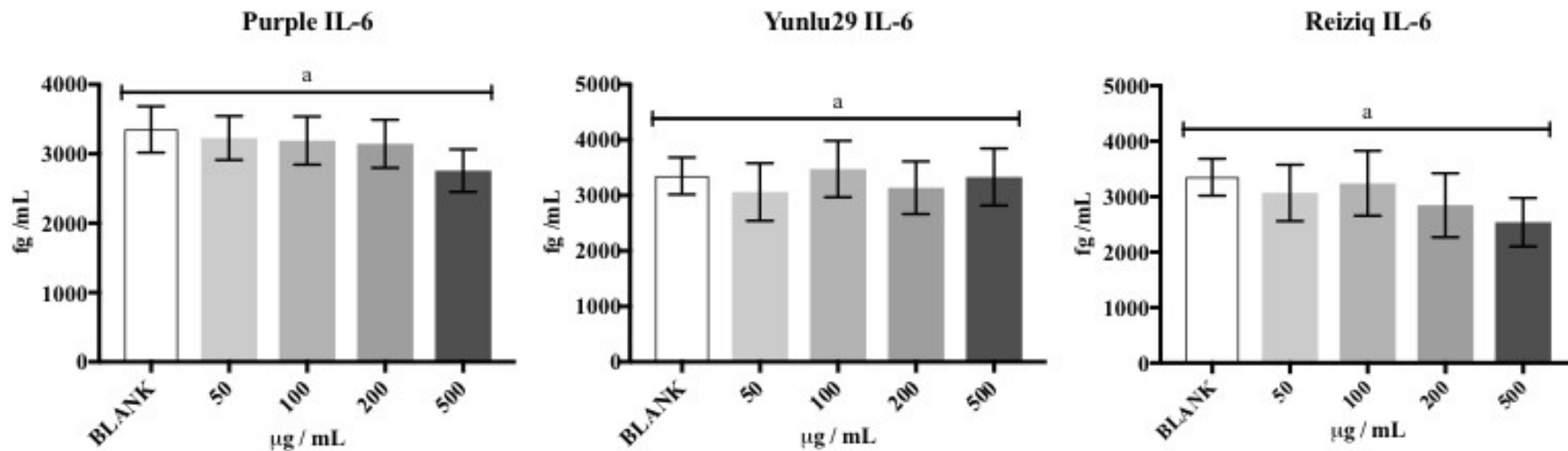


Table S1 - Quantification of polyphenols in coloured rice varieties (mg 100 g⁻¹). Phenolic compounds were detected by UHPLC at 280 nm. Anthocyanins were detected at 520 nm. Values are presented as mean ± SD. Adapted from Callcott *et al.* (2018a).

Rice Variety	Peak	CAT	FA	GA	<i>o</i> -C	<i>p</i> -C	PCA	SYR	VA	C3G	P3G
Reiziq	Mean	0.136	0.074	0.085	0.091	0.000	0.092	0.098	0.119	-	-
	SD	0.009	0.007	0.001	0.003	0.005	0.002	0.003	0.004		
Yunlu29	Mean	0.812	0.072	0.097	0.896	0.000	0.126	0.109	0.101	-	-
	SD	0.165	0.012	0.005	0.335	0.016	0.007	0.002	0.006		
Purple	Mean	0.150	0.049	0.093	0.286	0.000	1.639	0.080	1.070	17.190	8.010
	SD	0.032	0.004	0.002	0.072	0.000	0.214	0.000	0.040	1.820	0.710

(-) indicate not detected. CAT, catechin; FA, ferulic acid; GA, gallic acid; *o*-C, *o*-coumaric acid; *p*-C, *p*-coumaric; PCA, protocatechuic acid; SYR, syringic acid; UHPLC, Ultra-High Performance Liquid Chromatography; vanillic acid, VA; C3G, cyanidin-3 -glucoside; P3G, peonidin-3-glucoside.



Supplementary Figure 1 The effect of rice-derived polyphenols on pro-inflammatory cytokine IL-6 levels in plasma from an obese population. PE from all three rice varieties did not reduce IL-6 levels at a significant level across all three rice varieties. Different letters in columns indicate significant differences from each other. Interleukin 6, IL-6