	0.37 ± 0.14 ^{bA}	0.28 ± 0.15 ^{aB}	0.11 ± 0.04 ^{D}	0.13 ± 0.06 ^{D}
High	0.16 ± 0.05 ^{CD}	0.25 ± 0.09 ^{BC}	0.94 ± 0.19 ^{aA}	0.3 ± 0.07 ^{aB}	0.11 ± 0.02 ^{D}	0.13 ± 0.02 ^{D}

Figure SI-34 – Urinary excretion of petunidin glucuronide.



	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.22 ± 0.07 ^{b}	0.22 ± 0.1 ^{b}	0.18 ± 0.06 ^{c}	0.17 ± 0.1 ^{c}	0.17 ± 0.05 ^{b}	0.16 ± 0.12 ^{b}
Medium	0.3 ± 0.1 ^{bC}	0.33 ± 0.14 ^{bC}	0.92 ± 0.24 ^{bA}	0.52 ± 0.23 ^{bB}	0.19 ± 0.08 ^{bD}	0.18 ± 0.09 ^{bD}
High	0.51 ± 0.16 ^{aC}	0.53 ± 0.18 ^{aC}	3.49 ± 0.46 ^{aA}	1.44 ± 0.2 ^{aB}	0.41 ± 0.2 ^{aD}	0.31 ± 0.12 ^{aD}

Figure SI-35 – Urinary excretion of petunidin sulfate.



	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	nd	nd	nd	nd	nd	nd
Low	0.08 ± 0.01	0.07 ± 0.01	0.07 ± 0.02 ^{b}	0.08 ± 0.02 ^{b}	0.09 ± 0.02	0.09 ± 0.02
Medium	0.06 ± 0.01 ^{B}	0.1 ± 0.03 ^{B}	0.13 ± 0.04 ^{aA}	0.16 ± 0.03 ^{aA}	0.07 ± 0.02 ^{B}	0.07 ± 0.02 ^{B}
High	0.08 ± 0.01 ^{C}	0.07 ± 0.02 ^{C}	0.13 ± 0.05 ^{aAB}	0.15 ± 0.02 ^{aA}	0.07 ± 0.02 ^{C}	0.09 ± 0.03 ^{BC}

Figure SI-36 – Total urinary excretion of anthocyanins over 48h. Derivatives of A) cyanidin, B) delphinidin, C) malvidin, D) peonidin, E) petunidin. Urinary excretion of anthocyanins occurred in a dose-dependent manner. Cyanidins and malvidins were primarily excreted as parent glycosides (i.e., galacosides and glucosides), while other forms were more commonly excreted as metabolites. Data shown as mean ± SEM. Lowercase letters indicate significant differences ($p<0.05$) between doses; capital letters indicate differences between derivatives.

