

Supplementary Materials:

Table S1. Gastrointestinal digestion solutions.

Salt solution	Stock concentration (mol/L)	SSF (pH 7)		SGF (pH 3)		SIF (pH 7)	
		mL of Stock added to prepare 0.4 L (mL)	Final salt concentration in sample (mmol/L)	mL of Stock added to prepare 0.4 L (mL)	Final salt conc. in sample (mmol/L)	mL of Stock added to prepare 0.4 L (mL)	Final salt conc. in sample (mmol/L)
KCl	0.5	15.1	15.1	6.9	6.9	6.8	6.8
KH ₂ PO ₄	0.5	3.7	1.35	0.9	0.9	0.8	0.8
NaHCO ₃	1	6.8	13.68	12.5	25	42.5	85
NaCl	2	-	-	11.8	47.2	9.6	38.4
MgCl ₂ (H ₂ O) ₆	0.15	0.5	0.15	0.4	0.12	1.1	0.33
NH ₄ (CO ₃) ₂	0.5	0.06	0.06	0.5	0.5	-	-

SSF: simulated salivary fluid; SGF: simulated gastric fluid gastric; SIF: simulated intestinal fluid.

Table S2. Bioaccessibility measured in the control capsules

Samples	TPC mg GAE/g \pm SD
Not digested cellulose	0.1 \pm 0.00
CT	
<i>Digestion Stage</i>	
Intestinal stage	N.D.
Pronase stage	N.D.
Viscozyme L stage	N.D.
<i>Total colonic stage</i>	N.D.

N.D.: not detected; CT: control capsules; TPC: total phenolic compounds.

Table S3. Correlation between DPPH and ABTS tests and data obtained by the Folin-Ciocolteu assay.

Assay	Intestinal Stage	Pronase Stage	Viscozyme L. Stage
	R^2	R^2	R^2
DPPH	0.97	0.98	0.97
ABTS	0.97	0.97	0.98

The correlation coefficients were evaluated by using Pearson's method.

Table S4. Antioxidant capacity measured by DPPH and ABTS methods in the control capsules

Samples	DPPH mmol/kg \pm SD	ABTS mmol/kg \pm SD
Not digested cellulose	0.2 \pm 0.0	0.2 \pm 0.0
	CT	CT
<i>Digestion Stage</i>		
Intestinal stage	0.1 \pm 0.0	0.1 \pm 0.0
Pronase stage	N.D.	N.D.
Viscozyme L stage	N.D.	N.D.
<i>Total colonic stage</i>	N.D.	N.D.

N.D.: not detected; CT: control capsules.