

## Supplementary Material

# Simulation of food folate digestion and bioavailability of an oxidation product of 5-methyltetrahydrofolate

**Table S1.** Deconjugation efficiency for PteGlu<sub>3</sub> and food folates in spinach using different additives for the digest.

Additives	Deconjugation Efficiency
PteGlu <sub>3</sub> + no additives	0
PteGlu <sub>3</sub> + simulated digestion juices	1
PteGlu <sub>3</sub> + simulated digestion juices + 0.5 g brush-border-membrane* <sup>1</sup>	9
PteGlu <sub>3</sub> + no additives + 0.5 g brush-border-membrane* <sup>1</sup>	40
PteGlu <sub>3</sub> + simulated digestion juices + 2.5 g brush-border-membrane* <sup>1</sup>	97
PteGlu <sub>3</sub> + no additives + 2.5 g brush-border-membrane* <sup>1</sup>	100
Spinach + simulated digestion juices + 2.5 g brush-border-membrane* <sup>1</sup>	56
Spinach + no additives + 2.5 g brush-border-membrane* <sup>1</sup>	82
Spinach + simulated digestion juices + 5 g brush-border-membrane* <sup>1</sup>	79

\*<sup>1</sup> scraped brush-border-membrane (mucosa from pig's small intestine)