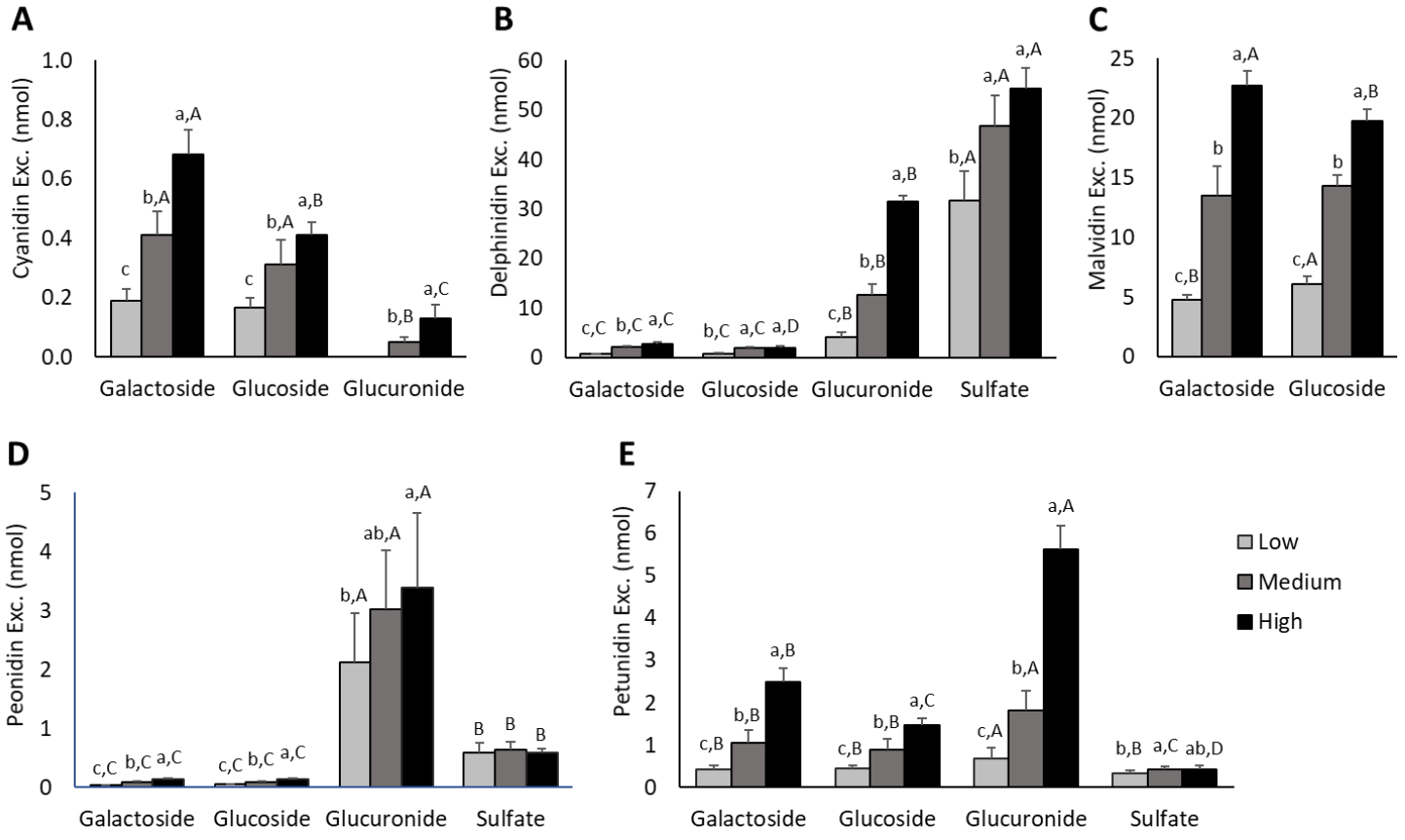
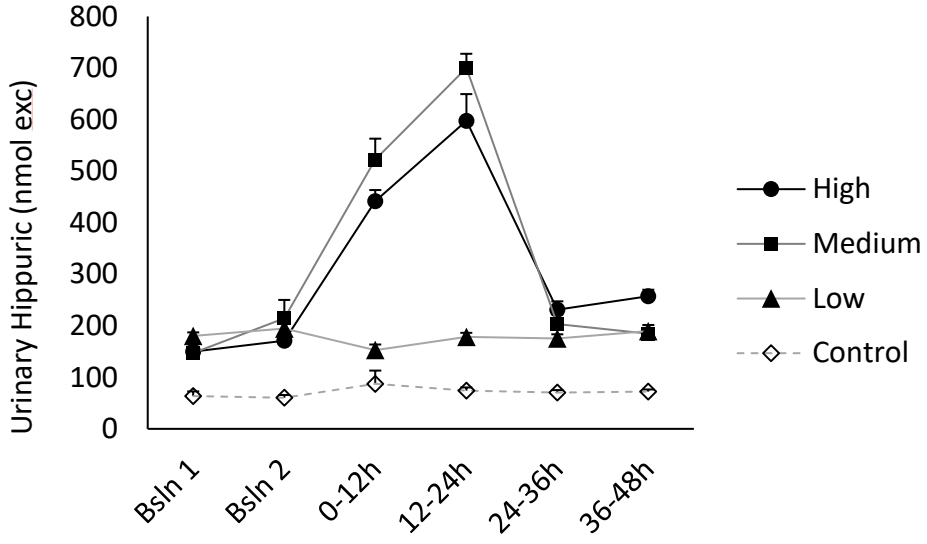
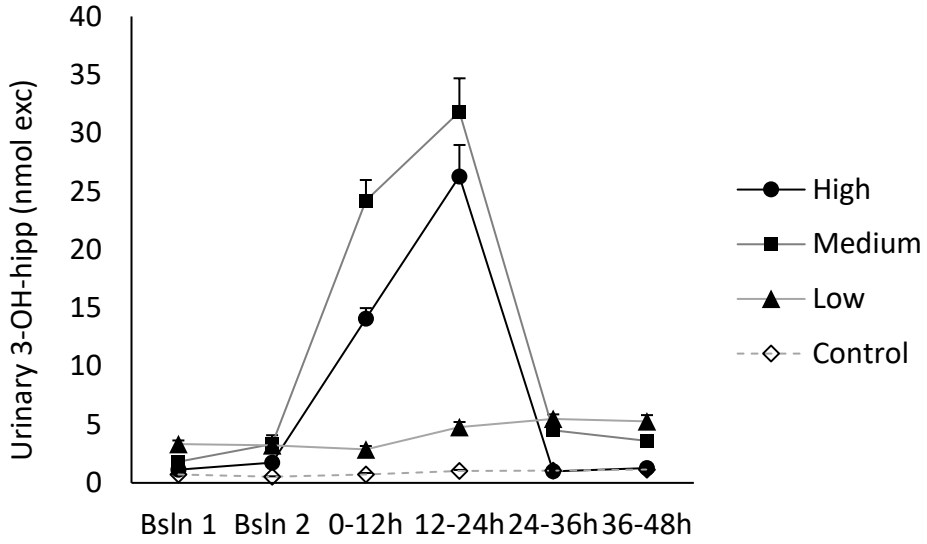


