

Supplementary Table S1. Some of the folate species measured in the literatures.

Folate species	Sample source	literatures
5-CHOTHF	human serum	[39]
5-CH <sub>3</sub> THF		
FA		
5-CH <sub>3</sub> THF	human plasma	[40]
5-CH <sub>3</sub> THF	human serum	[41]
FA		
Hcy		
5-CH <sub>3</sub> THF	human serum	[42]
THF		
5fTHF		
510-CH+THF		
4- $\alpha$ -hydroxy-5-methyltetrahydrofolate(MeFox)		
5-CH <sub>3</sub> THF	human plasma	[43]
DHF		
THF		
FA		
5-CH <sub>3</sub> THF	mouse bone marrow cells and plasma, human whole blood, mouse muscle, liver, heart and brain samples	[44]
DHF		
THF		
FA		
510-CH+THF		
5-CHOTHF		