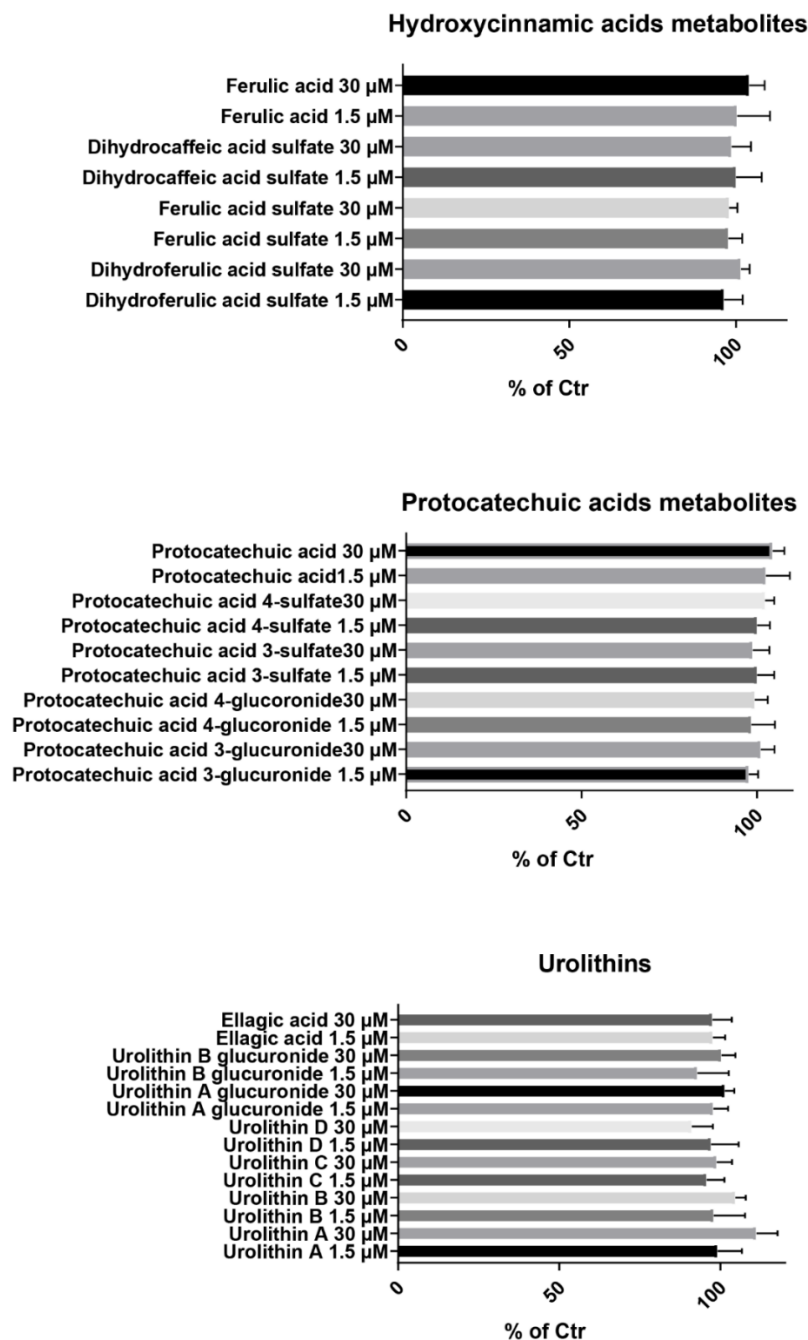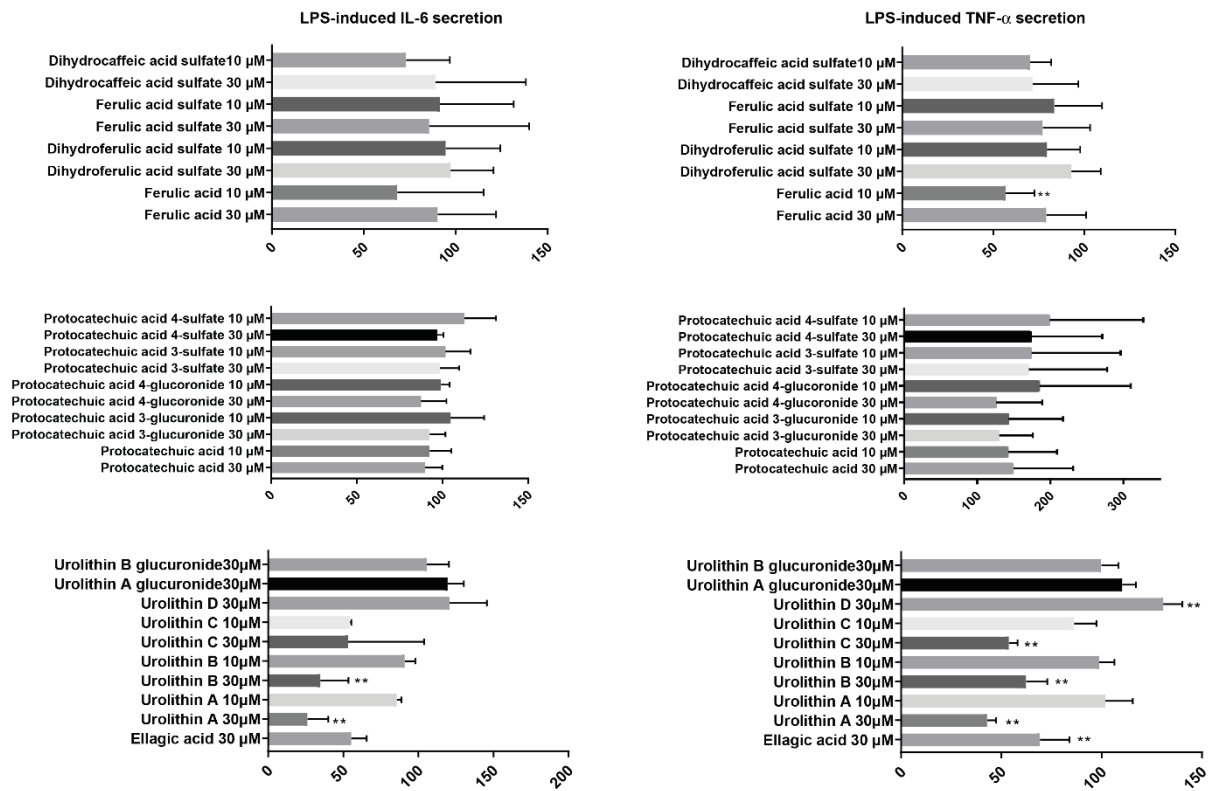**Fig. S1 Effect of the phenolic metabolites on basal (A) or LPS-induced (B) NF-κB activity.** U937-3xκB-LIC cells were pre-treated with the phenolic metabolites (30 and 1.5 μM) in cell culture medium for 6.5 h before luciferase activity was measured (A). U937-3xκB-LUC cells were pre-treated with phenolic metabolites (30 and 1.5 μM) in cell culture medium for 30 min before 1 μg/ml LPS was added. The cells were incubated further for 6 h before luciferase activity was measured (B). The results are percentage of control (0.1 % DMSO). Asterisk denote significant differences (* $p > 0.05$, ** $p > 0.01$, *** $p > 0.001$, and **** $p > 0.0001$) between cells treated with LPS alone compared with LPS in combination with metabolites assessed by one-way ANOVA. Each bar represents the mean of three independent experiments ± SEM.

Amount of ATP (Cell viability)

Hydroxycinnamic acids metabolites

Protocatechuic acids metabolites

Urolithins

Fig. S2 Effect of phenolic metabolites on cell viability in U937 cells. U937-3xκB-LUC cells were treated with metabolites (30 and 1.5 μM) in cell culture medium for 30 min before 1 μg/mL LPS was added. The cells were incubated further for 6 h before luminescence was measured. The results are percentage of control (0.1% DMSO). Each bar represents the mean of three independent experiments ± SEM.

Fig. S3 Effect of phenolic metabolites on LPS-induced cytokine IL-6 and TNF-α secretion. THP1 cells were pre-treated with 30 and 10 µM of phenolic metabolites in cell culture medium for 21 hours before 0.5 ng/ml LPS was added. The cells were incubated further for 6 h before supernatants were harvested. IL-6 and TNF-α secretion was measured by sandwich ELISA. The results are percentage of control (0.1% DMSO). Asterisk denote significant differences (* $p > 0.05$, ** $p > 0.01$, *** $p > 0.001$, and **** $p > 0.0001$) between cells treated with LPS alone compared with LPS in combination with metabolites assessed by one-way ANOVA. Each bar represents the mean of three independent experiments ± SEM.