

Table S3 Supplementary Information. Concentration of phenolic compounds and their generated metabolites and its standard deviation ($\mu\text{mol/L} \pm \text{SD}$) detected at different times in volunteer's (1, 2 and 3) blood after the acute intake of 50 g of lyophilized *A. unedo* fruit.

| Phenolic compound ($\mu\text{mol/L}$ blood) | Time 0 h | | | Time 0.5 h | | | Time 1 h | | | Time 2 h | | | Time 4 h | | | Time 12 h | | | Time 24 h | | |
|---|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| <i>p</i> -hydroxybenzoic acid | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | 0.11 \pm 0.15 | n.d. | n.d. | 0.16 \pm 0.06 | 0.85 \pm 0.28 | 0.10 \pm 0.05 |
| Hydroxybenzoic acid | n.d. | n.d. | n.d. | 5.13 \pm 3.83 | 13.9 \pm 1.90 | 7.52 \pm 1.20 | 13.7 \pm 4.91 | 19.1 \pm 3.21 | 1.78 \pm 2.52 | 3.25 \pm 0.37 | 11.7 \pm 3.44 | 0.79 \pm 0.12 | 0.85 \pm 0.15 | 13.8 \pm 3.74 | 0.73 \pm 0.11 | 15.5 \pm 1.53 | 60.9 \pm 6.91 | 38.9 \pm 3.45 | 0.33 \pm 0.13 | 124 \pm 8.39 | 2.97 \pm 0.80 |
| Hydroxybenzoic acid sulfate | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | 1.24 \pm 0.02 | n.d. | n.d. | n.d. | n.d. | n.d. |
| Catechol sulfate | 0.71 \pm 0.13 | 1.15 \pm 0.12 | 0.85 \pm 0.09 | 2.93 \pm 0.85 | 1.15 \pm 0.75 | 0.83 \pm 0.45 | 4.65 \pm 1.33 | 1.61 \pm 0.13 | 0.73 \pm 0.73 | 25.4 \pm 6.73 | 3.73 \pm 1.17 | 1.21 \pm 0.14 | 75.5 \pm 10.4 | 18.5 \pm 0.76 | 9.37 \pm 1.23 | 33.7 \pm 7.46 | 4.52 \pm 0.98 | 2.41 \pm 0.22 | 3.52 \pm 0.35 | 1.75 \pm 0.20 | 1.67 \pm 0.40 |
| Catechol glucuronide | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | 0.16 \pm 0.00 | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. |
| Pyrogallol sulfate | n.d. | n.d. | n.d. | 0.13 \pm 0.05 | n.d. | n.d. | 1.00 \pm 0.44 | 0.17 \pm 0.11 | n.d. | 6.46 \pm 2.67 | 8.44 \pm 0.68 | n.d. | 22.5 \pm 1.86 | 15.6 \pm 1.17 | 7.68 \pm 1.05 | 5.66 \pm 0.36 | 5.15 \pm 1.14 | 1.39 \pm 0.32 | 0.36 \pm 0.11 | 1.35 \pm 0.40 | 0.32 \pm 0.07 |
| Pyrogallol glucuronide | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | 0.05 \pm 0.00 | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. |
| Methyl pyrogallol sulfate | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | n.d. | 1.55 \pm 0.43 | 2.40 \pm 0.29 | 1.85 \pm 0.31 | 7.06 \pm 0.74 | 3.35 \pm 0.30 | 6.73 \pm 0.99 | 1.09 \pm 0.08 | 0.92 \pm 0.06 | 2.82 \pm 0.76 | 0.24 \pm 0.12 | 0.65 \pm 0.15 | 0.15 \pm 0.02 |
| Hippuric acid | 0.06 \pm 0.01 | 0.27 \pm 0.07 | n.d. | 0.43 \pm 0.17 | n.d. | n.d. | 0.98 \pm 0.41 | 0.02 \pm 0.03 | n.d. | 3.16 \pm 1.57 | 0.24 \pm 0.05 | n.d. | 7.24 \pm 0.70 | 0.60 \pm 0.06 | 2.17 \pm 0.54 | 7.28 \pm 1.00 | 0.68 \pm 0.04 | 9.34 \pm 1.13 | 4.07 \pm 0.45 | 4.36 \pm 1.35 | 5.29 \pm 1.44 |
| Hydroxyphenylpropionic acid | 5.63 \pm 2.83 | 5.46 \pm 1.05 | 3.74 \pm 0.65 | 6.23 \pm 1.94 | 6.13 \pm 2.95 | 6.39 \pm 5.35 | 8.08 \pm 4.82 | 3.95 \pm 2.34 | 3.71 \pm 1.95 | 7.12 \pm 0.25 | 6.98 \pm 2.50 | 7.03 \pm 1.23 | 22.4 \pm 0.36 | 4.70 \pm 1.13 | 18.4 \pm 2.23 | 65.8 \pm 6.54 | 3.37 \pm 0.43 | 49.7 \pm 3.63 | 8.57 \pm 1.71 | 28.7 \pm 9.10 | 4.57 \pm 1.79 |

Concentrations are expressed as mean \pm SD ($n=3$)

n.d.: no detected (Its concentration is below its detection limit (LOD))