

Table S1. Preparation of mycelium extracts obtained from medium S1.

Sample ID	Lyophilised mycelia	Final concentration
	weight (g)	(mg ml⁻¹)
PC1	0.0375	10
PE1	0.0179	10
PO1	0.0232	10
PN	0.0434	10
PE2	0.0222	10
PE3	0.0326	10
PO2	0.0423	10
PO3	0.0407	10
PO4	0.0415	10
PE4	0.0573	10
PO5	0.0503	10
PO6	0.042	10

Table S2. Preparation of mycelium extracts obtained from medium S2.

	Lyophilised mycelia weight (g)	Final concentration (mg ml⁻¹)
Sample ID		
PC1	0.0654	10
PE1	0.0813	10
PO1	0.028	10
PN	0.0419	10
PE2	0.0268	10
PE3	0.0328	10
PO2	0.0343	10
PO3	0.0387	10
PO4	0.0347	10
PE4	0.1036	10
PO5	0.0457	10
PO6	0.0321	10

Peak Name	S1	PC1	S1	PE1	S1	PO1	S1	PN	S1	PE2	S1	PE3	S1	PO2	S1	PO3	S1	PO4	S1	PE4	S1	PO5	S1	PO6	S2	PC1	S2	PE1	S2	PO1	S2	PNS	S2	PE2	S2	PE3	S2	PO2	S2	PO3	S2	PO4	S2	PE4	S2	PO5	S2	PO6	
Gallic acid	0		3.70209	0.146672	0		6.17875	0	0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.951539	5.20839	0.236166					
3-Hydroxytyrosol	0		2.01849		0		2.35742		0		0.451178		0.894321	1.56411	0.713875	0		0		0.305922	0.263805	0.029771	50.15042					0.034176	1.08113																				
Caftaric acid	1.13593	1.01208	1.0346	1.51619	0.944234	1.21918	0.865307	1.47035	1.15996	1.41233	1.05835	1.09248	0.43557	1.19602	1.192	1.2661	1.16101	1.16567	1.12407	1.44894	1.2069	0.908978	1.14813	0.888139																									
Catechin			4.55133				4.09636									1.86523	2.71668	3.15742												3.4921																			
4-Hydroxybenzoic acid	0		0.161037	0	0		0	0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
Loganic acid			0													0														0	0	0															0.0359548		
Chlorogenic acid																													0	0	0.110922																		
Vanillic acid	0	0			0		0		0		0					0														0														0	0				
Caffeic acid													0	0																																			
Epicatechin			9.48965		0																																												
Syringic acid			0		0																							0	0	0	0																		
p-Coumaric acid			0		0																																												
t-Ferulic acid			0.584954		0							0																																				0.250916	
Benzoic acid	0.81072				0.786383	8.4987	0.494009	1.24531	3.61019	1.87404			1.14383	1.96773	1.35952					1.67374									1.19114																		0.978112	0.792797	
Hyperoside					0																																												
Rutin					0																																												
Isoquercetin					0																																												
Resveratrol					1.91416																																												
Rosmarinic acid																													0																				
t-Cinnamic acid	0.408235	0		0			0		0		0		0	0							1.33915									0	0	0													0				
Quercetin			0.833611				0.848927																																										
Hesperetin																																																	
Kaempferol							0																					0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Carvacrol	0		0	0							0					0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Thymol	0			0			0				0																																						
Flavone	0										0																																						

Table S3. Quantitative analysis of phenolic compounds in the extracts.