Figure SI-37 – Urinary excretion of hippuric acid.



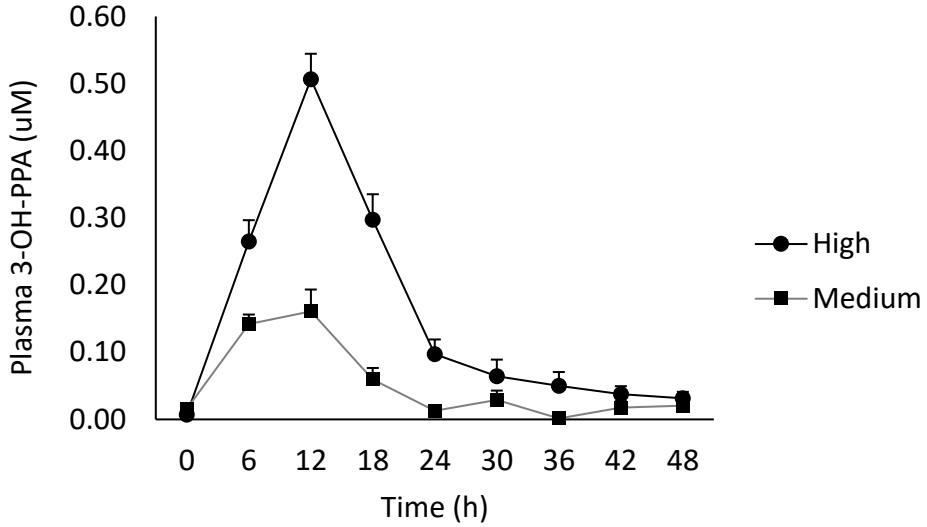
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	63.7 ± 25.2 ^{b}	60.3 ± 14.2 ^{b}	87.4 ± 72.5 ^{c}	74.2 ± 17.4 ^{c}	70.7 ± 12.7 ^{b}	72.2 ± 11.8 ^{b}
Low	180.4 ± 18.9 ^{a}	194.6 ± 28.8 ^{a}	152.7 ± 29 ^{b}	178.5 ± 22 ^{b}	175.4 ± 22.6 ^{a}	189.3 ± 34.4 ^{a}
Medium	147.1 ± 33.8 ^{aB}	214.7 ± 100.3 ^{aB}	522.2 ± 115.1 ^{aA}	700.1 ± 77.8 ^{aA}	203.5 ± 51.3 ^{aB}	184.9 ± 31 ^{aB}
High	149.9 ± 12.6 ^{aC}	170.8 ± 37 ^{aC}	441.6 ± 61.4 ^{aA}	597.7 ± 146.3 ^{aA}	231.3 ± 45.4 ^{aB}	257.2 ± 33.6 ^{aB}

Figure SI-38 – Urinary excretion of 3-hydroxy hippuric acid.



