Supporting information S2. Qualitative and quantitative characterizations of the polyphenol extract

Compound[a]	Content in the extract (mg)[b]	Contributors
3-Caffeoylquinic acid	10.85	Plum (91%), artichoke (9%)
Dimer B	Nq	Apple (tr.)
Dimer B1	4.86	Apple (94%), plum (6%)
***p*-Coumaroylquinic acid**	0.17	Plum (tr.)
Catechin	4.17	Apple (86%), plum (14%)
Dimer B	0.83	Apple (tr.)
Chlorogenic acid	53.37	Artichoke (71%), apple (28%), plum (1%)
Dimer B2	8.16	Apple
4-Caffeoylquinic acid	1.85	Artichoke
dimer B	1.93	Apple (tr.)
1,3-Dicaffeoylquinic acid or cynarin	0.26	Artichoke
Epicatechin	3.83	Apple
5-*p*-Coumaroylquinic acid	Nq	Apple (tr.)
chlorogenic acid (CIS)	2.91	Apple (72%), artichoke (28%), plum (tr.)
4-*p*-Coumaroylquinic acid	1.95	Apple (100%), plum (tr.), artichoke (tr.)
3,4-Dicaffeoylquinic acid	0.59	Artichoke
3,5-Dicaffeoylquinic acid	22.73	Artichoke (99.9%), plum (0.1%),
Quercetin hexoside (I)	0.76	Apple
1,5-Dicaffeoylquinic acid	19.38	Artichoke
Rutin (MIN) and quercetin hexoside (II) (MAJ)	1.14	Apple (79%), plum (21%)
Phloretin-2'-O-xyloglucoside	8.57	Apple
4,5-Dicaffeoylquinic acid	2.67	Artichoke
Phloridzin	3.18	Apple

[a] Structural assignment by mass spectrometry. [b] Content determined by UPLC using calibration curves with standards (chlorogenic acid, 3-caffeoylquinic acid, 4-caffeoylquinic acid, (+)-catechin, 3,5-dicaffeoylquinic acid, rutin, phloridzin).
Nq : not quantifiable. Tr : for traces.
Overall phenolic content in the extract = 154 mg