

ELECTRONIC SUPPLEMENTARY MATERIAL

In vitro digestion assessment (standard vs. older adult model) on antioxidant properties and mineral bioaccessibility of fermented-dried lentils and quinoa

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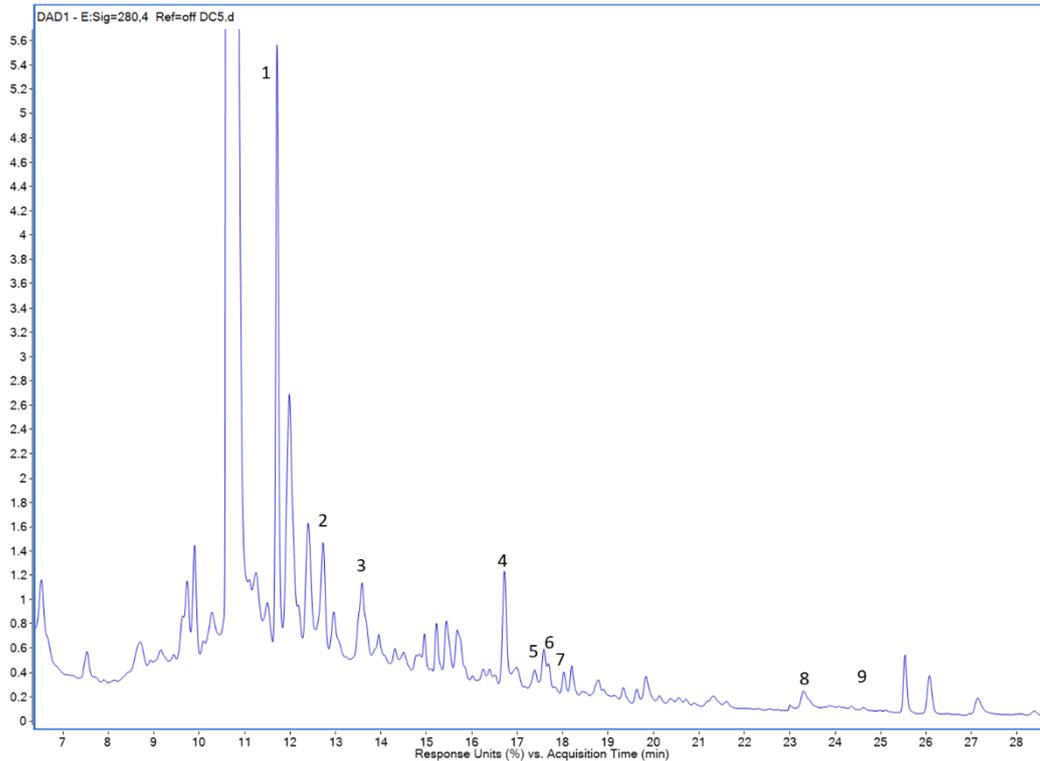


Figure S1. Chromatographic profile of Unfermented Pardina Lentil (UFPL) digested (standard) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