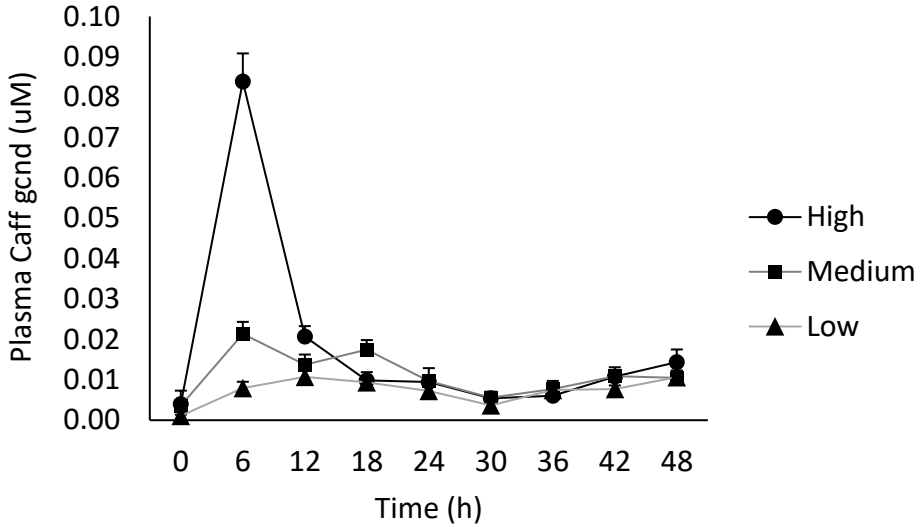
	Bsln 1	Bsln 2	0-12h	12-24h	24-36h	36-48h
Control	0.71 ± 0.2 ^{cB}	0.53 ± 0.1 ^{cB}	0.71 ± 0.38 ^{dB}	1.03 ± 0.22 ^{cA}	1.06 ± 0.39 ^{bA}	1.14 ± 0.3 ^{bA}
Low	3.32 ± 0.9 ^{aBC}	3.22 ± 0.88 ^{aBC}	2.87 ± 0.77 ^{cC}	4.78 ± 1.25 ^{bABC}	5.49 ± 1.11 ^{aA}	5.29 ± 1.48 ^{aAB}
Medium	1.81 ± 0.5 ^{bC}	3.32 ± 2.18 ^{aBC}	24.22 ± 4.97 ^{aA}	31.82 ± 8.13 ^{aA}	4.52 ± 1.59 ^{aB}	3.6 ± 1.07 ^{aBC}
High	1.12 ± 0.24 ^{bC}	1.72 ± 0.78 ^{bC}	14.07 ± 2.59 ^{bB}	26.28 ± 7.62 ^{aA}	0.99 ± 0.42 ^{bC}	1.27 ± 0.68 ^{bC}

Figure SI-39 – Plasma 3-hydroxyphenyl propionic acid.



