

Table S1. Principal MPM found in biological fluids after feeding trials in humans.

GUT MICROBIOTA METABOLITES	FOOD SOURCE	SAMPLE TYPE	REFERENCES
BENZOATES			
Methyl 4-hydroxybenzoate	Red raspberry	Breast milk, plasma, urine	[24]
Methyl-3,4-dihydroxybenzoate	Red raspberry	Breast milk, plasma, urine	[24]
HYDROXYBENZALDEHYDES			
4-Hydroxybenzaldehyde	Red raspberry	Breast milk, plasma, urine	[24]
4-Hydroxybenzaldehyde glucuronide	Red raspberry	Urine	[24]
3,4-Dihydroxybenzaldehyde	Red raspberry	Breast milk, plasma, urine	[24]
HYDROXYBENZOIC ACIDS			
Benzoic acid sulphate	Orange juice	Urine	[26,28]
3-Hydroxybenzoic acid	Capsule of epicatechin, cocoa, coffee, grape extract, red wine, tea, tomato sauce	Faeces, plasma, urine	[35,42,43,45,50,51,71,73]
3-Hydroxybenzoic acid sulphate	Orange juice	Urine	[26,28]
3-Hydroxybenzoic acid glucuronide	Orange juice, red raspberry	Breast milk, urine	[24,28]
4-Hydroxybenzoic acid	Capsule of epicatechin and procyanidin B1, cocoa, grape extract, orange juice, red raspberry, red wine, tomato sauce	Breast milk, faeces, plasma, urine	[20,24,27,28,42,43,45,50,71,73]
4-Hydroxybenzoic acid glucuronide	Red raspberry	Breast milk, urine	[24]
4-Hydroxybenzoic acid sulphate	Orange juice, red raspberry	Breast milk, urine	[24,28]
2,3-Dihydroxybenzoic acid	Red raspberry	Breast milk, plasma, urine	[24]
2,4-Dihydroxybenzoic acid	Red raspberry	Urine	[24]
2,6-Dihydroxybenzoic acid	Red raspberry	Breast milk, plasma, urine	[24]
3,4-Dihydroxybenzoic acid	Coffee, grape extract, orange juice, red raspberry	Breast milk, plasma, urine	[24,28,35,71]
3,4-Dihydroxybenzoic acid sulphate	Red raspberry	Breast milk, urine	[24]
3,5-Dihydroxybenzoic acid	Red wine	Faeces	[50,70]

3-Methoxy-4-hydroxybenzoic acid	Coffee, orange juice	Plasma, urine	[28,35]
3-Hydroxy-4-methoxybenzoic acid	Orange juice	Urine	[28]
Hydroxy-dimethoxybenzoic acid glucuronide	Grape extract	Urine	[65]
Gallic acid	Grape extract, pomegranate extract, red raspberry, red wine	Breast milk, colon tissues, faeces, plasma, urine	[24,50,54,66]
Gallic acid glucuronide	Tea	Blister fluids, skin biopsies	[51]
Gallic acid sulphate	Tea	Plasma	[51]
3-Methylgallic acid	Grape extract, red wine	Faeces, urine	[50,66,70]
4-Methylgallic acid sulphate	Grape extract, tea	Blister fluids, plasma, skin biopsies, urine	[51,66]
3,4-Dimethylgallic acid	Grape extract	Urine	[66]
Vanillic acid	Capsule of epicatechin and procyanidin B1, cocoa, red raspberry, red wine	Breast milk, faeces, plasma, urine	[24,42,43,45,50,70]
Vanillic acid sulphate	Grape extract, red raspberry	Breast milk, urine	[24,66]
Vanillic acid glucuronide	Almond skin, grape extract, red raspberry	Breast milk, plasma, urine	[24,71,65]
Isovanillic acid	Red raspberry	Breast milk, urine	[24]
Isovanillic acid glucuronide	Red raspberry	Breast milk, plasma, urine	[24]
Isovanillic acid sulphate	Red raspberry	Breast milk, urine	[24]
Protocatechuic acid	Capsule of epicatechin and procyanidin B1, cocoa, red wine	Faeces, plasma, urine	[42,43,45,50,70]
Syringic acid	Grape extract, red wine	Urine, faeces	[20,50,66,70]
Syringic acid sulphate	Tea	Blister fluids, plasma	[51]
Syringic acid glucuronide	Tea	Blister fluids	[51]
Ellagic acid	Pomegranate extract	Colon tissues	[54]
Methyl-ellagic acid	Pomegranate extract	Colon tissues, urine	[54]
Methyl-ellagic acid glucuronide	Pomegranate extract	Urine	[54]
Dimethyl-ellagic acid	Pomegranate extract	Colon tissues, urine	[54]
Dimethyl-ellagic acid glucuronide	Pomegranate extract	Colon tissues, urine	[54]
Valoneic acid dilactone	Pomegranate extract	Colon tissues	[54]
Gallagic acid dilactone	Pomegranate extract	Colon tissues	[54]

