





Supplementary Figure 1. Representative chromatograms showing the separation of urolithin urinary metabolites: urolithin A 3/8-glucuronide (**1**, retention time = 9.51 min), isourolithin A 3/9-glucuronide (**2**, retention time = 9.86 min), urolithin B glucuronide (**3**, retention time = 13.86 min), isourolithin A (**4**, retention time = 15.61 min), urolithin A (**5**, retention time = 16.10 min), urolithin B (**6**, retention time = 21.58 min). UV spectra of these metabolites are also given.