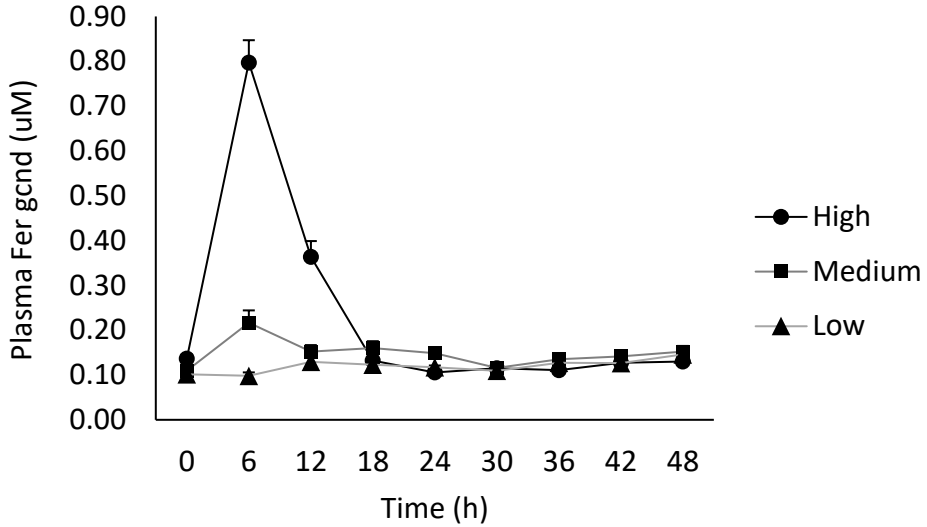
	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	nd	nd	nd	nd	nd	nd	nd	nd	nd
Low	nd	nd	nd	nd	nd	nd	nd	nd	nd
Medium	0.007 ± 0.012 ^{BC}	0.142 ± 0.037 ^{bA}	0.161 ± 0.092 ^{bA}	0.05 ± 0.042 ^{bAB}	0.008 ± 0.01 ^{BC}	0.029 ± 0.024 ^{bAB}	0.001 ± 0.002 ^{C}	0.018 ± 0.019 ^{BC}	0.02 ± 0.025 ^{BC}
High	0.004 ± 0.007 ^{D}	0.265 ± 0.09 ^{aAB}	0.507 ± 0.107 ^{aA}	0.297 ± 0.107 ^{aAB}	0.097 ± 0.062 ^{BC}	0.065 ± 0.069 ^{aCD}	0.05 ± 0.058 ^{CD}	0.037 ± 0.034 ^{CD}	0.032 ± 0.025 ^{CD}

Figure SI-40 – Plasma caffeic acid glucuronide.



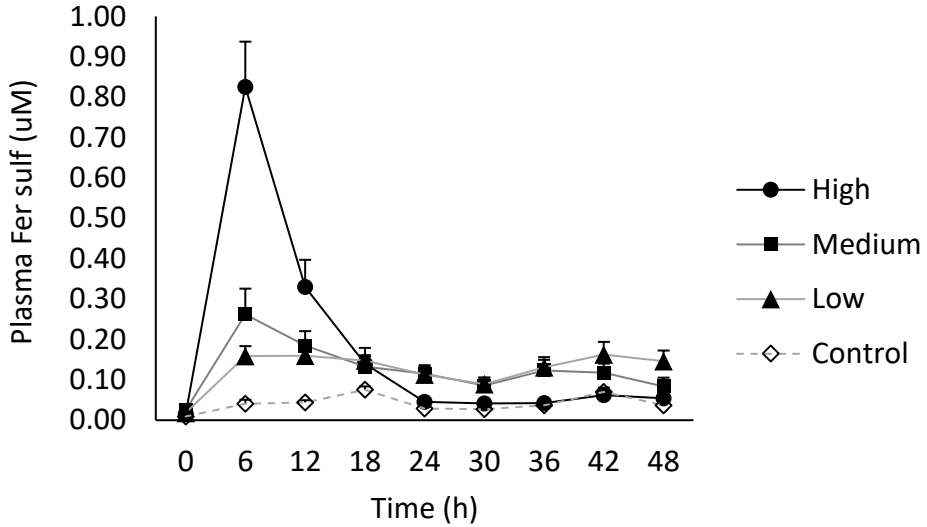
	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	nd	nd	nd	nd	nd	nd	nd	nd	nd
Low	0.0003 ± 0.0005 ^{bB}	0.0079 ± 0.0039 ^{cAB}	0.0107 ± 0.007 ^{A}	0.0094 ± 0.0039 ^{A}	0.0073 ± 0.0036 ^{A}	0.0037 ± 0.0024 ^{AB}	0.0075 ± 0.0059 ^{AB}	0.0077 ± 0.0024 ^{A}	0.0107 ± 0.0044 ^{A}
Medium	0.0009 ± 0.0018 ^{aB}	0.0214 ± 0.0079 ^{bA}	0.0137 ± 0.0072 ^{AB}	0.0175 ± 0.0067 ^{A}	0.0097 ± 0.0037 ^{AB}	0.0056 ± 0.0031 ^{B}	0.0077 ± 0.0031 ^{AB}	0.0109 ± 0.0042 ^{AB}	0.0105 ± 0.0039 ^{AB}
High	0.0015 ± 0.0037 ^{aE}	0.0839 ± 0.0197 ^{aA}	0.0207 ± 0.0073 ^{B}	0.0098 ± 0.0059 ^{BCD}	0.0095 ± 0.0096 ^{BCDE}	0.0054 ± 0.0044 ^{DE}	0.006 ± 0.0031 ^{CDE}	0.0109 ± 0.0064 ^{BCD}	0.0143 ± 0.0084 ^{BC}

Figure SI-41 – Plasma ferulic acid glucuronide.



