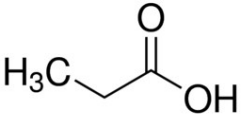
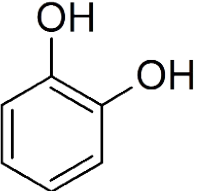
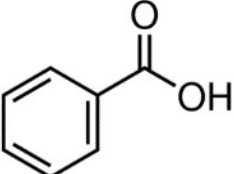
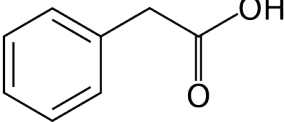
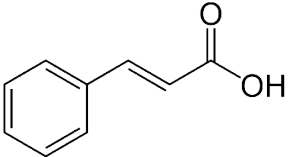
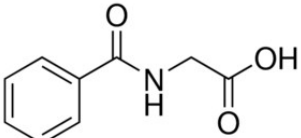


**Supplemental Table 1:** Urinary phenolic metabolite profiles following consumption of black tea, black tea with milk and hot water. “ND” indicated that the metabolite was not detectable.

Metabolite categories	Full chemical names	Treatments (µM)		
		Black tea	Black tea + milk	Hot water
Propionic acid 	3-(3-Hydroxyphenyl)propionic acid	4.949	1.196	1.367
	3-(4-Hydroxyphenyl)propionic acid	4.831	1.061	1.310
	3-(4-Hydroxy-3-methoxyphenyl)propionic acid	3.129	1.192	1.075
	3-(3,4-Dihydroxyphenyl)propionic acid	1.217	0.798	0.573
	3-(3,4,5-Trimethoxyphenyl)propionic acid	0.180	0.149	0.144
	3-(3-Methoxyphenyl)propionic acid	0.158	0.155	0.154
	Subtotal	14.5	4.55	4.62
Benzyl alcohol & aldehyde 	2-Hydroxy-4-methoxybenzaldehyde	1.883	1.725	1.047
	4-Methylcatechol	0.290	0.273	0.266
	1,2-Dihydroxybenzene	0.152	0.127	0.128
	3,5-Dimethoxybenzyl alcohol	0.110	0.094	0.095
	4-Hydroxy benzyl alcohol	0.232	0.256	ND
	3,4-Dimethoxybenzyl alcohol	0.764	0.434	0.732
	3,5 Dihydroxybenzyl alcohol	0.040	0.026	0.032
	4-Hydroxy-2-methoxybenzaldehyde	1.187	0.875	1.058
	3-Hydroxy benzyl alcohol	3.819	11.127	6.576
	3,5-Dihydroxy benzaldehyde	3.970	2.625	7.194
	3-Hydroxy-4-methoxybenzaldehyde	1.011	1.111	0.989
	2,6-Dimethoxyphenol	0.262	0.285	0.241
	3,4,5-Trihydroxy benzaldehyde	0.179	0.178	0.164
	3,4,5-Trimethoxybenzaldehyde	0.029	0.029	0.027
	3,5-Dimethoxybenzaldehyde	0.018	0.017	0.012
	3,4-Dimethoxybenzaldehyde	0.007	0.007	0.005
	3-Hydroxybenzaldehyde	0.005	0.002	0.000
	Subtotal	13.96	19.19	18.57
Benzoic acid 	4-Hydroxy-3-methoxybenzoic acid	15.224	12.309	11.583
	2,6-dihydroxy benzoic acid	3.092	2.329	1.465
	4-methoxybenzoic acid-3-O-glucuronide	1.470	1.091	1.171
	2,5-dihydroxybenzoic acid	1.155	0.840	0.768
	2-hydroxybenzoic acid	0.405	0.206	0.194

	3,5-dimethoxy benzoic acid	0.120	0.030	0.105
	2-hydroxy-6-methoxybenzoic acid	0.129	0.038	0.082
	3,4-dihydroxybenzoic acid	0.312	0.158	0.292
	3-methoxybenzoic acid-4-Oglucuronide	0.727	0.508	0.622
	3-methoxybenzoic acid	0.060	0.033	0.048
	4-hydroxy-3,5-dimethoxybenzoic acid	0.090	0.040	0.062
	4-methoxybenzoic acid-3-sulfate	1.353	3.827	0.000
	3,4 dimethoxybenzoic acid	1.235	1.435	0.004
	3-hydroxy-4-methoxybenzoic acid	0.604	0.604	0.489
	3,4,5-trihydroxybenzoic acid	0.180	0.197	0.152
	4-hydroxybenzoic acid	1.206	1.064	1.531
	4-hydroxy-3-methoxybenzoic acid methyl ester	0.186	0.179	0.231
	4-hydroxybenzoic acid-4-sulfate	0.122	0.107	0.153
	2,4-dihydroxybenzoic acid	0.372	0.332	0.323
	3,4-dihydroxybenzoic acid methyl ester	0.122	0.126	0.121
	3-hydroxybenzoic acid methyl ester	0.066	0.062	0.062
	2-hydroxy-4-methoxybenzoic acid	0.060	0.060	0.060
	4-hydroxy-3-methylbenzoic acid	0.052	0.049	0.047
	3-hydroxybenzoic acid	0.047	0.030	0.049
	Subtotal	28.39	25.65	19.62
Phenylacetic acid	3-hydroxy-4-methoxyphenylacetic acid	9.676	8.111	8.358
	3-methoxyphenylacetic acid	0.202	0.161	ND
	4-hydroxy-3,5-dimethoxyphenylacetic acid	0.021	0.012	0.021
	3-hydroxyphenylacetic acid	7.744	8.306	9.401
	4-hydroxyphenylacetic acid	1.306	5.399	6.083
	3,4-dimethoxyphenylacetic acid	0.219	0.217	0.224
	Subtotal	19.17	22.21	24.09
Cinnamic acid	4-hydroxy-3-methoxycinnamic acid	0.467	0.361	0.367
	3-hydroxy-4-methoxycinnamic acid	0.430	0.337	0.345
	3-hydroxycinnamic acid (trans)	0.428	0.231	0.186
	4-hydroxycinnamic acid	0.326	0.283	0.274
	3,4-dihydroxy cinnamic acid	0.117	0.082	0.071
	4-hydroxy-3,5-dimethoxycinnamic acid	0.610	0.483	0.561
	4-hydroxy-3,5-dimethoxycinnamic acid	0.586	0.462	0.541
	3-Methoxycinnamic acid	1.608	1.606	1.608
	2-hydroxy cinnamic acid	0.121	0.108	0.144
	Rosmarinic acid	0.299	0.299	0.299
	Subtotal	4.69	3.95	4.10
	Hippuric Acid	276.2	211.2	168.9
	3-hydroxyhippuric acid	21.065	14.204	11.371

	N-benzoylglutamic acid	0.241	0.154	0.161
	3-methylhippuric acid	0.193	0.101	0.101
	4-methylhippuric acid	0.114	0.042	0.034
	Methyl hippurate	0.074	0.036	0.020
	4-hydroxyhippuric acid	9.922	9.855	11.294
	Alpha Hydroxy Hippuric Acid	0.223	0.218	0.216
	2,3,4-Trimethoxyphenylacetic acid	0.035	0.035	0.036
	Subtotal	308.1	235.8	192.1