**Supplementary Table 1S.** Optimized SRM conditions used for the quantification and identification for the analysis of ferulic acid-derived phenolic compounds and their generated metabolites, and the standard compound used for its quantification or tentative quantification by UPLC-MS/MS.

**Supplementary Table 2S.** Instrumental quality parameters of the methods for the determination of phenolic compounds and their generated metabolites in a) plasma, b) urine, and c) faeces samples.

**Supplementary Table 3S.** Time-course concentrations (µmol/L) of the phenolic metabolites found in plasma after oral gavage of rice bran enzymatic extract.