

Supporting Figures: UV-Vis spectra

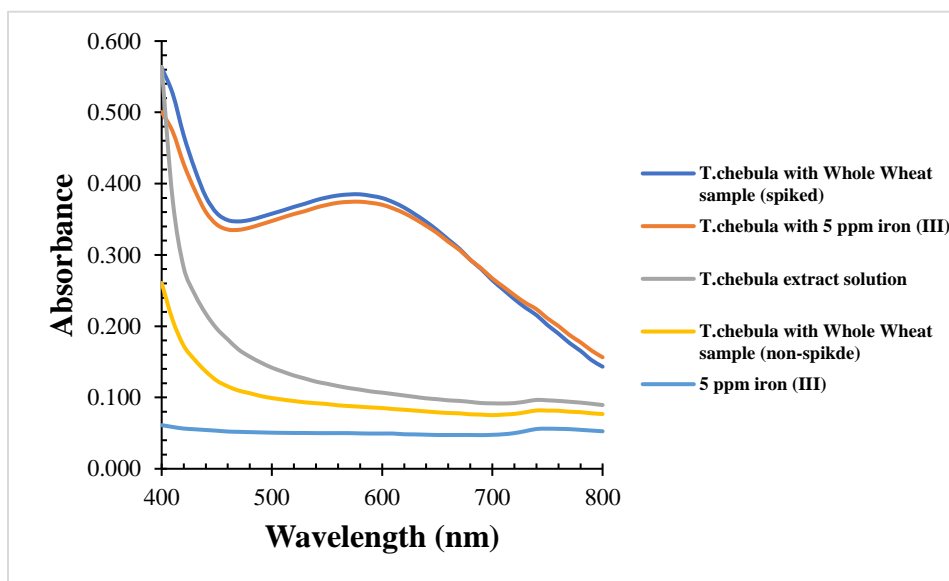


Fig. 1 UV-Vis spectra of *Terminalia chebula* Retz. complexes with whole wheat sample (spiked and non-spiked), *Terminalia chebula* Retz. complexes with 5 ppm iron (III), 5 ppm iron (III) and *Terminalia chebula* Retz. extract solution.

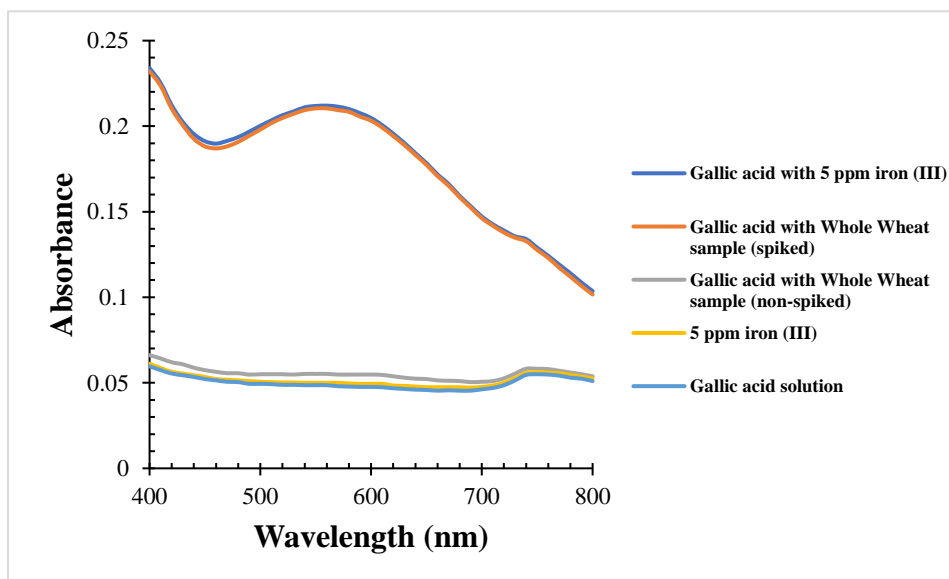


Fig. 2 UV-Vis spectra of gallic acid complexes with whole wheat sample (spiked and non-spiked), gallic acid complexes with 5 ppm iron (III), 5 ppm iron (III) and gallic acid extract solution.