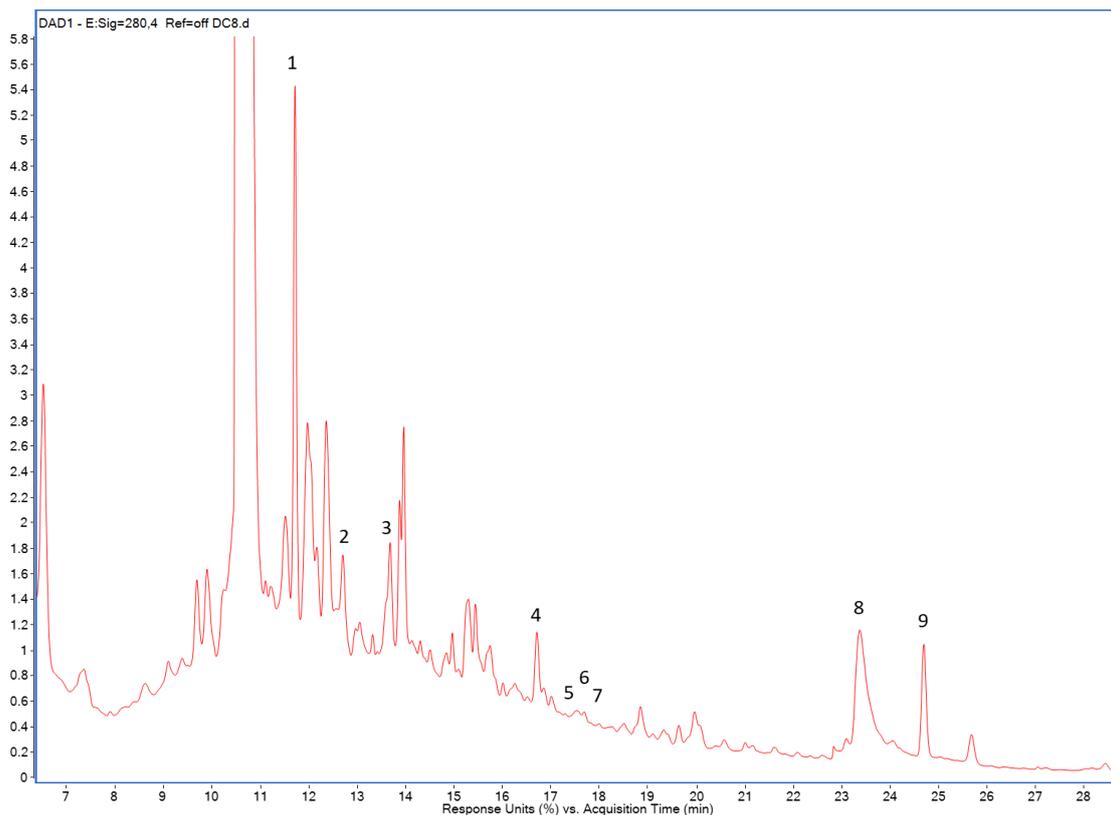


Figure S2. Chromatographic profile of Fermented Pardina Lentil (FPL) digested (standard) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

