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Untargeted Metabolomics Analytical Strategy Based on Liquid Chromatography/Electrospray Ionization Linear Ion Trap

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Journal of The American Society for Mass Spectrometry
Untargeted metabolomics analytical strategy based on liquid chromatography/electrospray ionization linear ion trap quadrupole/Orbitrap mass spectrometry for discovering new polyphenol metabolites in human biofluids after acute ingestion of Vaccinium myrtillus berry supplement
 --Manuscript Draft--

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| Abstract: | In this work, liquid chromatography coupled with an electrospray ionization hybrid linear ion trap quadrupole/Orbitrap mass spectrometry, has been used to accurately identify polyphenol metabolites in human serum and urine after acute ingestion of a V. myrtillus berry supplement. The supplement was obtained by cryo-milling of bilberries, which were freeze-dried within one week after their harvesting, so as to maintain the berry native composition. Thirty-six derivatives of benzoic acids, hydroxyhippuric acids, cinnamic acids, phenylpropionic acids, phenylvaleric acids, phenylpentenoic acids and abscisic acid, together with two berry-native anthocyanins, one flavonol metabolite and two catechol derivatives, were putatively identified in the investigated biofluids. The annotated compounds included thirteen metabolites, among glucuronides and sulphates of phenylvaleric and phenylpentenoic acids, which have been identified for the first time in human biofluids after ingestion of V. myrtillus berries. It should be emphasized that the presence of phenylvaleric and phenylpentenoic acid derivatives is in agreement with their origin from fruit native flavanol monomers and oligomers, which are widely distributed in Vaccinium berries, but usually overlooked in metabolomics studies regarding bilberry. The identification of these compounds confirmed the key-role of untargeted metabolomics approach in the discovery of new metabolites which could result biologically active. |



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DIPARTIMENTO
DI CHIMICA
"UGO SCHIFF"

Dear Editor,

I send you the revised version of the manuscript entitled "Untargeted metabolomics analytical strategy based on liquid chromatography/electrospray ionization linear ion trap quadrupole/Orbitrap mass spectrometry for discovering new polyphenol metabolites in human biofluids after acute ingestion of *Vaccinium myrtillus* berry supplement" for the publication in the Journal of the American Society for Mass Spectrometry.

Besides the revised manuscript and figures/tables, I enclose a point-by-point response letter to Reviewer's comments. I would like to express my gratitude for valuable and positive comments from Reviewers and their critical revision. I found Reviewers' comments very useful, and accordingly, in order to meet the Reviewer's suggestions, the manuscript text was modified, thus improving the overall quality of the article. All modifications are presented in word tracked changes mode. Moreover, in accordance with some suggestions of Reviewers, I added additional Supplementary Material and one more Table in the text.

Based on the aforementioned considerations, I hope that this revised version manuscript could be deserved of publication on a high reputable journal like Journal of the American Society for Mass Spectrometry surely is.

Best regards.

Sesto Fiorentino, 11 November 2018

Massimo Del Bubba

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Reviewers' comments:

Reviewer #1:

1) I am personally unsure about whether this article belongs in JASMS or not.

REPLY. According to the Aims and Scope reported in the web page of the journal, "*The Journal of the American Society for Mass Spectrometry is devoted mainly to the publication of research papers covering all aspects of mass spectrometry. Papers from all fields of scientific inquiry in which mass spectrometry can play a role will be considered. These fields include chemistry, physics, geology, and environmental science as well as the biological, health, and life sciences.....The journal is intended to be comprehensive, and its aim is to publish papers on both fundamentals and applications of mass spectrometry.....Papers that report on an application should have as a principal focus the use of mass spectrometry to solve a qualitative or quantitative problem. Application subjects include, but are not limited to, structural elucidation.....*". Application of mass spectrometry in nutritional clinical trials is one of the most dynamic fields right now. Mass spectrometry applied to nutrimentalomics helps in personalized dietary treatments and reveals inter-individual differences in response to treatment. The application to life science we propose in our paper focused principally on the use of mass spectrometry. In the paper, we show a robust untargeted metabolomics profiling of biological fluids essentially based on the use of mass spectrometry and a complex structure elucidation of biomarkers of intake. Therefore, Authors do honestly believe that the submitted manuscript is fully within the aims and scope of JASMS.

2) The application seems quite nice, and a workflow, which uses multiple MS acquisition settings, is well presented and effectively utilized. I also thought the elucidation of structures from the fragmentation studies could be useful to other researchers in this field. However, the authors have not clearly articulated whether or how their described workflow is really innovative and new, and whether this work contains "new MS science", a major prerequisite for publishing in JASMS.

REPLY. Authors would like to thank for positive comments regarding robustness of MS data acquisition, and entire workflow, as well as structure elucidations shown in the manuscript. With regard to novelty of our work, Authors would like to recall few details showing that there are some points new and interesting for mass spectrometry audience, especially for scientists that are involved in the use of mass spectrometry as fundamental tool for nutrimentalomics investigations. First of all, as pointed out in the cover letter and in the original version of the manuscript (Abstract, page 2, lines 22-27; throughout the manuscript when the new annotations are described; Conclusions, page 24, lines 19-24), this paper is the first one investigating the metabolomics of bilberry ingestion in human serum and urine using an untargeted MS approach. With this approach, we annotated for the first time 13 new metabolites, the knowledge of them will allow further investigations in this topic. The selection of bilberry was not casual; berries are known to be extremely rich in polyphenols and are commonly used in natural medicine; therefore, knowledge about metabolism of bilberry components, and common responses in urine and serum to the treatment, are of great value for nutraceutical scientists. As regards the workflow that we adopted, for sure we can say that it is complex, not only owing to the multiple MS acquisition, but also for the data pretreatment, which was performed using an advanced software package and by testing different values of the various parameters that allow for obtaining the feature selection. In the revised version of the supplementary material of the manuscript, we have included all these information (see Table S2 and S3) that in the original version were missing.

Reviewer #2: The current study by Ancillotti et. al. describes a high resolution/accurate mass based LC-MS approach utilizing a hybrid Orbitrap mass spectrometry platform to characterize fruit polyphenolic compounds and their metabolic derivatives in human biofluids. This study fills a need in the food engineering and horticulture fields as current methodology is somewhat lacking for these compounds, and to date has primarily consisted of targeted LC-MS approaches focused on detection of fruit anthocyanin compounds. A previous study from this group has identified numerous polyphenolic compounds belonging to non-anthocyanin classes of fruit metabolites, indicating that the traditional analytical approaches, which focus on only anthocyanin classes of polyphenols may be limited in utility for ADME studies. The authors provided sound reasoning for the advantages of an untargeted analytical approach given the diverse metabolic fates of various fruit polyphenolic compounds in humans. Overall, the study is well conceived and the analytical approach is solid. There are several areas, however, where further clarification of the approach used would strengthen the study significantly.

