Supplementary material

Lemon Balm as a Source of Potentially Bioaccessible Rosma-rinic Acid: The Effect of Herbal Preparation Type, Dosage, and Digestion-Related Factors

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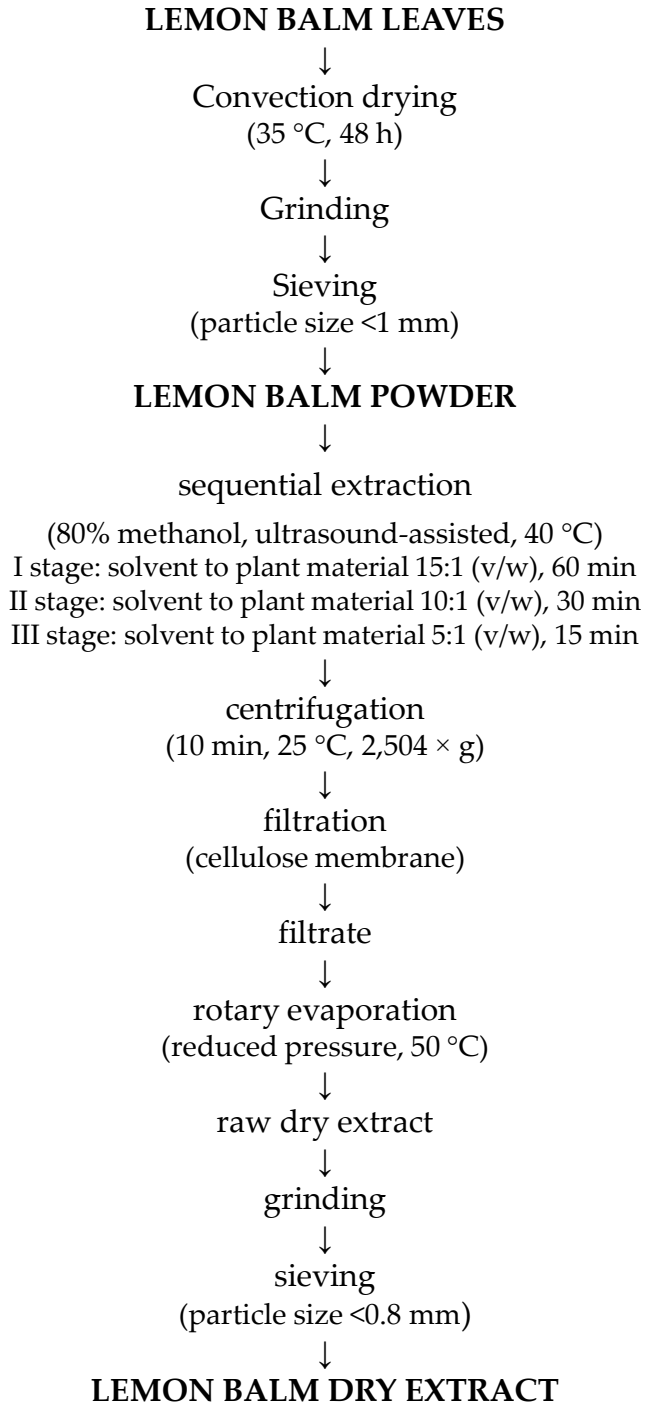


Figure S1. Flowchart summarising the preparation of lemon balm powder and dry extract.

Table S1. Stability of phytochemicals during lemon balm dry extract preparation.

Parameter	Stability (%)*
Rosmarinic acid content	98.94±2.10
Total polyphenols	99.09±1.51
ABTS scavenging activity	98.15±1.36
Ferric reducing antioxidant power	97.99±2.59

* To evaluate the potential loss of compounds during the drying process, the dry extract was re-dissolved in 80% methanol at 40 °C for 15 min under ultrasound treatment and subsequently analysed for phytochemical content and antioxidant activity. The stability was expressed as the percentage of phytochemical content or antioxidant activity in the re-dissolved dry extract relative to that in the liquid plant extract (before drying), based on corresponding amounts calculated from the dry extract yield.