Vanilloylglycine	Grape extract	Urine	[65]
HYDROXYCINNAMIC ACIDS			
<i>m</i>-Coumaric acid	Capsule of epicatechin and procyanidin B1, cocoa, red raspberry, tomato sauce, orange juice	Breast milk, plasma, urine	[24,28,43,45,70]
<i>p</i>-Coumaric acid	Capsule of epicatechin and procyanidin B1, cocoa, grape extract, red raspberry, red wine, tomato sauce, orange juice	Breast milk, faeces, plasma, urine	[20,24,28,42,43,45,50,66,70]
Coumaric acid glucuronide	Coffee, orange juice, red raspberry, tomato sauce	Breast milk, plasma, urine	[24,28,35,70]
Coumaric acid sulphate	Coffee, orange juice, red raspberry, tomato sauce	Breast milk, plasma, urine	[24,26,28,35,70]
Dihydrocoumaric acid	Coffee	Urine	[35]
Dihydrocoumaric acid glucuronide	Coffee	Urine	[35]
Dihydrocoumaric acid sulphate	Coffee	Urine	[35]
Coumaroylquinic acid	Coffee	Urine	[35]
Dihydrocoumaroylquinic acid	Coffee	Plasma, urine	[35]
Caffeic acid	Cocoa, coffee, grape extract, orange juice, red raspberry, red wine, tomato sauce	Faeces, plasma, urine	[20,24,28,35,42,45,50,66,70]
Caffeic acid glucuronide	Orange juice, tomato sauce	Urine	[28,70]
Caffeic acid sulphate	Coffee, grape extract, orange juice, red raspberry, tomato sauce	Breast milk, plasma, urine	[24,26,28,35,66,70]
Dihydrocaffeic acid	Coffee, tomato sauce	Plasma, urine	[35,70]
Dihydrocaffeic acid glucuronide	Coffee, grape extract, tomato sauce	Urine	[35,66,70]
Dihydrocaffeic acid sulphate	Coffee, red raspberry, tomato sauce	Urine, breast milk, plasma	[24,35,70]
3-Caffeoylquinic acid	Coffee	Urine	[35]
5-Caffeoylquinic acid	Coffee, tomato sauce	Plasma, urine	[35,70]
4-Caffeoylquinic acid	Coffee	Urine	[35]
Caffeoylquinic lactone sulphate	Coffee	Urine	[35]
3-Dihydrocaffeoylquinic acid	Coffee	Urine	[35]
5-Dihydrocaffeoylquinic acid	Coffee	Urine	[35]
4-Dihydrocaffeoylquinic acid	Coffee	Urine	[35]
Dihydrocaffeoylquinic acid glucuronide	Coffee	Urine	[35]