REPLY: Authors would like to express their gratitude for the revision and for positive comments regarding the overall manuscript content. We are very glad to know that Reviewer 2 found reasonable and convincing the link between the submitted paper and our previous work on berry fruits that was a fundamental base for this manuscript. We do appreciate a positive comment regarding robustness of an analytical approach we have chosen.

Questions for the authors to address:

1. Were the selected chromatographic conditions optimized based on empirical data, or chosen based on a survey of the literature? It would strengthen the paper to include some indication of the number of peaks reliably detected by various chromatographic methods to demonstrate that the selected method is indeed optimal.

REPLY. Authors agree with Reviewer 2 that chromatographic conditions are an extremely important issue in overall untargeted performance, considering long runs and high number of injections that must be supported by a LC column. As reported at page 7, lines 46-58 and page 8, lines 1-10 of the original version of the manuscript, we selected the chromatographic conditions trying to obtain the best compromise between throughput and metabolome coverage/peak resolution, since short runs will detect fewer ions than long ones for a variety of reasons, including ion suppression. Moreover, longer batches are more prone to a loss of instrumental stability, such as a decline in sensitivity, retention time shifts or changes in mass accuracy. Empirically, a reasonable compromise between analysis time and metabolome coverage is provided by a 10–12 min LC–MS gradient, which will allow the achievement of good metabolite separation, together with a satisfactory analytical throughput (see reference [33]). Furthermore, an isocratic step of 1 min at a very high water percentage (e.g. 95-99%) is usually recommended to allow the salts to be washed away from the column (see reference [33]).

To answer this issue better, Authors included in the Supplementary Material some experimental data previously not provided, where we judged an efficiency of LC run of 12 minutes and 15 minutes for urine and blood, respectively. We used for this experiment QC sample of urine and QC sample of serum and we injected these samples over 3 consecutive days (72h) – separately for serum and urine. This experiment reflected real case of chromatography conditions that occur during complex dataset, where MS spectrometer injects without a break for several consecutive days. In this experiment, from each injection, data related to peak area, peak height, m/z ppm error and retention time stability were extracted and verified calculating RSD%. These data were reported for the internal standards tryptophan d5, hippuric acid d5 and trans-cinnamic acid d5. It can be easily seen that overall performance was very good, with peak areas that kept stability during entire queue (RSD% between 3.1% – 7.8%), excellent Rt stability with RSD% of 0.1% and 0.3%, and the

same for mass accuracy data (values varying between 0.66 ppm and 3.03 ppm). Authors added new sentences in the paragraph "LC-MS and LC-MS/MS analysis" of the Experimental section.

Authors are grateful to Reviewer 2 for raising the question of feature extraction and peak detection issues. As reported in the manuscript, we did perform data analysis with XCMS-Plus, and we tested several different parameters before selecting the final one. In this revised submission we have included some additional data in the supplementary materials, as Table S2 and Table S3. A paragraph was also added in the text (see the paragraph "Data processing and statistical analysis"), indicating that the most important factor that helped to sieve correctly m/z features from the noise and selecting common responses to the dietary intervention was minfrac.

2. Additionally, the robustness of the selected LC-MS method should be addressed. What is the linear range of the assay? What are the LOD/LOQ? What are the intra- and inter-day repeatability? These should be addressed using compounds for which reference standards are commercially available.

REPLY. Authors agree with Reviewer 2 that robustness of selected LC-MS method must be addressed. This question has been partially answered by the previous paragraph: we added new supplementary material with detailed description of experiment that was a base for the following untargeted assay with real case study. Moreover, we added in the main text of the manuscript a new Table (numbered as Table 1 in the revised version) where we reported assessment of quality control samples and real study samples over the entire experimental run for internal standards. As can be seen from the Table, experiment was successful in mean of quality assessment, where RSD% of peak area varied between 3.3% to 15.7%. The higher RSD% was found for trans-cinnamic acid that unfortunately suffers of tailing, and for this reason RSD% value is slightly higher. Introduction of new Table was accompanied by an additional text reported in the section "Results and Discussion", paragraph "Assessment of data quality". Reviewer asked also for linearity, LOD and LOQ data; however, our experiment was exclusively untargeted assay and therefore it is difficult to provide this information. Moreover, we do perform quantitative analysis exclusively on TripleQuad5500, according to official SOPs in our metabolomics platform, and not on LTQ-XL Orbitrap. The choice of doing so is mainly due to extraordinary sensitivity of Triple Quad 5500. This project already planned a quantitative analysis of metabolites found in urine and serum in the near future, however this is a separated material for our next paper. We hope that Reviewer 2 can understand this approach.

3. Can the authors quantify the gain in accuracy of quantitation achieved by performing full-scan MS analysis in a separate run from the DDA MS/MS analysis? Given the doubling of analytical time required for this two-run approach, is the extended run time worthwhile?

REPLY. Authors would like to highlight once again that our study was exclusively untargeted assay. Therefore, we cannot say much about accuracy in quantitation. However, we have series of important reasons why we do perform a double injection procedure for untargeted experiments. First injection in Orbitrap is exclusively full scan screening – this mode allows for acquisition of high quality data, where each peak is defined by high number of point/peak, even for peak of low intensity. These data are then submitted to statistical analysis, where each even very small metabolite must be clearly defined by a Gaussian curve to avoid false positives or false negatives. The second injection is DDA, what helps in acquisition of very high number of MS2 spectra and pseudo MS3 spectra. An automatic DDA serves us also in the future for a retrospective analysis. Designing an experiment with human clinical trials is very time consuming and expensive; hence, a possibility to a retrospective analysis in the future is an additional opportunity to squeeze a knowledge hidden inside of a dataset that was already used once. The two-run approach is our good laboratory practice.

4. The authors were careful in their definition of compound identifications given the lack of available reference standards for many of the compounds investigated. Correct annotation of low molecular weight compounds is notoriously difficult given the isobaric and isomeric nature of many small molecules. While the authors focused on positive factors used to identify polyphenolic compounds (MS/MS fragmentation, and manual searches of spectral databases and compound libraries), can the authors comment on their approach to mitigating potential interferences from off-target small molecules that may have a theoretical mass within 5 ppm of the polyphenolic compounds of interest? Are any small molecules with masses within 5 ppm of the observed polyphenolic compounds predicted to give MS/MS fragmentation patterns that contain one or more ions observed in the MS/MS spectra collected for the polyphenols? If predicted MS/MS spectra are not available for potential isobaric interferences, have the authors attempted to catalog potential interferences?