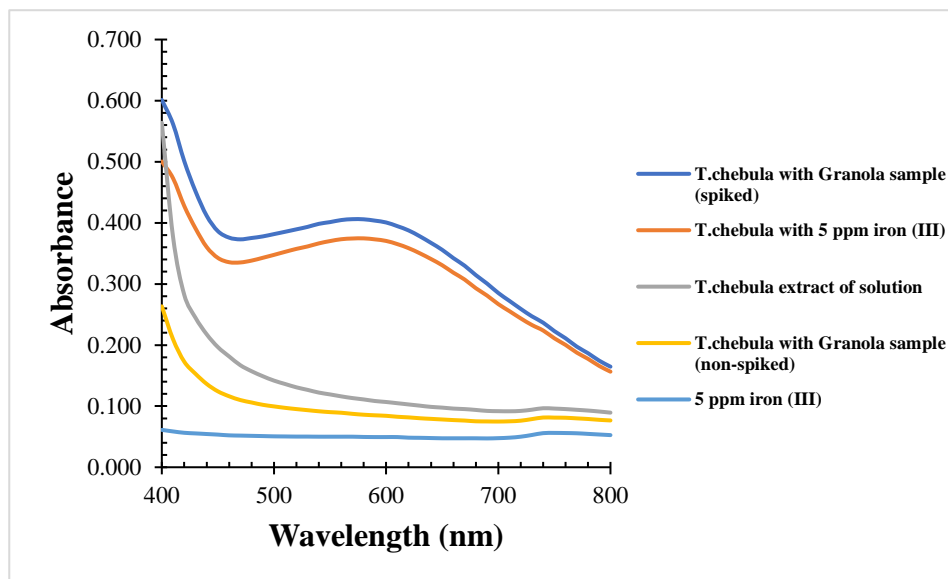


Fig. 3 UV-Vis spectra of *Terminalia chebula* Retz. complexes with granola sample (spiked and non-spiked), *Terminalia chebula* Retz. complexes with 5 ppm iron (III), 5 ppm iron (III) and *Terminalia chebula* Retz. extract solution.

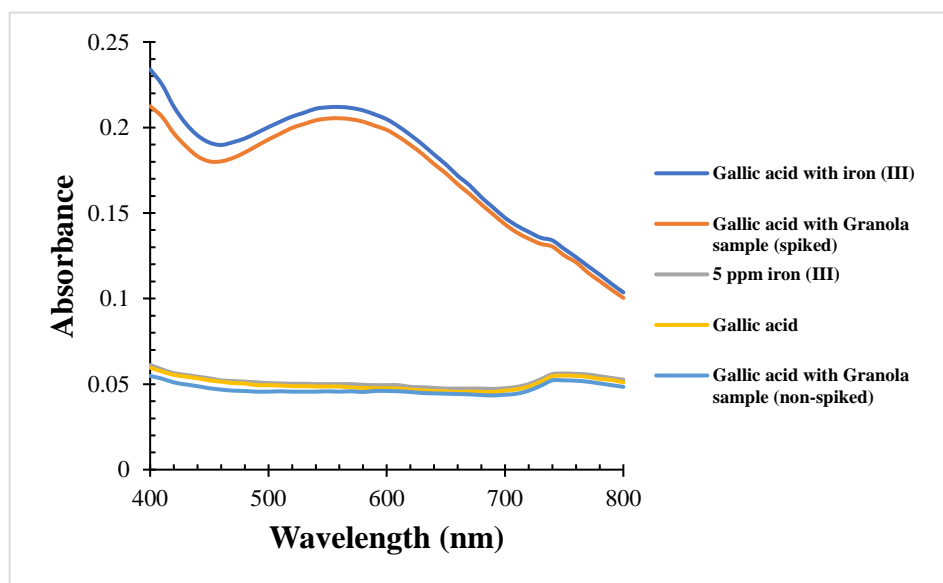


Fig. 4 UV-Vis spectra of gallic acid complexes with granola sample (spiked and non-spiked), gallic acid complexes with 5 ppm iron (III), 5 ppm iron (III) and gallic acid extract solution.