Dimethoxycinnamic acid	Coffee	Plasma	[35]
Dihydrodimethoxycinnamic acid	Coffee	Plasma, urine	[35]
Ferulic acid	Capsule of epicatechin and procyanidin B1, cocoa, coffee, orange juice, red raspberry, red wine, tomato sauce	Breast milk, faeces, plasma, urine	[20,24,26,28,35,42,43,45,50,70]
Ferulic acid glucuronide	Almond skin, coffee, orange juice, red raspberry, tomato sauce	Breast milk, plasma, urine	[24,26,28,35,70,71]
Ferulic acid sulphate	Coffee, grape extract, orange juice, red raspberry, tomato sauce	Breast milk, plasma, urine	[24,26,28,35,66,70]
Hydroferulic acid	Tomato sauce	Urine	[70]
Hydroferulic acid glucuronide	Tomato sauce	Urine	[70]
Hydroferulic acid sulphate	Tomato sauce	Urine	[70]
Dihydroferulic acid	Coffee	Plasma, urine	[70]
Dihydroferulic acid glucuronide	Coffee, grape extract, red raspberry	Breast milk, plasma, urine	[24,35,66]
Dihydroferulic acid sulphate	Coffee, grape extract, red raspberry	Breast milk, plasma, urine	[24,35,66]
Feruloylglycine	Coffee, red wine	Plasma, urine	[20,35]
3-Feruloylquinic acid	Coffee	Urine	[35]
5-Feruloylquinic acid	Coffee	Plasma, urine	[35]
4-Feruloylquinic acid	Coffee	Plasma, urine	[35]
Feruloylquinic lactone glucuronide	Coffee	Plasma	[35]
Isoferulic acid	Coffee, orange juice	Plasma, urine	[28,35]
Isoferulic acid glucuronide	Coffee, orange juice	Urine	[26,28,35]
Isoferulic acid sulphate	Coffee, grape extract, orange juice	Urine	[28,35,66]
Dihydroisoferulic acid	Coffee	Plasma	[35]
Dihydroisoferulic acid glucuronide	Coffee	Plasma, urine	[35]
Dihydroisoferulic acid sulphate	Coffee	Plasma, urine	[35]
3-Dihydroferuloylquinic acid	Coffee	Plasma, urine	[35]
5-Dihydroferuloylquinic acid	Coffee	Plasma, urine	[35]
4-Dihydroferuloylquinic acid	Coffee	Urine	[35]
Isoferuloylglycine	Coffee	Urine	[35]
HYDROXYCOUMARINS			

Urolithin A	Pomegranate extract, red raspberry, strawberry	Breast milk, colon tissues, plasma, urine	[24,53,54]
Urolithin A glucuronide	Pomegranate extract, red raspberry, strawberry	Breast milk, colon tissues, plasma, urine	[24,53,54]
Urolithin A sulphate	Pomegranate extract	Colon tissues, plasma, urine	[54]
Urolithin A sulphate glucuronide	Pomegranate extract	Plasma, urine	[54]
Isourolithin A	Pomegranate extract	Colon tissues, plasma, urine	[54]
Isourolithin A glucuronide	Pomegranate extract	Colon tissues, plasma, urine	[54]
Urolithin B	Pomegranate extract, strawberry	Colon tissues, plasma, urine	[53,54]
Urolithin B glucuronide	Pomegranate extract, red raspberry, strawberry	Breast milk, colon tissues, plasma, urine	[24,53,54]
Urolithin B sulphate	Pomegranate extract	Colon tissues, plasma, urine	[54]
Urolithin C	Pomegranate extract	Colon tissues, urine	[54]
Urolithin C glucuronide	Pomegranate extract	Plasma, urine	[54]
Urolithin C sulphate	Pomegranate extract	Plasma, urine	[54]
Urolithin D	Pomegranate extract	Colon tissues, plasma	[54]
Urolithin M5	Pomegranate extract	Colon tissues	[54]
Urolithin M6	Pomegranate extract	Colon tissues	[54]
HYDROXYPHENYLACETIC ACIDS			
Phenylacetic acid	Cocoa, orange juice, red wine, tomato sauce	Faeces, plasma, urine	[26,42,45,50,70]
Phenylacetic acid glucuronide	Tomato sauce	Urine	[70]
Phenylacetic acid sulphate	Tomato sauce	Urine	[70]
2-Hydroxyphenylacetic acid	Grape extract, red raspberry	Breast milk, plasma, urine	[24,66]
2-Hydroxyphenylacetic acid sulphate	Almond skin	Urine	[71]
2-Hydroxy-2-phenylacetic acid	Grape extract	Urine	[66]
2-(Dihydroxyphenyl)-acetic acid glucuronide	Almond skin	Urine	[71]