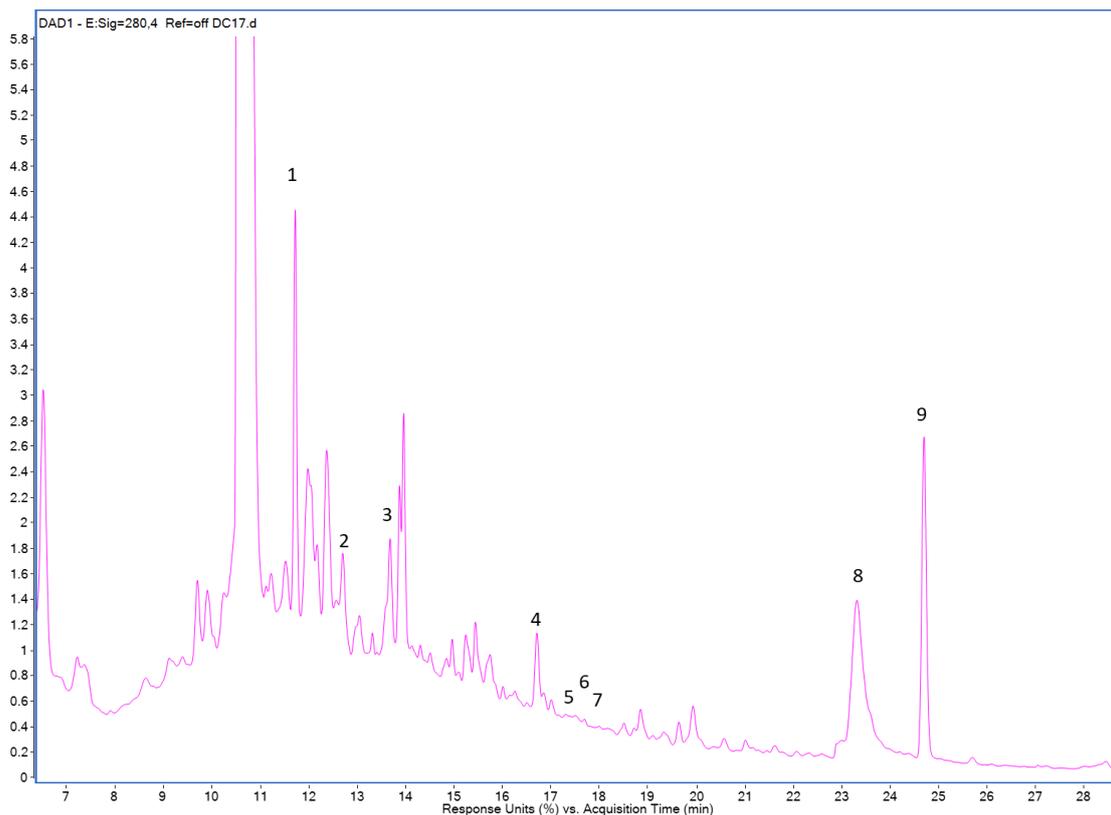


Figure S3. Chromatographic profile of Fermented-dried at 70 °C Pardina Lentil (FPL-70) digested (standard) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

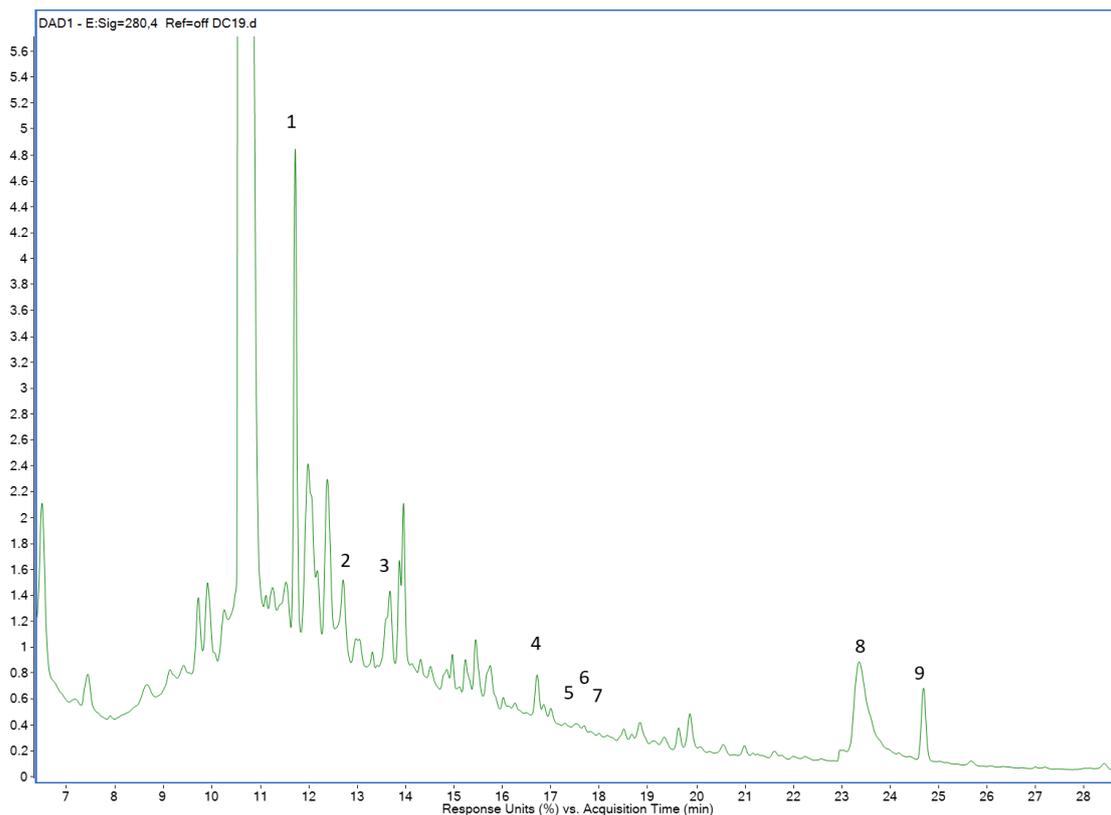


Figure S4. Chromatographic profile of Fermented-lyophilised Pardina Lentil (FPL-L) digested (standard) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

