

Supplementary Table 1. Qualitative and quantitative analysis of plasma and red blood cell (RBC) fractions

Technique	MATRIX						
	Plasma			RBC			Serum
	Aqueous	Organic	Total	Aqueous	Organic	Total	Total
1D ¹ H NMR	Metabolite profile	Lipid composition	–	Metabolite profile	Lipid composition	–	–
GC-MS	–	Fatty acid profile	–	–	Fatty acid profile	–	–
2D diffusion-edited ¹ H NMR	–	–	Lipoprotein subclasses	–	–	–	–
UPLC-MS/MS	–	–	Polyphenols	–	–	Polyphenols	–
Autoanalyzer	–	–	–	–	–	–	Biochemical parameters

¹H NMR: Nuclear magnetic resonance spectroscopy; GC-MS: Gas chromatography - mass spectrometry

UPLC-MS/MS: Ultra performance liquid chromatography coupled to tandem mass spectrometry