2-(Dihydroxyphenyl)-acetic acid sulphate	Almond skin	Urine	[71]
2-(Dihydroxyphenyl)-acetic acid sulphate glucuronide	Almond skin	Urine	[71]
2-(Hydroxy-methoxy-phenyl)-acetic acid glucuronide	Almond skin	Urine	[71]
3-Hydroxyphenylacetic acid	Capsule of epicatechin and procyanidin B1, cocoa, coffee, grape extract, orange juice, red raspberry, red wine, tomato sauce	Breast milk, faeces, plasma, urine	[24,26,73,28,35,42,43,45,50,66,70]
3-Hydroxyphenylacetic acid sulphate	Capsule of epicatechin and procyanidin B1, orange juice, tomato sauce	Plasma, urine	[26,28,43,70]
Hydroxyphenylacetic acid glucuronide	Orange juice, tomato sauce	Urine	[28,70]
4-Hydroxyphenylacetic acid	Capsule of epicatechin and procyanidin B1, grape extract, orange juice, red raspberry, red wine, tomato sauce	Breast milk, faeces, plasma, urine	[24,26–28,43,50,66,70]
Hydroxyphenylacetic acid sulphate	Orange juice, tomato sauce	Urine	[28,70]
3,4-Dihydroxyphenylacetic acid	Capsule of epicatechin and procyanidin B1, cocoa, coffee, grape extract, orange juice, red raspberry, red wine, tomato sauce	Breast milk, faeces, plasma, urine	[20,24,26,28,35,42,43,45,66,70]
3-Methoxy-4-hydroxyphenylacetic acid	Cocoa, coffee, orange juice	Urine	[26–28,35,42,45]
Methoxyphenylacetic acid glucuronide	Orange juice	Urine	[26,28]
3'-Methoxyphenylacetic acid sulphate	Orange juice	Urine	[26,28]
4-Methoxy-3-hydroxyphenylacetic acid	Coffee	Urine	[35]
4'-Methoxyphenylacetic acid sulphate	Orange juice	Urine	[26,28]
Homovanillic acid	Grape extract, red raspberry, red wine, tomato sauce	Breast milk, plasma, urine	[20,24,66,70]
Homovanillic acid sulphate	Grape extract, tea	Plasma, urine	[48,66]
Isohomovanillic acid	Red raspberry	Breast milk, plasma, urine	[24]
3'-Methoxy-4'-hydroxymandelic acid	Orange juice	Urine	[26,28]
4'-Hydroxymandelic acid	Orange juice	Urine	[26,28]
HYDROXYPHENYLPENTANOIC ACIDS			
4-Hydroxy-5-(phenyl)-valeric acid	Red wine	Faeces	[50,67,68]
4-Hydroxy-5-(phenyl)-valeric acid sulphate	Almond skin	Urine	[71]
4-Hydroxy-5-(hydroxyphenyl)-valeric acid	Red wine	Faeces	[50,67,68]

4-Hydroxy-5-(hydroxyphenyl)-valeric acid glucuronide	Almond skin	Urine	[71]
4-Hydroxy-5-(hydroxyphenyl)-valeric acid sulphate	Almond skin	Urine	[71]
4-Hydroxy-5-(hydroxyphenyl)-valeric acid methyl sulphate	Tea	Plasma	[48]
4-Hydroxy-5-(methoxyphenyl)-valeric acid glucuronide	Almond skin	Urine	[71]
4-Hydroxy-5-(hydroxy-methoxyphenyl)-valeric acid glucuronide	Almond skin	Urine	[71]
4-Hydroxy-5-(3',4'-dihydroxyphenyl)-valeric acid	Capsule of epicatechin, dark chocolate, grape extract, red wine	Faeces, plasma, urine	[43,44,50,66,68]
4-Hydroxy-5-(3',4'-dihydroxyphenyl)-valeric acid glucuronide	Almond skin, dark chocolate, grape extract, tea	Plasma, urine	[44,48,65,71]
4-Hydroxy-5-(3',4'-dihydroxyphenyl)-valeric acid methyl glucuronide	Dark chocolate	Urine	[44]
4-Hydroxy-5-(3',4'-dihydroxyphenyl)-valeric acid sulphate	Almond skin, dark chocolate, grape extract, tea	Plasma, urine	[44,48,65,71]
4-Hydroxy-5-(3',4'-dihydroxyphenyl)-valeric acid methyl sulphate	Dark chocolate, tea	Plasma, urine	[44,48]
4-Hydroxy-5-(3',5'-dihydroxyphenyl)-valeric acid glucuronide	Tea	Plasma	[48]
4-Hydroxy-5-(3',5'-dihydroxyphenyl)-valeric acid methyl glucuronide	Tea	Plasma	[48]
4-Hydroxy-5-(3',4',5'-trihydroxyphenyl)-valeric acid methyl glucuronide	Tea	Plasma	[48]
HYDROXYPHENYLPROPANOIC ACIDS			
3-Phenylpropionic acid	Orange juice, red wine	Faeces, urine	[26,50]
3-(Phenyl)propionic acid glucuronide	Orange juice	Urine	[28]
3-(Phenyl)propionic acid sulphate	Orange juice	Urine	[28]
3-Hydroxyphenylpropionic acid	Capsule of epicatechin and procyanidin B1, cocoa, coffee, red raspberry, tomato sauce	Breast milk, plasma, urine	[24,35,42,43,45,70]