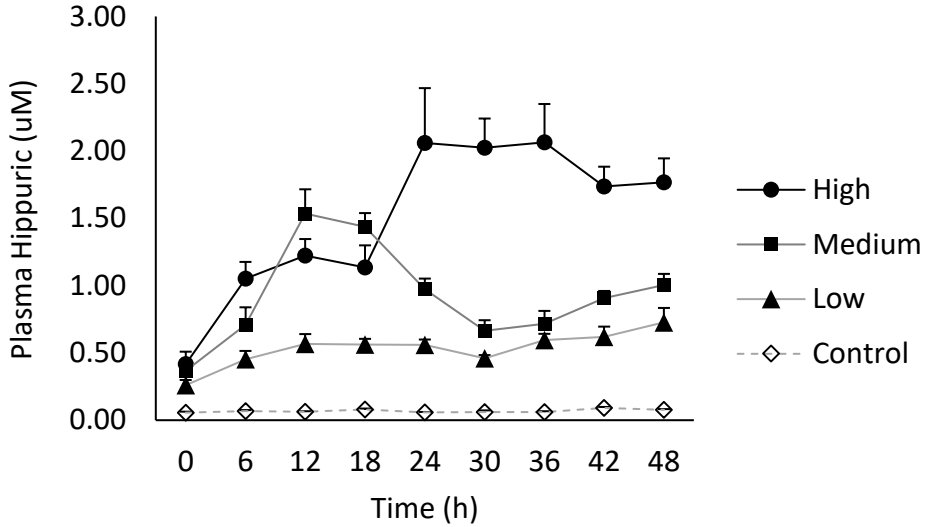
	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	nd	nd	nd	nd	nd	nd	nd	nd	nd
Low	0.1 ± 0.02 ^{b}	0.1 ± 0.02 ^{c}	0.13 ± 0.04 ^{b}	0.12 ± 0.01	0.12 ± 0.01 ^{ab}	0.11 ± 0.02	0.13 ± 0.02	0.13 ± 0.02	0.15 ± 0.03
Medium	0.11 ± 0.02 ^{abD}	0.22 ± 0.07 ^{bA}	0.15 ± 0.04 ^{bBC}	0.16 ± 0.04 ^{B}	0.15 ± 0.04 ^{bBC}	0.12 ± 0.02 ^{CD}	0.14 ± 0.02 ^{BCD}	0.14 ± 0.02 ^{BCD}	0.15 ± 0.03 ^{BCD}
High	0.14 ± 0.03 ^{aC}	0.8 ± 0.14 ^{aA}	0.36 ± 0.1 ^{aB}	0.13 ± 0.03 ^{C}	0.11 ± 0.01 ^{aC}	0.11 ± 0.03 ^{C}	0.11 ± 0.02 ^{C}	0.13 ± 0.02 ^{C}	0.13 ± 0.03 ^{C}

Figure SI-42 – Plasma ferulic acid sulfate.



