

Supplementary materials

Table S1. Total polyphenols, antioxidant activity and sum of isoflavones with estrogenic activity (genistin, genistein, daidzin, daidzein, formononetin, glycitein, myricetin) in alfalfa and red clover sprouts during germination (alfalfa and red clover sprouts samples coded as: RCV - red clover; ALF – alfalfa; s – seeds; day 1- first day of germination; day 2-second day of germination; day 3-third day of germination; day 4-fourth day of germination; day 5-fifth day of germination). Data regarding isoflavones was taken over from previous work of the authors (Chiriac et al., 2020)

	seeds	day 1	day 2	day 3	day 4	day 5
total polyphenols (mg gallic acid eq/g DW)						
ALF	25.14±1.1	18.18±0.85	14.42±1.12	18.51±1.21	10.62±0.67	9.78±0.34
RCV	18.78±0.67	10.74±0.52	11.94±1.04	14.92±1.35	24.7±1.92	19.26±1.95
Antioxidant activity (%)						
ALF	13.87±0.74	14.5±1.18	21.6±2.24	59±2.54	60.7±2.96	43.7±2.26
RCV	13.12±0.57	26.25±1.96	45.12±2.50	33.12±2.20	18.37±1.86	17.12±1.62
Sum of isoflavones (µg/g DW)						
ALF	127.4±7.24	127.4±7.24	127.4±7.24	127.4±7.24	127.4±7.24	127.4±7.24
RCV	235.5±5.79	235.5±5.79	235.5±5.79	235.5±5.79	235.5±5.79	235.5±5.79

Table S2. Correlation matrix between bioactive properties of red clover sprouts corresponding to different germination stages

	TP	AA	Sum of isoflavones
TP	1		
AA	-0.649	1	
Sum of isoflavones	-0.108	0.692	1

Notes: TP-total polyphenolic content; AA-antioxidant activity

Table S3. Correlation matrix between bioactive properties of alfalfa sprouts corresponding to different germination stages

	TP	AA	Sum of isoflavones
TP	1		
AA	-0.489	1	
Sum of isoflavones	-0.104	0.547	1

Notes: TP-total polyphenolic content; AA-antioxidant activity

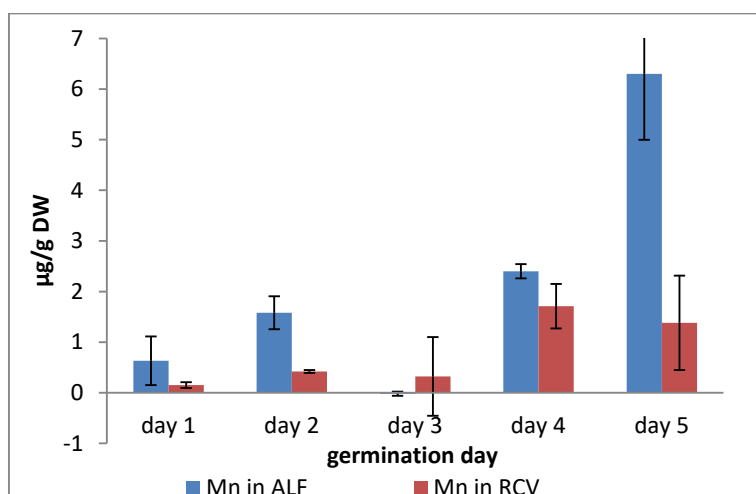
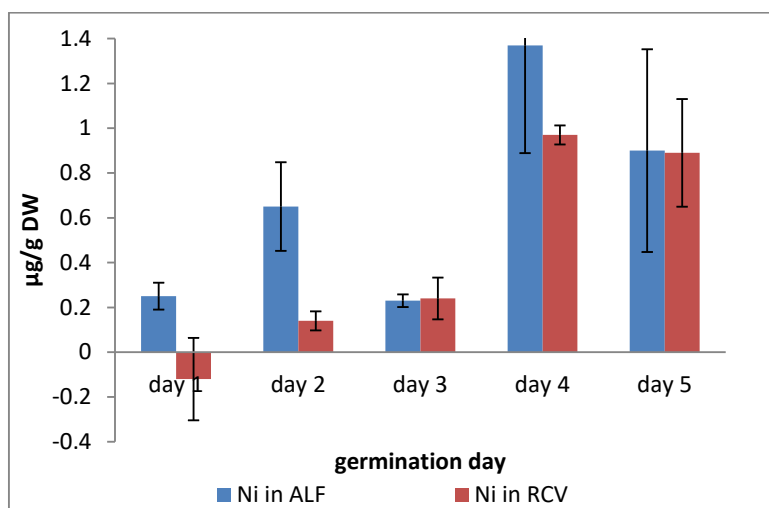


Figure S1. Relative changes in the Ni and Mn content in sprouts of alfalfa and red clover during germination compared to row seeds