REPLY. Reviewer raised an interesting issue related to the annotation step. In our case, every feature was individually checked for elemental composition formula, and for MS/MS fragmentation pattern. We indeed have taken in consideration that there could be more than one metabolite with the same elemental composition giving similar spectra, and for this reason, we bought standards for each of those metabolites that were questionable. The selection of an opportune candidate for a metabolite, bases not only on mass accuracy, isotopic distribution or MS2 fragmentation pattern, but also on biological sense of the study design. Whenever m/z features together with MS2 patterns were suggesting presence of more than one reasonable metabolite, all of them were bought and injected in the same LC-MS conditions. We did not attempt to do any catalogue; however, we described in the text the precise way of annotation, including initial doubts, and resolved question by acquisition of an analytical standards. This was the case of peaks 22, 24, 27 that could be potentially cinnamic acids or phenyl-valeric acids derivatives; or peaks 20 and 28 that could be assigned to dihydroxyphenyl valerolactone or dimethoxy cinnamic acid.

5. Can the authors provide any additional information about the volunteer human subjects that may be relevant to observed differences in polyphenolic metabolite content? Are there effects of gender or age on the metabolites observed in serum or urine?

REPLY. The volunteers were five males and five females, with an age included in between 24 and 60 years. The volunteers were selected among employers and students of the School of Science and of the School of Agriculture of the University of Florence. Honestly, we did not evaluate the effect of gender and age since it was out of our scope, also because the volunteers as a whole were only ten people. Conversely, we tried to discover statistically significant differences in the concentrations of some metabolites irrespective to gender and age, to highlight the effect of the ingestion of bilberry *per se*. In this phase of the study, authors were interested in a common response to dietary challenge, rather than in identification of gender-dependent relations, or metabolite subgroups.

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7 **Untargeted metabolomics analytical strategy based on liquid**
8 **chromatography/electrospray ionization linear ion trap quadrupole/Orbitrap mass**
9 **spectrometry for discovering new polyphenol metabolites in human biofluids after acute**
10 **ingestion of *Vaccinium myrtillus* berry supplement**
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Abstract

In this work, liquid chromatography coupled with an electrospray ionization hybrid linear ion trap quadrupole/Orbitrap mass spectrometry, has been used to accurately identify polyphenol metabolites in human serum and urine after acute ingestion of a *V. myrtillus* berry supplement. The supplement was obtained by cryo-milling of bilberries, which were freeze-dried within one week after their harvesting, so as to maintain the berry native composition. Thirty-six derivatives of benzoic acids, hydroxyhippuric acids, cinnamic acids, phenylpropionic acids, phenylvaleric acids, phenylpentenoic acids and abscisic acid, together with two berry-native anthocyanins, one flavanol metabolite and two catechol derivatives, were putatively identified in the investigated biofluids. The annotated compounds included thirteen metabolites, among glucuronides and sulphates of phenylvaleric and phenylpentenoic acids, which have been identified for the first time in human biofluids after ingestion of *V. myrtillus* berries. It should be emphasized that the presence of phenylvaleric and phenylpentenoic acid derivatives is in agreement with their origin from fruit native flavanol monomers and oligomers, which are widely distributed in *Vaccinium* berries, but usually overlooked in metabolomics studies regarding bilberry. The identification of these compounds confirmed the key-role of untargeted metabolomics approach in the discovery of new metabolites which could result biologically active.

Keywords: Untargeted metabolomics, High resolution mass spectrometry, Human serum, Human urine; *Vaccinium myrtillus*, Polyphenol metabolites

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7 **Introduction**
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9 *Vaccinium myrtillus* berry (bilberry) is widely used for the preparation of transformed
10 products and supplements, owing to its high content of phenolic compounds that have been
11 often related to a number of health-protecting properties [1, 2], thus suggesting bilberry as a
12 functional food in human diet [3]. For example, some *in vitro* studies showed an anti-
13 proliferative effect of polyphenol-rich bilberry extracts against different cancer cell lines [4-
14 6], as well as antimicrobial activities towards some important human pathogens [7, 8].
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20 However, digestive processes produce significant modifications of fruit native polyphenols,
21 thus making the *in vitro* studies not actually informative about the *in vivo* effects.
22 Nevertheless, it should also be noted that the intake of polyphenol-rich fruits, including
23 bilberry, has been demonstrated to provide beneficial effects against many diseases (e.g.
24 hyperglycaemia, cardiovascular risk, colon cancer) both in animal studies and clinical trials
25 [9-11], making extremely interesting to understand the modifications of native compounds
26 during digestion.
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33 Despite the importance of understanding the final products of digestion of fruit native
34 polyphenols, the absorption, distribution, metabolism and elimination (ADME) of berry
35 phenolic compounds have been investigated in depth only with limited extent [12-15] and, as
36 far as we know, no untargeted studies focusing on the ADME of bilberry polyphenols have
37 been reported in literature up to date. Moreover, in both animals and humans, the fate of
38 anthocyanins - the most abundant bilberry polyphenols - is currently poorly understood,
39 notwithstanding the high number of targeted studies investigating anthocyanin bioavailability
40 in biological fluids after ingestion of various small berries or their transformed products [16-
41 26]. The limited comprehension of the metabolic fate of anthocyanins is probably due to the
42 targeted metabolomics approach adopted in these studies that strongly limited the number and
43 type of potentially identifiable metabolites. More in detail, in these studies, a targeted
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7 investigation based on liquid chromatography coupled with diode-array or tandem mass
8 spectrometric (LC-MS/MS) analysis of native anthocyanins and their predicted metabolites
9 was carried out. The latter analytes were methylated derivatives, sulphate and glucuronide
10 conjugates deriving from phase II metabolism [21], as well as benzoic, phenylacetic and
11 hydrocinnamic acids suggested by *in vitro* studies as the gut microflora metabolites of
12 anthocyanins [27]. LC-MS/MS targeted analysis allowed for quantifying the aforementioned
13 metabolites, even at low concentrations (i.e. pmol/mL-nmol/mL), using relatively easy
14 analytical protocols and instruments. However, the identification of new potentially bioactive
15 metabolites is not possible with this approach. Conversely, the untargeted metabolomics
16 analysis, although it requires more complex instrumentations (typically high-resolution mass
17 spectrometers, HRMS), and analytical protocols, is able to provide the exact mass of the
18 detected ions, thus drastically reducing the number of possible elemental formula ascribable
19 to the parent molecules. Furthermore, untargeted approaches produce tens of thousands
20 signals and requires a long elaboration of the acquired data [28], thus requiring highly trained
21 staff in the field of study.

