

## 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 <sub>2</sub> PO <sub>4</sub>	0.5	3.7	1.35	0.9	0.9	0.8	0.8
NaHCO <sub>3</sub>	1	6.8	13.68	12.5	25	42.5	85
NaCl	2	-	-	11.8	47.2	9.6	38.4
MgCl <sub>2</sub> (H <sub>2</sub> O) <sub>6</sub>	0.15	0.5	0.15	0.4	0.12	1.1	0.33
NH <sub>4</sub> (CO <sub>3</sub> ) <sub>2</sub>	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 ± SD
Not digested cellulose	0.1±0.00
<b>CT</b>	
<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 <sup>2</sup>	R <sup>2</sup>	R <sup>2</sup>
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

<b>Samples</b>	<b>DPPH mmol/kg <math>\pm</math> SD</b>	<b>ABTS mmol/kg <math>\pm</math> SD</b>
Not digested cellulose	<b>0.2 <math>\pm</math> 0.0</b>	0.2 $\pm$ 0.0
	<b>CT</b>	<b>CT</b>
<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.