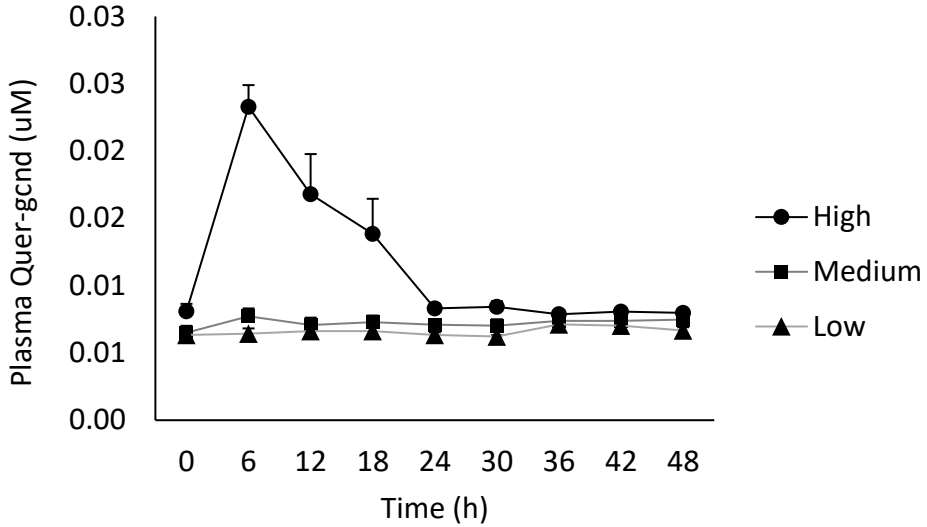
	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	0.007 ± 0.009 ^{C}	0.041 ± 0.026 ^{cAB}	0.044 ± 0.015 ^{bAB}	0.075 ± 0.022 ^{A}	0.029 ± 0.028 ^{bB}	0.027 ± 0.031 ^{cBC}	0.037 ± 0.02 ^{cAB}	0.07 ± 0.03 ^{A}	0.037 ± 0.019 ^{bAB}
Low	0.013 ± 0.013 ^{B}	0.159 ± 0.061 ^{bA}	0.159 ± 0.032 ^{aA}	0.148 ± 0.034 ^{A}	0.113 ± 0.051 ^{aA}	0.089 ± 0.044 ^{aA}	0.131 ± 0.066 ^{aA}	0.162 ± 0.084 ^{A}	0.146 ± 0.066 ^{aA}
Medium	0.015 ± 0.023 ^{B}	0.262 ± 0.169 ^{bA}	0.185 ± 0.102 ^{aA}	0.133 ± 0.071 ^{A}	0.116 ± 0.058 ^{aA}	0.086 ± 0.055 ^{abA}	0.123 ± 0.071 ^{abA}	0.117 ± 0.064 ^{A}	0.083 ± 0.058 ^{abAB}
High	0.011 ± 0.02 ^{E}	0.825 ± 0.317 ^{aA}	0.33 ± 0.19 ^{aAB}	0.14 ± 0.111 ^{BC}	0.046 ± 0.027 ^{abCD}	0.042 ± 0.027 ^{bcD}	0.042 ± 0.029 ^{bcCD}	0.062 ± 0.017 ^{CD}	0.054 ± 0.032 ^{bCD}

Figure SI-43 – Plasma hippuric acid.



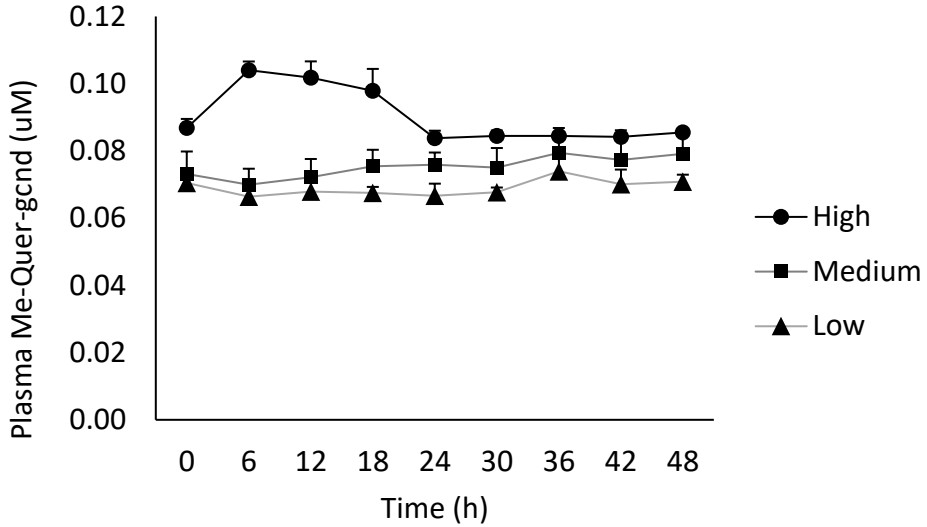
	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	0.06 ± 0.02 ^{b}	0.07 ± 0.02 ^{c}	0.06 ± 0.01 ^{c}	0.08 ± 0.02 ^{c}	0.06 ± 0.01 ^{d}	0.06 ± 0.03 ^{c}	0.06 ± 0.02 ^{c}	0.09 ± 0.02 ^{c}	0.08 ± 0.02 ^{c}
Low	0.26 ± 0.1 ^{aB}	0.45 ± 0.15 ^{bAB}	0.57 ± 0.18 ^{bA}	0.56 ± 0.11 ^{bA}	0.56 ± 0.11 ^{cA}	0.46 ± 0.07 ^{bA}	0.6 ± 0.12 ^{bA}	0.62 ± 0.2 ^{bA}	0.73 ± 0.28 ^{bA}
Medium	0.37 ± 0.18 ^{aC}	0.71 ± 0.34 ^{abB}	1.54 ± 0.51 ^{aA}	1.44 ± 0.29 ^{aA}	0.97 ± 0.23 ^{bAB}	0.67 ± 0.22 ^{bB}	0.72 ± 0.27 ^{bB}	0.91 ± 0.15 ^{bAB}	1.00 ± 0.22 ^{bAB}
High	0.42 ± 0.26 ^{aC}	1.05 ± 0.35 ^{aB}	1.22 ± 0.35 ^{aAB}	1.14 ± 0.46 ^{aB}	2.06 ± 1.15 ^{aAB}	2.02 ± 0.61 ^{aAB}	2.06 ± 0.81 ^{aA}	1.74 ± 0.41 ^{aAB}	1.77 ± 0.5 ^{aAB}