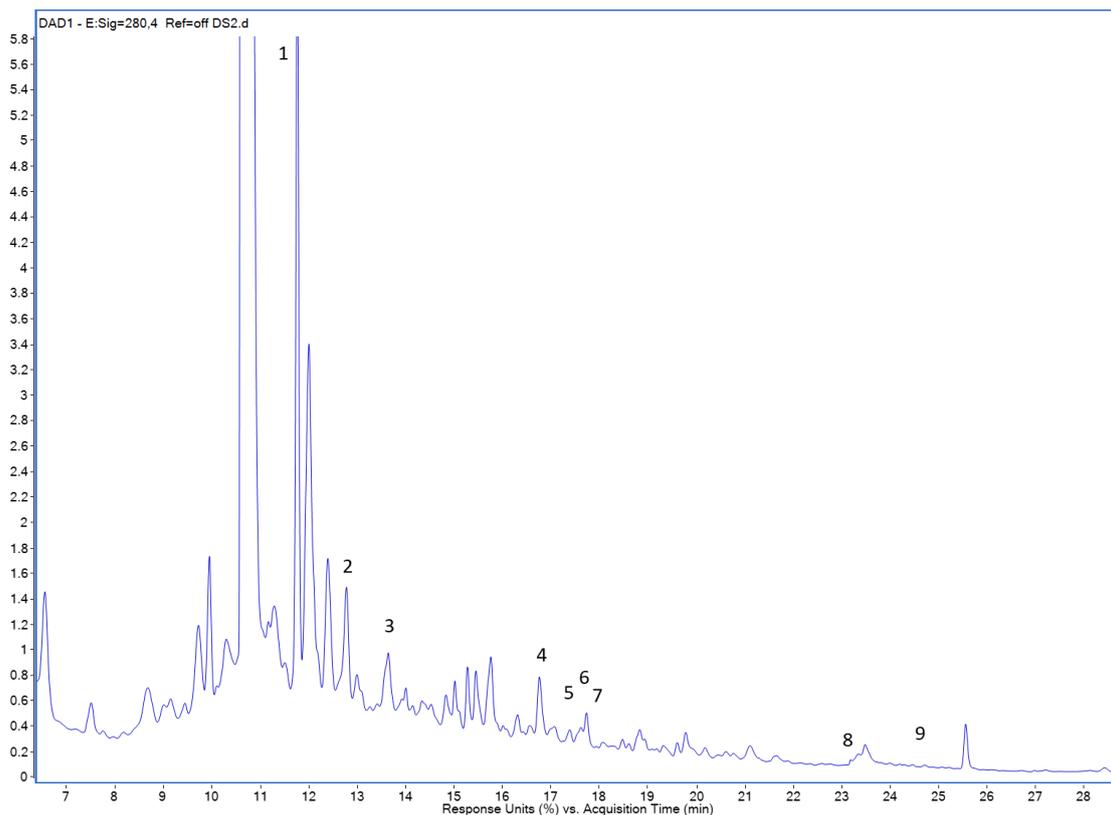


Figure S5. Chromatographic profile of Unfermented Pardina Lentil (UFPL) digested (Older adult) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

