

Table S1. Multiple reaction monitoring conditions of metabolites during mass spectrometry.

Compound	Precursor ion (m/z)	Product ion (m/z)	Width (m/z)	RT (min)	CE (V)	TL (V)
Tryptophan	205.1	1. 91.0	0.2	3.41	1. 39	85
		2. 118.1			2. 28	
Tryptamine	161.1	1. 115.0	0.2	2.30	1. 33	66
		2. 144.1			2. 14	
Kynurenine	209.0	1. 146.0	0.2	1.78	1. 20	90
		2. 192.0			2. 10	
Indole-3-carbinol	130.0	1. 77.0	0.2	13.15	1. 30	70
		2. 103.0			2. 21	
3,3'-Diindolylmethane	247.1	1. 77.0	0.2	13.17	1. 52	69
		2. 130.1			2. 23	
Indole-3-lactic acid	206.2	1. 118.2	0.2	9.96	1. 23	99
		2. 130.2			2. 33	
Indole-3-aldehyde	146.1	1. 118.1	0.2	10.18	1. 16	86
Indole-3-acetic acid	176.1	1. 103.0	0.2	10.41	1. 31	86
		2. 130.1			2. 18	