22 It is also important to underline that, although some studies focused on anthocyanin
23 metabolites in human biofluids after ingestion of *V. myrtillus* berries, these fruits contain
24 significant concentrations of a number of polyphenols belonging to classes other than
25 anthocyanins [29, 30]. In this regard, the polyphenolic composition of *V. myrtillus* berries
26 was recently investigated by our research group, highlighting the occurrence of a number of
27 flavonols, flavanol oligomers and phenolic acids, in addition to anthocyanins [31].
28 Accordingly, also the metabolites of non-anthocyanidin phenolic classes could be involved in
29 the biological activity of *V. myrtillus* fruits.

30 For all these reasons, the untargeted metabolomics analysis of human biological fluids after
31 the ingestion of *V. myrtillus* berries is necessary in order to identify new significant

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7 metabolites of bilberry polyphenols in human body. Accordingly, the aim of this research
8 was the LC-HRMS untargeted metabolomics analysis of serum and urine polyphenolic
9 metabolites in healthy volunteers after the administration of a bilberry-based supplement.
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11 **Figure 1** illustrates an intuitive graph of the workflow adopted in this study for the
12 untargeted serum and urine metabolomics.
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16 **Experimental**

17 Reagents and standards

18 Methanol and acetonitrile LC-MS Ultra CHROMASOLV™ and formic acid were purchased
19 from Sigma Aldrich (St. Louis, MO, USA). The ultrapure water was obtained by purifying
20 demineralized water in a Milli-Q system from Millipore (Bedford, MA, USA). The internal
21 standard trans-cinnamic-d5 acid (CIN-d5) was purchased from CDN ISOTOPES Inc.
22 (Pointe-Claire, Quebec, Canada). The surrogate standards L-Tryptophan-2',4',5',6',7'-d5
23 (TRYI-d5) and N-Benzoyl-d5-glycine (Hippuric acid-d5, HIP-d5) were obtained from Sigma
24 Aldrich and CDN ISOTOPES Inc., respectively. Reference standards for compound
25 identification were supplied as follows: delphinidin-3-glucoside, delphinidin-3-galactoside,
26 cyanidin-3-galactoside and cyanidin-3-glucoside by Extrasynthese (Genay, France); (4R)-5-
27 (3,4-dihydroxyphenyl)- γ -hydroxyvaleric acid sodium salt by Toronto Research Chemicals
28 (Toronto, Canada); vanillic acid, ferulic acid, abscisic acid, syringic acid, sinapic acid,
29 chlorogenic acid, α -hydroxyhippuric acid (α -HA), o-hydroxyhyppuric acid (o-HA), p-
30 hydroxyhyppuric acid (p-HA), 3,4-dimethoxycinnamic acid, 3,4,5-trimethoxycinnamic acid,
31 3-(4-hydroxyphenyl)propionic acid and 3-(3,4-dihydroxyphenyl)propionic acid by Sigma
32 Aldrich.
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48 Study Design

49 Ten healthy voluntary subjects participated in the study. None of them presented concomitant
50 food allergies or metabolic diseases. The study followed the guidelines set by the Helsinki
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7 Declaration (<http://www.fda.gov/ohrms/dockets/dockets/06d0331/06D-0331-EC20-Attach->
8 1.pdf) and all subjects provided written informed consent prior to the study.
9

10 *V. myrtillus*-based supplement was obtained as specified in the section S1 of the
11 Supplementary Material. A single dose of 25 g of this berry supplement mixed with 500 mL
12 of drinking water was orally administered to all subjects convened early in the morning after
13 10 h of fasting. Then, the volunteers remained fasting for six hours, drinking approximately
14 100 mL of water every 30 min. The supplement dose was chosen in order to simulate real
15 experimental conditions elsewhere adopted within randomized phase II clinical studies. In
16 our study, total polyphenol content of the supplement was 38.8 mg catechin equivalent/g (see
17 the section S1 of the Supplementary Material), thus each volunteer received a total dose of
18 polyphenols of about 1 g. This amount was an equivalent of the daily dose administered to a
19 group of patients suffering from prostate cancer, resulting effective in slowing the
20 progression of the disease [32].
21

22 Ethical approval for the administration was obtained for a phase I-II study (approval n. SPE
23 14.178 AOUC, 30th May 2016).
24

25 Serum and urine of each volunteer were collected at baseline and different sampling times
26 (30, 60, 120, 240 and 360 minutes) after the supplement consumption. For urine, cumulative
27 samples were also collected after 24 and 48 hours from the *V. myrtillus* supplement ingestion.
28 In this regard, it should be remarked, that volunteers were asked to keep off fruits and
29 vegetables during the whole study period.
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31 After the collection, both serum and urine samples were divided in aliquots of 500 μ L, frozen
32 at -80°C and stored until LC-HRMS analysis was performed.
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34 Urine and serum extraction

35 Before the LC-MS analysis, urine and plasma aliquots were thawed and extracted according
36 to the methods described in the section S2 of the Supplementary Material. Briefly, urine
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7 sample were filtered and diluted according to the preparation procedure for untargeted
8 metabolomics studies using LC-MS analysis [33]. As regards serum samples, the matrix was
9 more complex than urine because of the presence of high molecular weight molecules that
10 must be removed [34]. For this purpose, the extraction of serum samples consisted in the
11 precipitation of proteins and removal of phospholipids adding different mixture of cold
12 organic solvents (see S2 section of the Supplementary Material for details).
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18 For both urine and serum samples, surrogated (~~TR~~TRTRY-d5 and HIP-d5) and internal (CIN-
19 d5) standards were added in order to evaluate the quality of extraction and LC-MS analysis.
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22 In addition, the extraction blanks and the quality control (QC) samples (consisting of a
23 mixture of the same aliquot of all urine or serum samples treated with the same
24 aforementioned extraction conditions) were injected before the LC-MS analysis of the
25 individual samples.
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29 LC-MS and LC-MS/MS analysis 30

