**Table 1S.** Main polyphenolic compounds (flavanols and phenolic acids) of the low molecular-weight grape seed polyphenol extract (LM-GSPE) used in this study, analysed by HPLC-MS/MS.

|  |  |
| --- | --- |
| **Compound** | **Concentration (mg/g)** |
| Gallic acid | 31.07 ± 0.08 |
| Protocatechuic acid | 1.34 ± 0.02 |
| Vanillic acid | 0.77 ± 0.04 |
| PA dimer B2 | 33.24 ± 1.39 |
| PA dimer B11 |  88.80 ± 3.46 |
| PA dimer B31 | 46.09 ± 2.07 |
| Catechin | 121.32 ± 3.41 |
| Epicatechin | 93.44 ± 4.27 |
| Dimer gallate1 | 8.86 ± 0.14 |
| Epicatechingallate | 21.24 ± 1.08 |
| Epigallocatechingallate | 0.03 ± 0.00 |
| Epigallocatechin2 | 0.27 ± 0.03 |
| PA trimer1 | 4.90 ± 0.47 |
| PA tetramer1 | 0.05 ± 0.01 |

Abbreviations: PA (proanthocyanidin)

The results are expressed on a wet basis as the mean ± SD (n=3).

The results are expressed as mg of phenolic compound/g of GSPE

**1** Quantified using the calibration curve of proanthocyanidin B2.

**2** Quantified using the calibration curve of epigallocatechingallte.

Taken from (Margalef et al. 2016).

Margalef, M., Pons, Z., Iglesias-Carres, L., Arola, L., Muguerza, B. and Arola-Arnal, A. (2016), Gender-related similarities and differences in the body distribution of grape seed flavanols in rats. Mol. Nutr. Food Res., 60: 760–772