

**ESI Table 1** The intra-day and inter-day accuracies and precisions of the seven catechins from QC samples prepared in rat plasma (n = 3 days, 6 replicates per day)

Analytes	Spiked concentration (ng/mL)	Intra-day	Precision	Accuracy	Inter-day	Precision	Accuracy
		Measured (ng/mL)	RSD RSD(%)	RE RE(%)	Measured (ng/mL)	RSD RSD(%)	RE RE(%)
EC	10	10.54±0.09	0.85	5.40	10.76±0.28	2.58	7.62
	200	210.28±4.42	2.10	5.14	198.58±2.55	1.29	-0.71
	1000	1067.86±49.43	4.63	6.79	951.75±32.82	3.45	-4.82
EGC	10	9.60±0.41	4.28	-3.99	10.67±0.05	0.50	6.72
	200	208.73±12.87	6.17	4.36	204.62±4.52	2.21	2.31
	1000	1045.75±20.30	1.94	4.57	990.75±46.74	4.72	-0.92
ECG	10	9.50±0.22	2.36	-4.95	9.99±0.48	4.78	-0.08
	200	209.04±7.10	3.40	4.52	207.54±6.12	2.95	3.77
	1000	951.98±49.80	5.23	-4.8	1056.54±2.33	0.22	5.65
EGCG	50	52.58±2.17	4.13	5.15	48.18±0.20	0.41	-3.65
	1000	1054.76±21.73	2.06	5.48	1063.58±32.77	3.08	6.36
	5000	5337.36±82.65	1.55	6.75	5030.87±71.57	1.42	0.62
C	5	5.36±0.16	3.05	7.29	5.17±0.26	5.03	3.50
	50	50.40±1.77	3.52	0.80	52.53±1.11	2.11	5.06
	200	198.58±2.55	1.29	-0.71	199.21±1.78	0.90	-0.4
GC	5	5.24±0.06	1.17	4.86	5.23±0.12	2.20	4.68
	50	52.06±1.92	3.68	4.12	51.40±3.00	5.84	2.80
	200	197.45±2.96	1.50	-1.28	196.72±3.92	1.99	-1.64
GCG	5	4.79±0.14	3.01	-4.14	4.80±0.21	4.41	-4.01
	50	47.46±2.01	4.24	-5.07	52.97±2.54	4.80	5.95
	200	204.62±4.52	2.21	2.31	207.61±1.89	0.91	3.81