31 For both serum and urine samples, LC analysis was performed on a Dionex Ultimate 3000
32 HPLC system equipped with a Kinetex C18 column (150 mm x 2.1 mm I.D., particle size 2.6
33 μm) and a guard column containing the same stationary phase (Phenomenex, Torrance, CA,
34 USA). The LC system was coupled with a hybrid linear ion trap Fourier Transform (LTQ FT)
35 Orbitrap high-resolution mass spectrometer (Thermo Fisher Scientific, Waltham, MA, USA)
36 by an electrospray ionization (ESI) probe for MS and MSⁿ analysis both in positive and
37 negative ionization.
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44 According to the general protocols reported in the scientific literature for serum and urine
45 metabolomics [33, 34], the chromatographic gradient was optimized aiming at obtaining the
46 best compromise between throughput and metabolome coverage/peak resolution, since short
47 runs will detect fewer ions than long ones for a variety of reasons, including ion suppression.
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51 Moreover, longer batches are more prone to a loss of instrumental stability, such as a decline
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in sensitivity, retention time shifts or changes in mass accuracy. Empirically, a reasonable compromise between analysis time and metabolome coverage is provided by a 10–12 min LC–MS gradient, which will allow the achievement of good metabolite separation, together with a satisfactory analytical throughput [33]. Furthermore, an isocratic step of 1 min at a very high water percentage (e.g. 95-99%) is usually recommended to allow the salts to be washed away from the column [33]. In our study, the chromatographic conditions below reported were selected on the basis of the results obtained by some experiments aiming at the evaluation of peak area stability, retention time shifts and m/z mass accuracy of the aforementioned surrogated and internal standards over 3 days' injections. According to these experiments, For both serum and urine analysis, the column temperature was set at 40°C, the injection volume was 5 µL and the flow rate was 350 µL/min. Water (eluent A) and acetonitrile (eluent B), both with 0.1 % formic acid, were used as mobile phases. For chromatographic analysis of urine sample, the following gradient was adopted: 0-1 min isocratic 5% B, 1-7 min linear gradient 5-45% B, 7-8.5 min linear gradient 45-80% B, 8.5-10.5 min isocratic 80% B, 10.5-11 min linear gradient 80-5% B, 11-12 min 5% B. The elution gradient used for the analysis of serum samples was the following: 0-1 min isocratic 5% B, 1-12.5 min linear gradient 5-100 % B, 12.5-14 min isocratic 100% B, 14-14.3 min linear gradient 100-5% B, 14.3-15.3 min 5% B. Full details regarding chromatographic analysis, including a reconstructed chromatogram of the identified metabolites in a representative urine sample, as well as ESI and mass spectrometer conditions, were described in the section S3 of the Supplementary Material. Both the urine and serum QC samples were injected 70 times under the chromatographic conditions specified above, obtaining very good performances for the entire injection queues (e.g. RSD% values of peak area in between 3.1% and 13.2%, see Figures S1-S6 and Tables S1-S4 of the Supplementary Materials for the complete results).

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7 As regards the dataset from nutritional challenge. e

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9 Each sample was analysed, both under positive and negative ionization, using two different
10 mass acquisition methods for each ionization mode. The first method consisted of a full scan
11 (mass range from 100 to 1000 Da) at a mass resolution of 30,000 FWHM (full width at half
12 maximum for m/z 400) in centroid mode. Then, based on the data dependent acquisition
13 (DDA) mode, the LC-MS/MS analysis of each sample was performed in order to achieve the
14 mass fragmentation spectra. In this method during the chromatographic run, both full scan
15 and MS^2 spectra of the 3 most intense ions of each full scan were acquired. The resolving
16 power for MS^2 scans was 7500. Product ions were generated in the LTQ trap at collision
17 energy 35 eV using an isolation width of 2 Da. Such double injections with two different
18 mass spectrometry acquisition methods allowed for the collection of high quality full scan
19 data dedicated to further statistical analysis, while second injection with DDA modality
20 allowed for an automatic collection of high number of MS^2 and pseudo MS^n spectra.

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22 For both urine (or serum) LC-MS and LC-MS/MS analysis, a quality control (QC) sample
23 consisting of a pool of all urine (or serum) samples, together with a solvent solution
24 (methanol/water 1:1) were injected every 10 samples for the evaluation of the performance of
25 the analytical system in terms of retention times, mass accuracy, signal drift, and carry over
26 phenomena. For the injection order, samples were randomized within each injection batch.

27
28 In addition, whenever necessary MS^3 experiments were carried out for selected ions showing
29 statistically significant differences before and after *V. myrtillus* berry ingestion. These
30 additional experiments were performed in order to obtain the loss of glucuronide and sulphate
31 units in the first mass fragmentation experiment (MS^2) and to achieve the fragmentation of
32 deconjugated metabolites in the second mass fragmentation experiment (MS^3) for the
33 comparison with the reference standard spectrum. Three samples were reinjected for each ion
34 of interest and samples were chosen based on maximal intensity.

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7 Data processing and statistical analysis

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9 All raw data were manually inspected using the Qual browser module of Xcalibur version
10 2.0.7 (Thermo Fisher Scientific). The LC-MS raw files were converted to mzXML with the
11 MSConvert utility included in ProteoWizard [35]. Then, the mzXML files were processed
12 with the software XCMS *plus* (The Scripps Research Institute, La Jolla, CA) that allows for
13 obtaining data processing (feature detection and retention time alignment) and data analysis
14 through statistics tools [36]. Firstly, feature detection step aimed to the identification of all
15 signals caused by true ions and avoid detection of false positives. During this processing, the
16 maximum mass accuracy was set equal to 5 ppm, the minimum signal to noise ratio was fixed
17 equal to 3 and only peaks with an intensity greater than 10000 cps for at least three
18 consecutive scans were considered as features. Then, retention time alignment is needed for
19 correcting retention time differences among runs and combining data from different samples.
20 After this step, the maximum retention time deviation across samples to consider two peaks
21 in two different samples as the same compound was set equal to 5 seconds. The parameters
22 evaluated in order to optimize the extraction of features and the values of such parameters
23 selected after the optimization are given in Table S5 and Table S6 of the Supplementary
24 Material. Among different XCMS parameters the minfrac (i.e. the minimum number of
25 samples per group, expressed as %, necessary for a m/z feature to be considered significant
26 and to be retained in the following workflow of identification, see Figure 1) was the most
27 critical, as it largely influenced the amount of features obtained during the entire data
28 processing. Several values of minfrac were tested in this study as shown in the
29 aforementioned supplementary tables. Final decision considered minfrac of 0.8, meaning that,
30 in order to consider a feature as valid, at least 80% of samples in a group must contain that
31 feature. Reason for such value was motivated by the scope to verify the occurrence of

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7 common for most of participant's responses to a dietary intervention, rather than
8 identification of individuals or subgroups characterized by particular metabolotypes.
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11 As regards urine, the normalization of feature intensities for the volume of each sample was
12 performed in order to remove differences due to the diverse urine volumes [37].