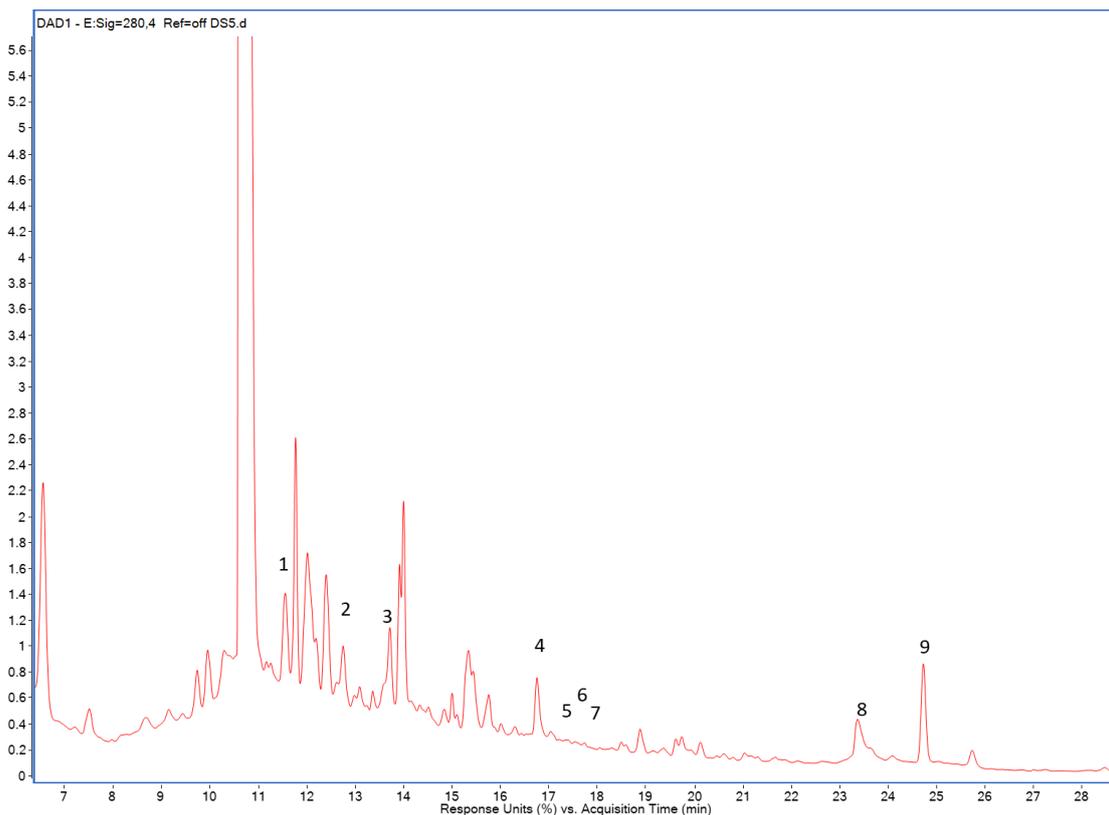


Figure S6. Chromatographic profile of Fermented Pardina Lentil (FPL) digested (Older adult) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