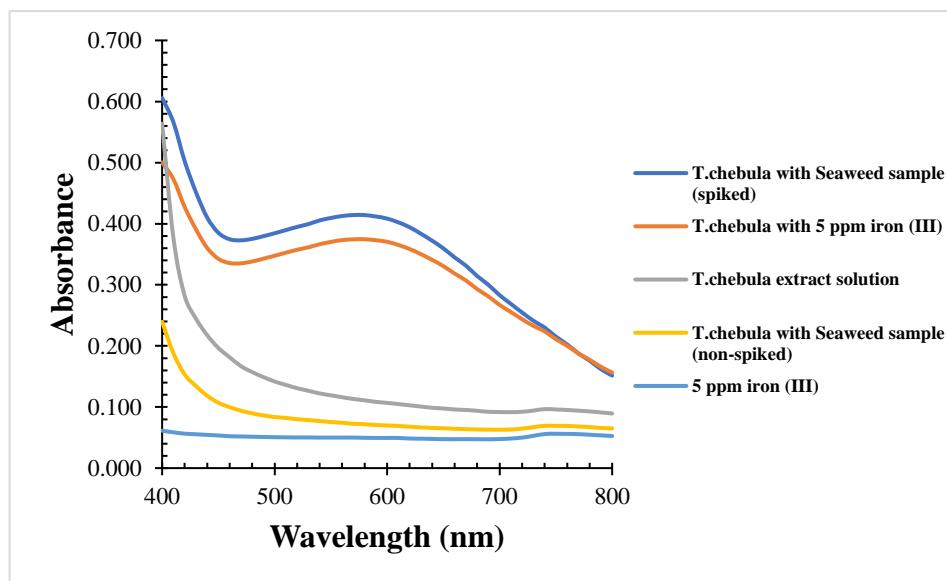


Fig. 5 UV-Vis spectra of *Terminalia chebula* Retz. complexes with seaweed sample (spiked and non-spiked), *Terminalia chebula* Retz. complexes with 5 ppm iron (III), 5 ppm iron (III) and *Terminalia chebula* Retz. extract solution.

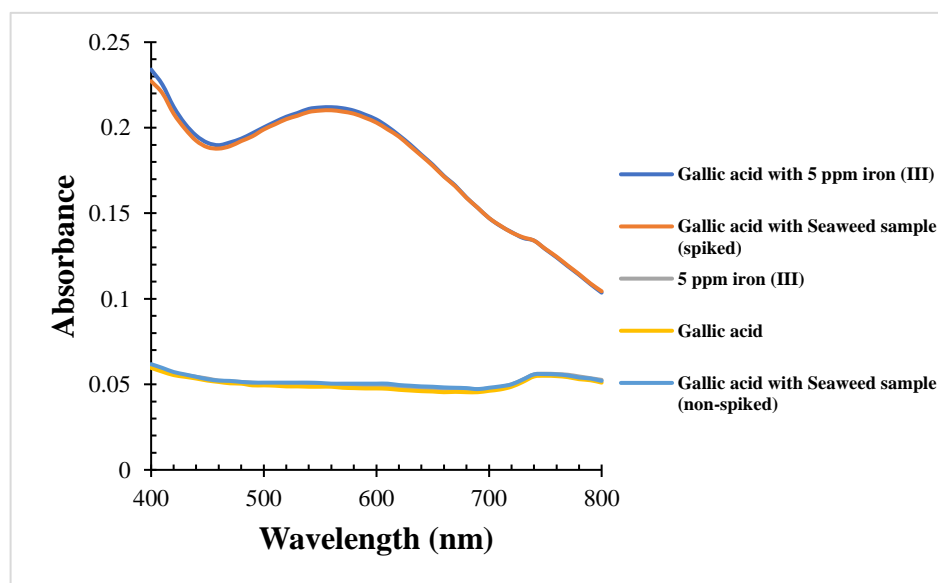


Fig. 6 UV-Vis spectra of gallic acid complexes with seaweed sample (spiked and non-spiked), gallic acid complexes with 5 ppm iron (III), 5 ppm iron (III) and gallic acid extract solution.