

Supplementary material 2. Characterization of OA-loaded liposomes.

Ingredient	OA (μ M)	HPC to CHOL (w/w)	OA to Lipid (w/w)	Z-Average (nm)	Polydispersity Index	Zeta Potential (mV)	EE%
Empty	*n.a	9:1	0:10	100.2 $\pm$ 1.4 ^a	0.16 $\pm$ 0.013 ^a	-6.32 $\pm$ 1.54 ^a	*n.a
OA	200	9:1	1:10	107.6 $\pm$ 2.3 ^b	0.24 $\pm$ 0.017 ^c	-6.89 $\pm$ 1.59 ^a	88.12 $\pm$ 0.05 ^a
Extract	200	9:1	1:10	127.4 $\pm$ 2.0 ^c	0.16 $\pm$ 0.007 ^a	-6.48 $\pm$ 0.30 ^a	85.87 $\pm$ 0.86 ^b
Hydrolyzed extract	200	9:1	1:10	126.9 $\pm$ 3.0 ^c	0.21 $\pm$ 0.006 ^b	-7.60 $\pm$ 0.56 ^a	82.63 $\pm$ 0.75 ^c

Results are expressed as mean $\pm$ SD. *n.a: not applicable. OA: Oleonic acid; EE: Encapsulation efficiency. HPC:CHOL: Hydrogenated phosphatidylcholine:Cholesterol.