Table S2 Supplementary Information. Instrumental quality parameters for the determination of phenolic compounds in biological samples after the *Arbutus unedo* intake.

Phenolic compound	Linearity range (µM)	Calibration curve	RSD (%) (25 µM), *n*=3	Accuracy (%) (25 µM), *n*=3	LOD (µM)	LOQ (µM)
Blood samples						
Catechol	0.10-110	y = 239.47 x – 17.75	104	104	0.04	0.10
Hippuric acid	0.10-70	y = 96.07 x + 202.89	99	98	0.03	0.10
p-Hydroxybenzoic acid	0.10-90	y = 174.15 x + 424.29	98	102	0.03	0.10
3-(4-hydroxyphenyl)propionic acid	0.10-80	y = 170.21 x + 127.05	103	99	0.03	0.10
Urine samples						
Catechol	0.9-50	y = 473.25 x – 30.27	102	103	0.3	0.9
3-(4-hydroxyphenyl)propionic acid	0.06-35	y = 346.51 x + 253.21	100	99	0.02	0.06
Protocatechuic acid	0.06-30	y = 891.56 x – 15.21	105	98	0.02	0.06
Gallic acid	0.06-30	y = 1247.39 x + 34.30	101	96	0.02	0.06
Hippuric acid	0.05-50	y = 949.4 x + 795.26	101	97	0.03	0.08
Syringic acid	0.05-25	y = 1189.2 x + 710.42	95	104	0.03	0.05
Catechin	0.03-25	y = 625.25 x – 203.77	95	105	0.01	0.03
Epicatechin	0.03-25	y = 413.75 x – 181.54	98	101	0.01	0.03
Hydroxy urolithin (urolithin B)	0.07-100	y = 4373 x + 230.70	99	102	0.03	0.07
Dihydroxy urolithin (urolithin A)	0.03-50	y = 15862 x + 730.52	102	104	0.01	0.03
Trihydroxy urolithin (urolithin C)	0.003-30	y = 64963 x + 5420.5	103	99	0.001	0.003
Faeces samples						
Catechol	14-710 (1)	y = 12.46 x + 318.28 (2)	102 (1)	103 (1)	4.5 (2)	14 (2)
3-(2',4'-dihydroxyphenyl)propionic acid	0.9-500 (1)	y = 112.31 x + 2638.5 (2)	101 (1)	98 (1)	0.3 (2)	0.9 (2)
3,4-dihydroxyphenylacetic acid	1.0-500 (1)	y = 85.67 x + 448.35 (2)	98 (1)	97 (1)	0.3(2)	1.0 (2)
3-(4-hydroxyphenyl)propionic acid	1.0-500 (1)	y = 375.56 x + 409.94 (2)	97 (1)	102 (1)	0.3 (2)	1.0 (2)
Dihydroxy urolithin (urolithin A)	0.3-500 (1)	y = 1697.5 x + 929.66 (2)	102 (1)	96 (1)	0.1 (2)	0.3 (2)
Gallic acid	0.7-400 (1	y = 108.46 x + 13.63 (2)	96 (1)	95 (1)	0.2 (2)	0.7 (2)
Hippuric acid	0.7-400 (1)	y = 111.32 x + 92.88 (2)	99 (1)	98 (1)	0.2 (2)	0.7 (2)
p-Hydroxyphenylacetic acid	1.0-560 (1)	y = 54.56 x – 6516.4 (2)	97 (1)	104 (1)	0.3 (2)	1.0 (2)
p-Hydroxybenzoic acid	1.0-500 (1)	y = 303.59 x + 2205.1 (2)	100 (1)	99 (1)	0.3 (2)	1.0 (2)
Protocatechuic acid	0.9-500 (1	y = 74.02 x + 27.07 (2)	104 (1)	105 (1)	0.3 (2)	0.9 (2)
Trihydroxy urolithin	0.03-300 (1)	y = 5988.2 x + 678.26	103 (1)	102 (1)	0.01 (2)	0.03 (2)

(1): Linearity range, calibration curve, LODs and LOQs in feces are nmols/g lyophilized feces.
(2): %RSD and %accuracy in feces are 100 nmols/g lyophilized feces.