3-Hydroxyphenylpropionic acid glucuronide	Almond skin, tomato sauce	Urine	[70,71]
3-Hydroxyphenylpropionic acid sulphate	Red raspberry, tomato sauce	Breast milk, urine	[24,70]
3-(3'-Hydroxyphenyl)propionic acid	Orange juice, red wine	Faeces, urine	[28,50,67,68]
3-(3'-Hydroxyphenyl)propionic acid glucuronide	Orange juice	Urine	[28]
3-(3'-Hydroxyphenyl)propionic acid sulphate	Orange juice	Urine	[28]
3-(3'-Hydroxy-4'-methoxyphenyl)propionic acid	Orange juice	Urine	[27,28]
3-(4'-Methoxyphenyl)propionic acid glucuronide	Orange juice	Urine	[26,28]
3-(4'-Methoxyphenyl)propionic acid sulphate	Orange juice	Urine	[26,28]
3-(4'-Hydroxyphenyl)propionic acid	Grape extract, orange juice	Urine	[28,66]
3-(4'-Hydroxyphenyl)propionic acid glucuronide	Orange juice, tomato sauce	Urine	[28,70]
3-(4'-Hydroxyphenyl)propionic acid sulphate	Orange juice, tomato sauce	Urine	[26,28,70]
3-(3'-Methoxy-4'-hydroxyphenyl)propionic acid	Orange juice	Urine	[26–28]
3-(3'-Methoxyphenyl)propionic acid glucuronide	Orange juice	Urine	[26,28]
3-(3'-Methoxyphenyl)propionic acid sulphate	Orange juice	Urine	[26,28]
3,4-Dihydroxyphenylpropionic acid	Capsule of epicatechin and procyanidin B1, cocoa, grape extract, red wine	Faeces, plasma, urine	[42,43,45,50,66]
4-Hydroxyphenylpropionic acid	Capsule of epicatechin and procyanidin B1, cocoa, tomato sauce	Faeces, plasma, urine	[42,43,70]
2S-1-(3-4-Dihydroxyphenyl)-3-(2-4-6-trihydroxyphenyl)-propan-2-ol methyl sulphate	Dark chocolate	Urine	[44]

3-(Dihydroxyphenyl)-propionic acid sulphate	Almond skin	Urine	[71]
Dihydrosinapic acid glucuronide	Grape extract	Urine	[65]
3-(3'-Hydroxy-4'-methoxyphenyl)hydracrylic acid	Orange juice	Urine	[26–28]
3-(3'-Hydroxyphenyl)hydracrylic acid	Orange juice	Urine	[26–28]
Hippuric acid	Cocoa, dark chocolate, grape extract, orange juice, red raspberry, tea	Blister fluids, breast milk, plasma, urine	[24,26–28,42,48,51,66]
Hippuric acid glucuronide	Orange juice	Urine	[28]
4-Hydroxyhippuric acid	Almond skin, cocoa, coffee, grape extract, orange juice, tomato sauce	Plasma, urine	[26–28,35,42,45,65,66,70,71]
3-Hydroxyhippuric acid	Almond skin, cocoa, coffee, grape extract, orange juice, tea, tomato sauce	Plasma, urine	[20,26–28,35,42,45,48,70,71]
VALEROLACTONES			
5-(3'-Hydroxyphenyl)-γ-valerolactone	Red wine	Faeces	[68]
5-(3'-Hydroxyphenyl)- γ -valerolactone sulphate	Almond skin, dark chocolate, tea	Plasma, urine	[25,44,48,71]
5-(3'-Hydroxyphenyl)- γ -valerolactone glucuronide	Almond skin, dark chocolate, tea	Plasma, urine	[25,44,48,71]
5-(3'-Methoxy,4'-hydroxyphenyl)- γ -valerolactone glucuronide	Cocoa, dark chocolate	Breast milk, plasma, urine	[45,46]
5-(3'-Methoxy,4'-hydroxyphenyl)- γ -valerolactone sulphate	Cocoa, dark chocolate	Breast milk, urine	[45,46]
5-(Hydroxy-methoxy-phenyl)- γ -valerolactone glucuronide	Almond skin, grape extract	Urine	[65,71]
5-(Hydroxy-methoxy-phenyl)- γ -valerolactone sulphate	Almond skin	Urine	[71]
5-(3',4'-Dihydroxyphenyl)-γ-valerolactone	Capsule of epicatechin and procyanidin B1, cocoa, dark chocolate, grape extract, red wine, tea	Breast milk, faeces, plasma, urine, ileostomy fluids	[43–45,49,66–68]

