

Table S1. Flavonoid and phenolic acid profile of berries commonly consumed in the United States [81].

	Blueberry	Strawberry	Blackberry	Red Raspberry	Black Raspberry	Cranberry
ANTHOCYANINS						
Cyanidin		X		X		
Cyanidin 3-O-(6"-acetyl-galactoside)	X					
Cyanidin 3-O-(6"-acetyl-glucoside)	X					
Cyanidin 3-O-(6"-dioxalyl-glucoside)	X		X			
Cyanidin 3-O-(6"-malonyl-glucoside)			X			
Cyanidin 3-O-(6"-succinyl-glucoside)		X				
Cyanidin 3-O-arabinoside	X					X
Cyanidin 3-O-galactoside	X					X
Cyanidin 3-O-glucoside	X	X	X	X	X	X
Cyanidin 3-O-glucosyl-rutinoside				X		
Cyanidin 3-O-rutinoside			X	X		
Cyanidin 3-O-sophoroside				X		
Cyanidin 3-O-xyloside			X			
Delphinidin 3-O-(6"-acetyl-galactoside)	X					
Delphinidin 3-O-(6"-acetyl-glucoside)	X					
Delphinidin 3-O-arabinoside	X					
Delphinidin 3-O-galactoside	X					
Delphinidin 3-O-glucoside	X			X		
Malvidin 3-O-(6"-acetyl-galactoside)	X					
Malvidin 3-O-(6"-acetyl-glucoside)	X					
Malvidin 3-O-arabinoside	X					
Malvidin 3-O-galactoside	X					
Malvidin 3-O-glucoside	X			X		
Pelargonidin		X				
Pelargonidin 3-O-(6"-malonyl-glucoside)		X				
Pelargonidin 3-O-(6"-succinyl-glucoside)		X				
Pelargonidin 3-O-arabinoside		X				
Pelargonidin 3-O-glucoside		X		X		
Pelargonidin 3-O-glucosyl-rutinoside				X		
Pelargonidin 3-O-rutinoside		X		X		
Pelargonidin 3-O-sophoroside				X		
Peonidin 3-O-(6"-acetyl-galactoside)	X					
Peonidin 3-O-(6"-acetyl-glucoside)	X					
Peonidin 3-O-galactoside	X					X
Peonidin 3-O-glucoside	X					X
Petunidin 3-O-(6"-acetyl-galactoside)	X					

Petunidin 3-O-(6"-acetyl-glucoside)	X			
Petunidin 3-O-arabinoside	X			
Petunidin 3-O-galactoside	X			
Petunidin 3-O-glucoside	X			

FLAVANOLS

(+)-Catechin	X	X	X	
(+)-Gallocatechin	X			
(-)-Epicatechin	X	X	X	
(-)-Epicatechin 3-O-gallate	X			
(-)-Epigallocatechin	X	X	X	X
Procyanidin polymers	X	X	X	

FLAVONOLS

Kaempferol 3-O-glucoside	X		X	X
Kaempferol 3-O-glucuronide	X			
Morin	X			
Myricetin	X	X		
Myricetin 3-O-arabinoside				X
Quercetin		X	X	X
Quercetin 3-O-arabinoside				X
Quercetin 3-O-galactoside		X		X
Quercetin 3-O-glucuronide	X		X	
Quercetin 3-O-glucoside		X	X	
Quercetin 3-O-glucosyl-xyloside		X		
Quercetin 3-O-rhamnoside				X
Quercetin 3-O-rutinoside		X	X	X
Quercetin 3-O-xyloside		X		
Quercetin 3-O-xylosyl-glucuronide		X		

HYDROXYBENZOIC ACIDS

2,4-Dihydroxybenzoic acid				X
3-Hydroxybenzoic acid				X
4-Hydroxybenzoic acid 4-O-glucoside	X	X		X
5-O-Galloylquinic acid	X			
Benzoic acid				
Ellagic acid	X	X	X	
Ellagic acid acetyl-arabinoside			X	
Ellagic acid acetyl-xyloside			X	
Ellagic acid arabinoside			X	
Ellagic acid glucoside	X			
Gallic acid		X	X	X

Protocatechuic acid 4-O-glucoside			X			
Galloyl glucose			X			
Lambertianin C					X	
Sanguin H-6					X	
Vanillic acid						X
HYDROXYCINNAMIC ACIDS						
3-caffeoylquinic acid			X	X	X	
3-feruloylquinic acid			X			
3-p-coumaroylquinic acid			X			
4-caffeoylquinic acid			X	X	X	
5-caffeoylquinic acid	X	X	X	X	X	
Caffeic acid						X
Caffeoyl glucose		X	X			
Cinnamic acid		X				X
Feruloyl glucose		X	X			
Ferulic acid					X	X
P-coumaric acid		X	X	X	X	X
P-coumaric acid 4-o-glucoside		X	X	X		
P-coumaroyl glucose		X	X			

Table S2. Total polyphenol content (TPC) of commonly consumed berries [81].

Berry	TPC (mg/100g)
Blueberries (Highbush), raw (<i>Vaccinium corymbosum</i> L.)	223.41
Blackberries, raw (<i>Rubus</i> L.)	569.43
Black Raspberries, raw (<i>Rubus occidentalis</i> L.)	980.00
Cranberries, raw (<i>Vaccinium macrocarpon</i> Aiton)	315.00
Red raspberries, raw (<i>Rubus idaeus</i> L.)	154.65
Strawberries, raw (<i>Fragaria</i> L.)	289.20