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14 Afterward, statistical analysis of data was performed in order to evidence features with
15 statistically different intensities in urine and/or serum of volunteers before and after *V.*
16 *myrtillus* berry administration. Both for serum and urine samples, the statistic comparison
17 between different sampling times groups were performed using one-way analysis of variance
18 (ANOVA) and the non-parametric Wilcoxon signed-rank test, as suggested by Gowda and
19 co-workers [36]. Accordingly, the *P*-value associated to the comparison among the baseline
20 and the post-ingestion intensities were calculated. Principal Component Analysis (PCA) was
21 performed by the Compound Discoverer software, version 2.1 (Thermo Fisher Scientific).

22
23 Finally, the identification of features with an intensity statistically higher in biofluids
24 collected after bilberry administration in respect to the baseline ones, was carried out
25 according to the criteria previously reported by our research group [31]. Briefly, the detected
26 mass of the pseudo-molecular ion must differ from the exact mass of proposed formula in a
27 maximum value of 5 ppm (mass accuracy \leq 5 ppm) and the isotope ratio difference compared
28 to the theoretical isotope profile must be below 20%. Then, the structural elucidation of ions
29 of interest was performed through the evaluation of fragment ions present in MS² and MS³
30 fragmentation spectra.

31
32 According to metabolomics guidelines, four levels of identification are distinguished. Briefly,
33 level I is defined when the proposed structure is compared with the reference standard
34 (identified compound); for level II the comparison with reference standards is not necessary
35 and the identification is performed based upon physicochemical properties and similarity
36 with spectral libraries (putatively annotated compound); identification at level III is based on
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7 characteristic physicochemical properties of a chemical class of compounds, or by spectral
8 similarity to known compounds of a chemical class (putatively characterized compound
9 classes); level IV includes the unknown compound [38]. Recently, a more detailed level of
10 identification was proposed for unknown compounds distinguishing the cases in which an
11 unequivocal molecular formula can be attributed (level IV) and only the exact mass was
12 available (level V) [39]. In the present study, the absence of commercial standards of
13 glucuronide and sulphate conjugated compounds made impossible the identification with
14 level I. For this reason, the majority of the features considered in the identification workflow
15 corresponded to putatively annotated compounds (level II), namely without chemical
16 reference standards, based upon chromatographic behaviour and similarity with spectral
17 libraries. In this manuscript, we used the terms “putative/putatively” or
18 “tentative/tentatively”, meaning a level II identification.
19

20 **Results and Discussion**

21 Assessment of data quality

22 The QC injected each ten samples during every LC-MS and LC-MS/MS batches assessed the
23 quality of metabolomics data excluding mass calibration problems and retention times drift.
24

25 Indeed, the mass accuracy and the retention time variations of surrogate and internal
26 standards were found below 5 ppm and 2 seconds, respectively. Moreover, the variation of
27 integrated area of the surrogate standards (added before the extraction) and internal standard
28 (added before the analysis) in all the QC injections resulted lower than 20%, thus confirming
29 the repeatability of the extraction and excluding the possibility of signal drift and carry over
30 phenomena during the LC-MS and LC-MS/MS analysis. Details regarding analytical

31 performance for internal and external standards in QC samples and entire dataset are given in

32 Table 1.

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7 **Figure 2** shows PCA score plots of serum and urine samples under positive and negative
8 ionization modes. It can be easily observed that QC samples (black circles) are tightly
9 grouped in all four PCA plots, showing no batch effect, or trend due to the injection order (i.e.
10 drop in signal intensity). Study samples are distributed homogeneously with no visible trends
11 according to post-prandial time point. Interestingly, few outliers can be however identified.
12
13 More in detail, in case of the serum matrix, samples from Volunteers 4, 7 and 8 analysed in
14 positive ionization mode (**Fig. 2A**) were clearly separated from all the others, whereas in
15 negative ionization (**Fig. 2B**) the separation interested Volunteers 3 and 4, even though it was
16 less evident. As regards urine, in positive ionization (**Fig. 2C**) samples from the Volunteer 3
17 tend to be separated from the rest of study samples, while the analysis in negative mode (**Fig.**
18 **2D**) gave rise to a more widespread distribution of the analysed samples, with only the
19 Volunteer 10 slightly separated from the others.

29 Feature selection

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31 Data processing with XCMS Plus (peak picking and t_R alignment) resulted in a very large
32 number of m/z features in both serum and urinary samples (i.e. 6708 and 13567,
33 respectively). Statistical analysis allowed to reduce ions of interest to a few hundreds,
34 highlighting features that showed in serum and/or urine statistically different signals ($P \leq$
35 0.05) between the baseline level and the maximum intensity observed after supplement
36 ingestion. The time profile intensities of ions were further manually inspected in order to
37 highlight only features showing an increasing trend in respect to baseline. Finally, the
38 resulting list of features has been reviewed in order to manually exclude m/z features, such as
39 in-source fragmentation and other solvent/metal adducts of the same ion. From this procedure
40 of data processing 36 features were selected (**Table 2**). All the selected features showed a
41 statically different maximum intensity in serum and/or urine collected within 6 h after the
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7 supplement ingestion, compared to the pre-ingestion level. More in detail, among the 36
8 features selected, 3 were identified in serum, 24 in urine and 9 in both biofluids.

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11 [Table S7 of the Supplementary Material summarises the most probable level-I identification](#)
12 [and ID reported in Human Metabolome Database \(HMD\), PubChem \(PC\) and Chemical](#)
13 [Entities for Biological Interest \(CHEBI\) for the identified metabolites. Following, the](#)
14 [identification of each one of the 36 features selected is discussed with full details.](#)
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18 Feature identification

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20 All features showing statistically significant differences in intensity between the baseline
21 sample and at least one of the samples collected after supplement administration, were
22 putatively identified according to the identification criteria reported in the paragraph “Data
23 processing and statistical analysis”. For each feature, **Table 2** illustrated retention times (t_R ,
24 min), mass to charge ratio (m/z) of parent ion found by the HR full scan experiment, main
25 mass fragments, the proposed formula and the corresponding exact mass, the mass accuracy
26 (Δ , ppm), the putative identification, the biological fluid (i.e. serum and/or urine) in which the
27 metabolite was identified and the lowest P -value resulting from the Wilcoxon signed-rank
28 test. In detail, mass fragments can be produced during both MS^2 and MS^3 experiments, being
29 the latter the result of an in-source fragmentation or a dedicated MS^3 method.

