

**ESI Table 2** Extraction recovery and matrix effect of the seven catechins in rat plasma and I.S. ( $n = 6$ ).

Analytes	Spiked concentration (ng mL <sup>-1</sup> )	Recovery (%)	RSD (%)	Matrix effect (%)	RSD (%)
EC	10	92.31±0.88	0.96	94.51±1.94	2.06
	200	93.95±1.70	1.81	93.22±0.84	0.90
	1000	84.92±1.33	1.56	92.10±4.75	5.16
EGC	10	85.40±4.12	4.82	95.89±0.28	0.29
	200	93.60±6.02	6.44	96.35±1.66	1.72
	1000	93.66±3.33	3.56	91.65±6.27	6.84
ECG	10	90.03±2.16	2.40	94.14±3.77	4.00
	200	86.79±2.03	2.33	90.57±3.46	3.82
	1000	92.19±4.87	5.28	105.71±5.54	5.24
EGCG	50	91.06±4.05	4.44	96.99±0.34	0.35
	1000	92.72±2.79	3.01	98.18±3.24	3.30
	5000	102.18±2.73	2.68	99.59±6.33	6.35
C	5	89.06±2.21	2.48	86.70±3.68	4.25
	50	88.46±4.01	4.53	96.76±2.85	2.95
	200	91.78±4.21	4.59	95.10±5.47	5.75
GC	5	95.55±1.20	1.25	91.83±1.54	1.67
	50	92.90±2.29	2.47	96.42±5.74	5.95
	200	93.87±4.50	4.79	96.65±6.64	6.87
GCG	5	92.53±1.50	1.62	93.08±2.89	3.10
	50	88.45±4.75	5.37	103.19±5.64	5.47
	200	85.82±4.70	5.47	89.86±4.52	5.03
IS	600	95.27±1.27	1.33	94.51±4.77	5.05