5-(3',4'-Dihydroxyphenyl)- γ -valerolactone methyl	Capsule of epicatechin	Plasma	[43]
5-(3',4'-Dihydroxyphenyl)- γ -valerolactone methyl glucuronide	Dark chocolate	Urine	[44]
5-(3',4'-Dihydroxyphenyl)- γ -valerolactone methyl sulphate	Dark chocolate	Urine	[44]
5-(3',4'-Dihydroxyphenyl)- γ -valerolactone glucuronide	Almond skin, cocoa, dark chocolate, grape extract, red raspberry	Breast milk, plasma, urine	[24,44–46,65,71]
5-(3',4'-Dihydroxyphenyl)- γ -valerolactone sulphate	Almond skin, cocoa, dark chocolate, red raspberry	Breast milk, plasma, urine	[24,44–46,71]
5-(3',5'-Dihydroxyphenyl)- γ -valerolactone glucuronide	Tea	Plasma, urine	[25,48,51]
5-(3',5'-Dihydroxyphenyl)- γ -valerolactone methyl glucuronide	Tea	Plasma	[48]
5-(3',5'-Dihydroxyphenyl)- γ -valerolactone sulphate	Tea	Plasma, urine	[25,48,51]
5-(3',5'-Dihydroxyphenyl)- γ -valerolactone methyl sulphate	Tea	Plasma	[48]
5-(3',5'-Dihydroxyphenyl)- γ -valerolactone disulphate	Tea	Urine	[25]
5-(4',5'-Dihydroxyphenyl)- γ -valerolactone glucuronide	Tea	Plasma, urine	[25,51]
5-(4',5'-Dihydroxyphenyl)- γ -valerolactone sulphate	Tea	Plasma	[51]
5-(4',5'-Dihydroxyphenyl)- γ -valerolactone sulphate glucuronide	Almond skin, tea	Plasma,urine	[25,48,71]
5-(4',5'-Dihydroxyphenyl)- γ -valerolactone disulphate	Tea	Urine	[25]
5-(4',5'-Dihydroxyphenyl)- γ -valerolactone methyl glucuronide	Tea	Urine	[25]
5-(3',4',5'-trihydroxyphenyl)-γ-valerolactone	Tea	Ileostomy fluids, urine	[25,49]

5-(3',4',5'-trihydroxyphenyl)- γ -valerolactone glucuronide	Tea	Plasma, urine	[25,48,51]
5-(3',4',5'-trihydroxyphenyl)- γ -valerolactone methyl glucuronide	Tea	Plasma, urine	[25,48]
5-(3',4',5'-trihydroxyphenyl)- γ -valerolactone sulphate	Red raspberry, tea	Breast milk, plasma, urine	[24,25,48,51]
5-(3',4',5'-trihydroxyphenyl)- γ -valerolactone methyl sulphate	Tea	Plasma, urine	[25,48,51]
5-(3',4',5'-trihydroxyphenyl)- γ -valerolactone sulphate glucuronide	Tea	Plasma	[48]
5-(4'-trihydroxyphenyl)- γ -valerolactone glucuronide	Almond skin, tea	Plasma, urine	[48,71]
OTHERS			
Phloroglucinol	Coffee, orange juice, red raspberry	Plasma, urine	[24,26,28,35]
Phloroglucinaldehyde	Red raspberry	Plasma	[24]
Catechol (1,2-dihydroxybenzene) methyl sulphate	Tea	Plasma	[48]
Pyrogallol	Grape extract, tea	Ileostomy fluids, urine	[49,66]
Pyrogallol(1,2,3-trihydroxy-benzene) sulphate	Tea	Plasma	[48]
Pyrogallol(1,2,3-trihydroxy-benzene) glucuronide	Tea	Plasma	[48]
2-Methylpyrogallol	Grape extract	Urine	[66]
Lunularin	Grapevine-shoot supplement	Urine	[19]