30
31 In addition, a more robust identification was provided for glucuronide and sulphate
32 conjugates for which the MS^3 fragments can be compared with the MS^2 spectrum of the
33 reference standard of the non-conjugate metabolite. For these peaks, a more informative
34 attribution was hypothesized and reported in bracket in **Table 2**.

35
36 Almost all the features reported in **Table 2** were detected in negative ionization mode as
37 pseudo-molecular ion $[M-H]^-$ and for most of these ions, this finding was in accordance with
38 their putative annotation as phenolic acids. The only two exceptions were represented by the
39 two compounds putatively identified as delphinidin-hexoside (peak **14**) and cyanidin-

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7 hexoside (peak **19**). Indeed, these two ions were detected in positive ionization mode as
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9 molecular ions $[M]^+$ in agreement to their chemical structure, which is characterized by a
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11 positive charge at $\text{pH} < 3$ [40]. It should also be noted that the mass of detected molecular
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13 ions was in very good agreement with the exact mass of the proposed formula being the mass
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15 accuracies the highest among all the identified features (**Table 2**). The mass fragments found
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17 for peaks **14** and **19** corresponded to the cleavage of the sugar and formation of aglycones at
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19 m/z 303.0501 and 287.0544 for delphinidin and cyanidin, respectively. The loss of only the
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21 glycoside unit during the mass fragmentation, as well as the earlier elution of delphinidin-3-
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23 glucoside in respect to cyanidin-3-glucoside, were typically reported in literature for these
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25 compounds [29-31]. In addition, the fragmentation spectra of peaks **14** and **19** matched
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27 perfectly with those of the reference standards of delphinidin-3-glucoside and cyanidin-3-
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29 glucoside, respectively (data not shown). Nevertheless, the same fragmentation spectra were
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31 obtained for the corresponding galactoside standards and therefore the only chance to
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33 discriminate the two glycosides is based on their chromatographic separation. Unfortunately,
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35 the elution gradient of the chromatographic run commonly suggested for untargeted
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37 metabolomics analysis and herein adopted, is too fast for obtaining the resolution of
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39 anthocyanidin galactoside and glucoside. Thus, due to the impossibility of discriminating the
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41 type of bound sugar, peak **14** and **19** were identified as delphinidin-hexoside and cyanidin-
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43 hexoside, respectively.

42 The presence of these anthocyanins was in agreement with the high content of galactoside
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44 and glucoside derivatives of delphinidin and cyanidin in *V. myrtillus* fruits [29, 30]. It is
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46 important to note that these two compounds were the only native anthocyanins found in the
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48 studied biofluids, although nearly sixty anthocyanidin glycosides were identified in bilberry
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50 [31]. Moreover, a list of predicted anthocyanin metabolites (i.e. glucuronides, sulphate and
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52 methylated conjugates) were investigated both in serum and urine, but none of these
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7 compounds were found in our samples. Conversely, many literature studies reported
8 anthocyanin predicted metabolites, even if at very low concentrations (i.e. 1-2% of the
9 ingested dose) [17, 21-24, 41]. Nevertheless, the difference between our results and those
10 reported elsewhere can be due to some variables of the study design, such as the form of the
11 anthocyanin dose ingested (fruits, juice, supplement or enriched-extract), the ingestion of the
12 dose with or without a meal, the duration of administration (long-term intake compared to an
13 acute ingestion) and in particular the sampling time. Furthermore, the quantitative data about
14 cyanidin 3-glucoside distribution in rat biofluids and organs, including brain, have clearly
15 shown that once reaching the bloodstream, an extremely high rate of cellular uptake and
16 metabolism occurs, thus strongly lowering the biofluids concentration of native compounds
17 and related products of the human metabolism [42, 43].

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22 In addition, the use of targeted approach, even though unable to discover unknown
23 metabolites, is characterized by higher sensitivity compared to the untargeted one, thus
24 allowing for the detection of low concentrations of predicted anthocyanin conjugates.

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33 Among the features listed in **Table 2**, a group of compounds were putatively identified as
34 benzoic acids conjugates (peaks **1**, **3**, **4**, **6**, **7** and **10**). More in detail, peaks **1** and **7** were
35 characterized by the quasi-molecular ion $[M-H]^-$ at m/z 343.0663 and showed the neutral loss
36 of 176.0321 giving rise to the fragment at m/z 167.0349 (**Fig. 3A**). In addition, the
37 glucuronate “fingerprint” ions found at m/z 175.0246 and 113.0245 (formed by the
38 elimination of H_2O and CO_2 from the ion at m/z 175.0246) suggested that the pseudo-
39 molecular ion was a glucuronide conjugated compound [44]. It should also be noted that for
40 peaks **1** and **7** the loss of glucuronate in the ion source provided the MS^2 spectrum of the non-
41 conjugated ion at m/z 167.0349 (**Fig. 3B**) that showed fragments at m/z 152.0114 (loss of
42 methyl radical), 123.0452 (loss of CO_2) and 108.0216 (further loss of methyl radical), in
43 agreement with the fragmentation pattern of hydroxy-methoxy benzoic acids, such as vanillic
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7 or isovanillic acids (**Scheme 1**) [45, 46]. Furthermore, these ions matched perfectly the mass
8 fragments obtained for the vanillic acid reference standard. The presence of the glucuronide
9 derivatives of vanillic acid and of one of its isomers (other than isovanillic acid) were
10 reported by Pimpão and co-workers in human urine of healthy volunteers after the ingestion
11 of a mixture of five small berries [14]. These compounds were tentatively attributed to two
12 vanillic acid glucuronides in which the glucuronidation occurs either at the hydroxyl group or
13 at the carboxylic group, as pointed out by Piazzon et al. [47]. Accordingly, peaks **1** and **7**
14 might be attributed to vanillic acid glucuronides. However, due to the lack of conjugated
15 reference standards, peaks **1** and **7** were reported in **Table 2** as hydroxy-methoxy benzoic
16 acid glucuronides I and II.

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25 Peak **6** was ascribed to hydroxy-methoxy benzoic acid hexoside, being characterized by the
26 neutral loss of 162.0526 and the same fragmentation pattern (m/z 167.0347 and 123.0451)
27 found for the previously described hydroxy-methoxy benzoic acid glucuronides (**Table 2**). It
28 should also be noted that peak **6** eluted immediately earlier than peak **7**, thus suggesting for
29 this compound the putative identification as vanillic acid glucoside. In fact, under reversed-
30 phase chromatographic conditions, glucoside derivatives typically elute right before the
31 corresponding glucuronides [31]. In accordance with these considerations peak **6** could be
32 tentatively ascribed to vanillic acid glucoside, whose presence in human urine after bilberry
33 consumption is suggested herein for the first time.

