

Table S1. Colour change ΔE (Mean \pm Standard Error of Mean) for Gradia Direct in different test media at different time points

| | | Day 1 | Day 3 | Day 5 | Day 7 |
|-----------------|--------------------|-----------------|-----------------|-----------------|-----------------|
| Distilled water | $\Delta E \pm SEM$ | 0.82 ± 0.38 | 1.19 ± 0.28 | 1.25 ± 0.59 | 0.70 ± 0.24 |
| Beetroot juice | $\Delta E \pm SEM$ | 0.80 ± 0.46 | 2.50 ± 0.51 | 3.68 ± 0.63 | 5.99 ± 1.01 |
| | p value | 0.975 | 0.042* | 0.013* | 0.001* |
| Carrot juice | $\Delta E \pm SEM$ | 1.03 ± 0.37 | 2.44 ± 0.68 | 2.72 ± 0.59 | 4.38 ± 0.97 |
| | p value | 0.698 | 0.114 | 0.154 | 0.005* |
| Tomato juice | $\Delta E \pm SEM$ | 1.03 ± 0.37 | 2.76 ± 0.48 | 4.59 ± 0.47 | 8.74 ± 0.92 |
| | p value | 0.691 | 0.013* | < 0.001* | < 0.001* |

*indicates significant difference

Table S2. Colour change ΔE (Mean \pm Standard Error of Mean) for Valux Plus samples in different test media at different time points

| | | Day 1 | Day 3 | Day 5 | Day 7 |
|-----------------|--------------------|-----------------|-----------------|-----------------|------------------|
| Distilled water | $\Delta E \pm SEM$ | 1.24 ± 0.31 | 0.74 ± 0.26 | 0.57 ± 0.15 | 0.48 ± 0.13 |
| Beetroot juice | $\Delta E \pm SEM$ | 2.01 ± 0.47 | 6.67 ± 0.76 | 7.98 ± 1.35 | 11.53 ± 1.27 |
| | p value | 0.196 | < 0.001* | 0.001* | < 0.001* |
| Carrot juice | $\Delta E \pm SEM$ | 1.99 ± 0.43 | 5.65 ± 0.85 | 7.12 ± 1.03 | 10.40 ± 2.35 |
| | p value | 0.182 | < 0.001* | < 0.001* | 0.003* |
| Tomato juice | $\Delta E \pm SEM$ | 1.36 ± 0.35 | 3.60 ± 0.47 | 5.12 ± 0.68 | 6.95 ± 1.22 |
| | p value | 0.814 | < 0.001* | < 0.001* | < 0.001* |

*indicates significant difference