Figure SI-44 – Plasma quercetin glucuronide.



	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	nd	nd	nd	nd	nd	nd	nd	nd	nd
Low	0.0063 ± 0.0006	0.0064 ± 0.0008 ^{b}	0.0066 ± 0.0004 ^{b}	0.0066 ± 0.0004 ^{b}	0.0063 ± 0.0004 ^{b}	0.0062 ± 0.0002	0.0071 ± 0.0008	0.007 ± 0.0009	0.0067 ± 0.0005
Medium	0.0057 ± 0.0026	0.0077 ± 0.0015 ^{b}	0.0071 ± 0.0016 ^{b}	0.0073 ± 0.0014 ^{b}	0.0071 ± 0.0011 ^{b}	0.007 ± 0.0014	0.0074 ± 0.0012	0.0074 ± 0.0015	0.0075 ± 0.0018
High	0.0061 ± 0.0039 ^{D}	0.0233 ± 0.0046 ^{aA}	0.0168 ± 0.0084 ^{aB}	0.0138 ± 0.0074 ^{aBC}	0.0083 ± 0.0009 ^{aCD}	0.0084 ± 0.0012 ^{D}	0.0079 ± 0.0005 ^{D}	0.0081 ± 0.0004 ^{D}	0.008 ± 0.0003 ^{D}

Figure SI-45 – Plasma methyl-quercetin glucuronide.



	0h	6h	12h	18h	24h	30h	36h	42h	48h
Control	nd	nd	nd	nd	nd	nd	nd	nd	nd
Low	0.053 ± 0.036 ^{b}	0.066 ± 0.007 ^{b}	0.068 ± 0.008 ^{b}	0.067 ± 0.004 ^{b}	0.067 ± 0.007 ^{b}	0.068 ± 0.003 ^{b}	0.074 ± 0.009	0.07 ± 0.01	0.071 ± 0.005
Medium	0.055 ± 0.037 ^{b}	0.07 ± 0.013 ^{b}	0.072 ± 0.015 ^{b}	0.075 ± 0.014 ^{b}	0.076 ± 0.01 ^{ab}	0.075 ± 0.016 ^{ab}	0.079 ± 0.015	0.077 ± 0.018	0.079 ± 0.018
High	0.087 ± 0.008 ^{aC}	0.104 ± 0.007 ^{aA}	0.102 ± 0.014 ^{aAB}	0.098 ± 0.018 ^{aABC}	0.084 ± 0.006 ^{aABC}	0.084 ± 0.004 ^{aBC}	0.084 ± 0.007 ^{C}	0.084 ± 0.005 ^{C}	0.086 ± 0.003 ^{C}