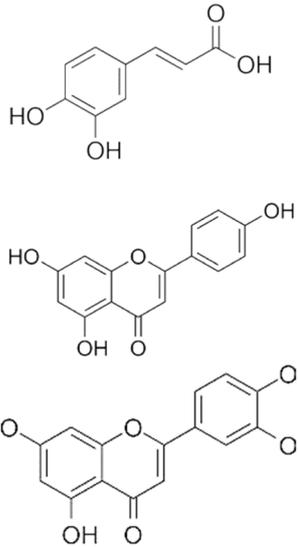
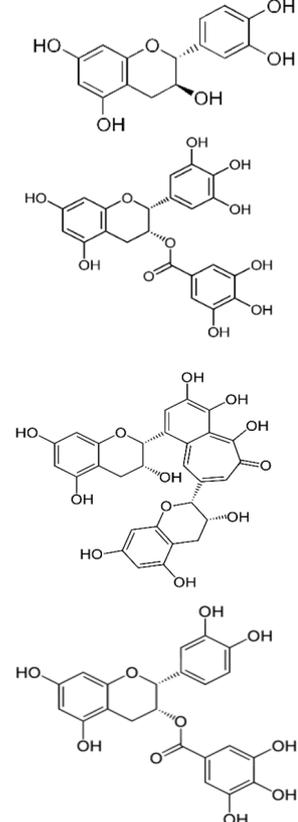
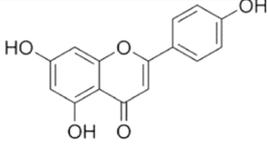
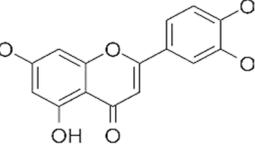
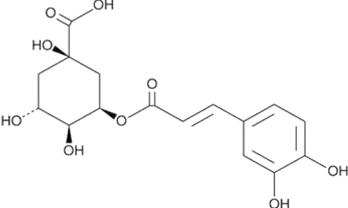
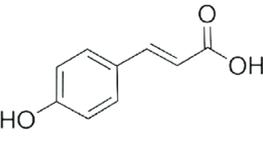


Figure S1: Structure of the major phytoconstituents found in the commonly consumed MAPs.

MAPs common name (<i>scientific name</i>)	Names of the major phytoconstituents	Structure of the major phytoconstituents
Chamomile (<i>Chamaemelum nobile</i>)	<p>Rosmarinic acid</p> <p>Caffeic acid</p> <p>Apigenin</p> <p>Luteolin</p>	 <p>The image displays four chemical structures. Rosmarinic acid is a dimeric phenolic compound consisting of two caffeoyl units linked at their 3-positions. Caffeic acid is a hydroxycinnamic acid with hydroxyl groups at the 3 and 4 positions of the phenyl ring. Apigenin is a flavone with hydroxyl groups at the 5, 7, and 8 positions. Luteolin is a flavone with hydroxyl groups at the 5 and 7 positions and methoxy groups at the 6 and 8 positions.</p>
Green Tea and Black Tea (<i>Camellia sinensis</i>)	<p>Catechin</p> <p>Epigallocatechin Gallate</p> <p>Theaflavins</p> <p>Epicatechin Gallate</p>	 <p>The image displays four chemical structures. Catechin is a flavan-3-ol with hydroxyl groups at the 2, 3, and 5 positions. Epigallocatechin Gallate (EGCG) is a gallate ester of epigallocatechin, where the 3-position of the catechin core is esterified with gallic acid. Theaflavins are a class of polyphenols formed by the oxidative coupling of catechins, shown here as a dimer of catechin units. Epicatechin Gallate is a gallate ester of epicatechin, where the 3-position of the epicatechin core is esterified with gallic acid.</p>

<p>Mountain Tea (<i>Sideritis L.</i>)</p>	<p>Apigenin</p> <p>Luteolin</p> <p>5-Caffeoylquinic acid</p> <p>p-Coumaric acid</p>	   
<p>Aloysa (<i>Aloysia citrodora</i>)</p>	<p>Apigenin</p> <p>Catechin Gallate</p> <p>Limonene</p> <p>Citronellol</p>	