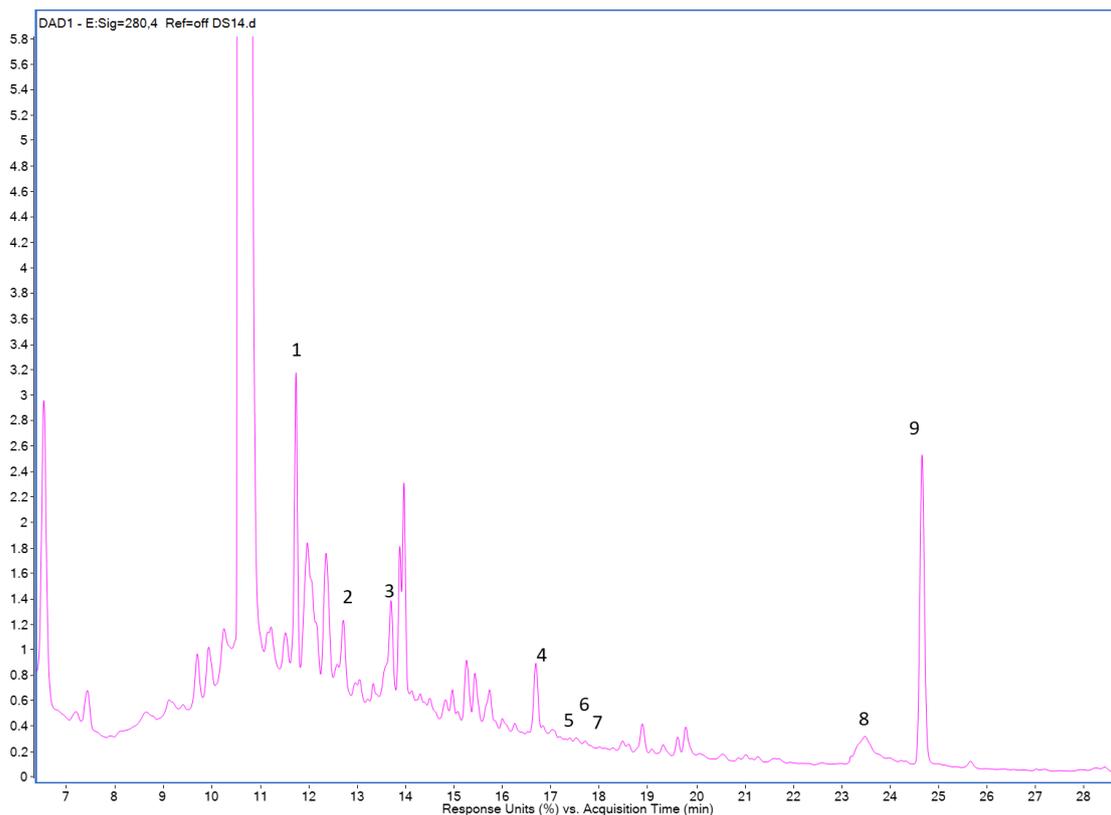


Figure S7. Chromatographic profile of Fermented-dried at 70 °C Pardina lentil (FPL-70) digested (Older adult) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.

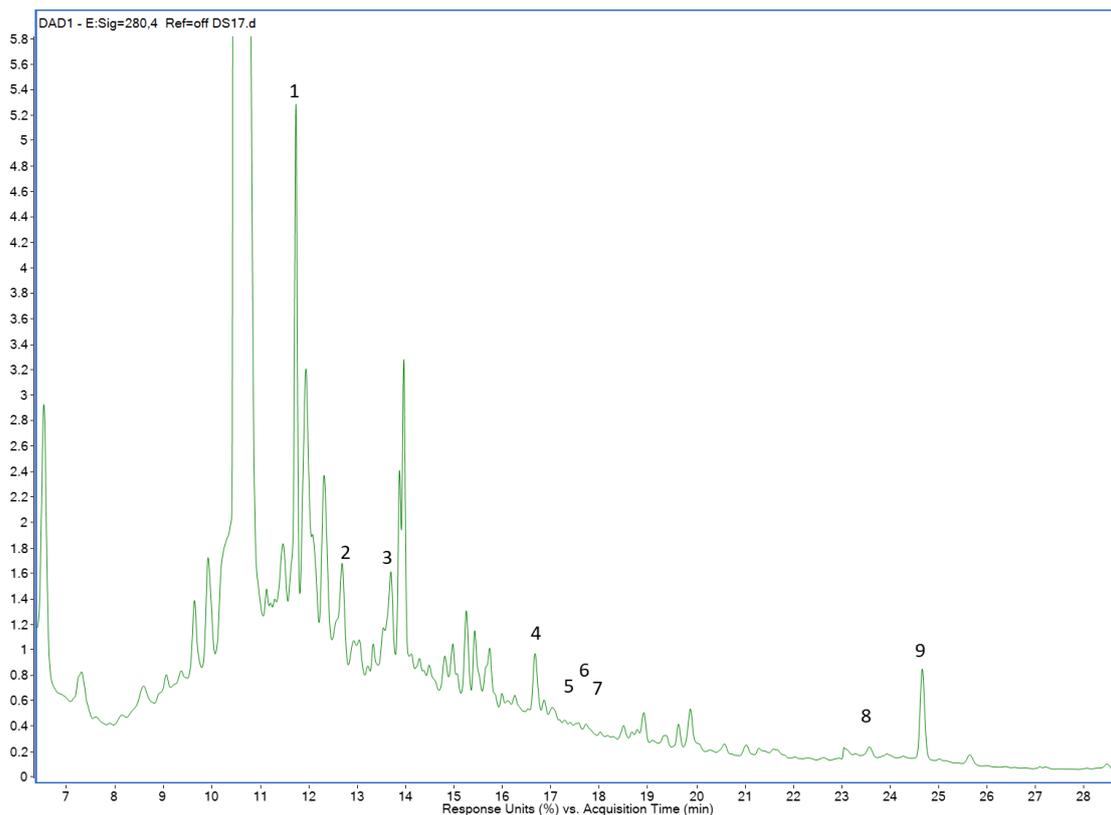


Figure S8. Chromatographic profile of Fermented-lyophilised Pardina Lentil (FPL-L) digested (Older adult) extracted at 280 nm. 1: 4-O-Caffeoylquinic; 2: 4-Hydroxybenzoic acid; 3: Vanillic acid; 4: p-Coumaric acid; 5: Ferulic acid; 6: Quercitrin; 7: Apigenin-7-glucoside; 8: Quercetin; 9: trans-Cinnamic acid. Note: not all the compounds are quantified at 280 nm.