

Supplementary Table 1S. Optimized SRM conditions used for the quantification and identification for the analysis of ferulic acid-derived phenolic compounds and their generated metabolites, and the standard compound used for its quantification or tentative quantification by UPLC-MS/MS.

Supplementary Table 2S. Instrumental quality parameters of the methods for the determination of phenolic compounds and their generated metabolites in a) plasma, b) urine, and c) faeces samples.

Supplementary Table 3S. Time-course concentrations ($\mu\text{mol/L}$) of the phenolic metabolites found in plasma after oral gavage of rice bran enzymatic extract.