

**Table S1.** Relative retention time of compounds detected in samples employed for in-house validation

Peak identification	
<i>Free minor compounds</i>	Relative retention time
Campesterol	1.05
Stigmasterol	1.06
Clerosterol	1.08
B-Sitosterol	1.10
$\Delta^5$ Avenasterol	1.10
Cicloartenol + $\Delta^7$ Stigmastenol	1.11
24-Methylenecycloartenol	1.13
Citrostadienol + Erythrodiol	1.15
<i>Esterified minor compounds</i>	Relative retention time
$\Delta^7$ Campesteryl C18:1	1.10
Sitosteryl C18:1	1.11
Cicloartenyl C18:1	1.12
$\Delta^7$ Stigmasteryl C18	1.14
$\Delta^7$ Avenasteryl C18	1.14
24 Methylene Cycloartenyl C18:1	1.15
Citrostadienyl C18:1	1.16