

**Table S1.** Chromatographic conditions of each used method.

Method	Class of Interest	Stationary Phase	Mobile Phase	Wavelength (nm)
A	Cinnamic acid, Flavonols	KINETEX – C18 column (4.6 × 150 mm, 5 µm)	A: 10 mM KH <sub>2</sub> PO <sub>4</sub> /H <sub>3</sub> PO <sub>4</sub> , pH = 2.8 B: CH <sub>3</sub> CN	330
B	Benzoic acids, catechins, tannins	KINETEX – C18 column (4.6 × 150 mm, 5 µm)	A: H <sub>2</sub> O/CH <sub>3</sub> OH/HCOOH (5:95:0.1 v/v/v), pH = 2.5 B: CH <sub>3</sub> OH/HCOOH (100:0.1 v/v)	280
C	Monoterpenes	KINETEX – C18 column (4.6 × 150 mm, 5 µm)	A: H <sub>2</sub> O B: CH <sub>3</sub> CN	210, 220, 235, 250
D	Organic acids	KINETEX – C18 column (4.6 × 150 mm, 5 µm)	A: 10 mM KH <sub>2</sub> PO <sub>4</sub> /H <sub>3</sub> PO <sub>4</sub> , pH = 2.8 B: CH <sub>3</sub> CN	214
E	Vitamins	KINETEX – C18 column (4.6 × 150 mm, 5 µm)	A: 5 mM C <sub>16</sub> H <sub>33</sub> N(CH <sub>3</sub> ) <sub>3</sub> Br/50 mM KH <sub>2</sub> PO <sub>4</sub> , pH = 2.5 B: CH <sub>3</sub> OH	261, 348

*Elutions conditions:*

Method A, gradient analysis: 5%B to 21%B in 17 min + 21%B in 3 min (2 min conditioning time); flow: 1.5 mL min<sup>-1</sup>

Method B, gradient analysis: 3%B to 85%B in 22 min + 85%B in 1 min (2 min conditioning time); flow: 0.6 mL min<sup>-1</sup>

Method C, gradient analysis: 30%B to 56%B in 15 min + 56%B in 2 min (3 min conditioning); flow: 1.0 mL min<sup>-1</sup>

Method D, gradient analysis: 5%B to 14%B in 10 min + 14%B in 3 min (2 min conditioning time); flow: 0.6 mL min<sup>-1</sup>

Method E, isocratic analysis: ratio of phase A and B: 95:5 in 10 min (5 min conditioning time); flow: 0.9 mL min<sup>-1</sup>