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42 Peak **3** exhibited the loss of 79.9565 Da, which is characteristic for a sulphate conjugated
43 compound [12], leading to the formation of the ion at m/z 197.0452 as the most intense
44 fragment in MS^2 spectrum (**Table 2**). In addition, the ion at m/z 233.0121 deriving from the
45 loss of CO_2 from the pseudo-molecular ion confirmed the presence of the carboxylic unit,
46 thus suggesting for peak **3** the attribution to a sulphate conjugate of a carboxylic acid. The
47 MS^3 fragmentation spectrum of the ion at m/z 197.0452 highlighted the presence of ions at
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7 m/z 182.0221 and 153.0554, due to the loss of methyl radical and CO₂ units, which are
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9 consistent with the occurrence of a hydroxy-dimethoxy benzoic acid (**Table 2**). More
10 specifically, since this fragmentation pattern matched perfectly the mass fragments of
11 syringic acid standard, the tentative identification of syringic acid sulphate is proposed. Based
12 on similar considerations, peaks **4** and **10**, that showed the same MS³ daughter ions of
13 syringic acid, together with the typical MS² fragments of a glucuronide conjugate, have been
14 reported as glucuronide derivatives of hydroxy-dimethoxy benzoic acids (**Table 2**), even
15 though their putative identification as syringic acid glucuronides is suggested. The presence
16 of syringic acid was elsewhere detected in enzymatically hydrolysed serum and urine from
17 volunteers assuming a *Vaccinium* berry-based diet, thus supporting our identification of peaks
18 **3, 4** and **10** [25, 48].
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27 Peak **2** was putatively identified as hydroxyhippuric acid sulphate on the basis of the exact
28 mass of the pseudo-molecular ion (m/z at 274.0019), as well as the loss of sulphate unit,
29 which gave rise to the ion at m/z 194.0455 (**Table 2**). Moreover, the further fragmentation of
30 the latter ion resulted in the loss of CO₂ with the consequent formation of the ion at m/z
31 150.0561, already suggested in literature for the identification of 2-hydroxyhippuric and 3-
32 hydroxyhippuric acids as urinary metabolites of quercetin-rutinoside [49]. However, in order
33 to attempt a more specific level of identification of peak **2**, the LC-MS/MS analysis of α -HA,
34 p-HA and o-HA reference standards was performed. Interestingly, the three isomers were
35 characterized by different retention times and main mass fragments ($t_R = 3.7, 3.9, 5.6$ minutes
36 and m/z 72.9933, 165.0507, 150.0558, for α -HA, p-HA and o-HA, respectively). From the
37 comparison with the mass fragments of reference standards, the presence of the ion at m/z
38 150.0558 in the MS³ experiment of peak **2** suggested the putative attribution to o-HA for the
39 ion 194.0455. Moreover, the conjugation of hydroxyhippuric acid with a sulphate unit
40 increases the molecule polarity, thus explaining the earlier retention time observed for peak **2**
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7 (Rt = 3.0 minutes) compared to that of the o-hydroxyhippuric acid reference standard (Rt =
8 5.6 minutes). For this reason, peak **2** was putatively ascribed to o-hydroxyhippuric acid
9 sulphate (**Table 2**).

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12 Interestingly, both hydroxyhippuric acids and their sulphate conjugates were found in urine
13 after the ingestion of different foods, such as tomato juice, coffee [49, 50], as well as wild
14 blueberry [51]. The presence of a derivative of the quercetin catabolism is not unexpected
15 considering that quercetin glycosides are the dominant flavonols in both blueberry and
16 bilberry, ranking among the top edible vegetables and fruits in terms of average quercetin
17 content [52, 53].

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20 Peak **11** was ascribed to hydroxy-methoxy-hippuric acid because of the loss of CO₂ unit (ion
21 at m/z 180.0661), as well as the presence of the fragments at m/z 123.0452 (corresponding to
22 the methoxy-phenol unit) and at m/z 100.0040, being the latter commonly reported for
23 hydroxyhippuric acid identification [50].

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26 Peaks **5** was putatively identified as catechol sulphate owing to the presence in the MS²
27 spectrum of the typical accurate masses of a sulphate (m/z at 79.9576) and hydroxyphenol
28 (m/z at 109.0297) ions. Similarly, peak **17** was ascribed to catechol glucuronide because of
29 the aforementioned characteristic mass fragments of a glucuronide conjugated compound (i.e.
30 m/z 175.0245 and 113.0244) and the presence of the exact mass of catechol in its MS²
31 spectrum. In this regard, it is worth noting that the presence of catechol derivatives in human
32 urine was already reported in literature after berry and tea consumption [14, 50, 51].

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35 Another group of putatively identified metabolites was represented by cinnamic acid
36 derivatives (peaks **18**, **21**, **23**, **26** and **31**, see **Table 2**). Among them, peaks **18** and **26** were
37 putatively attributed to hydroxy-methoxy cinnamic acid glucuronides, due to the presence in
38 the MS² spectra of the typical fragments of a glucuronide conjugate (m/z 175.00243 and
39 113.0243), together with the exact mass of the ion at m/z 193.0501, corresponding to a
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7 hydroxy-methoxy cinnamic acid. Moreover, the further fragmentation of this last ion
8 produced the individual losses of methyl radical (m/z 178.0272) and CO_2 (m/z 149.0610), as
9 well as the loss of both units with formation of the ion at m/z 134.0375. Based on these
10 findings, peaks **18** and **26** were ascribed to hydroxy-methoxy cinnamic acid glucuronides,
11 such as ferulic acid. Interestingly, the fragmentation pattern described above, matched exactly
12 the MS^2 spectrum of the ferulic acid reference standard. It should also be noted that ferulic
13 acids were already found in human serum and urine after small berry ingestion [14, 48, 51].
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20 Among the other cinnamic acid derivatives, peak **21** was identified as caffeoylquinic acid
21 being its fragmentation spectrum characterized by the signal at m/z at 191.0558 and
22 179.0350, corresponding to the quasi-molecular ions of quinic and caffeic acid, respectively.
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24 Moreover, the reference standard of chlorogenic acid showed the same retention time and
25 fragmentation spectrum, confirming the level-I identification of peak **21**. Based on similar
26 considerations, peak **31** was ascribed to feruloylquinic acid because of the characteristic
27 fragments of quinic and ferulic acids [50]. It is interesting to note that among the non-
28 anthocyanin native polyphenols of *V. myrtillus* fruits [31], only caffeoylquinic and
29 feruloylquinic acids, were found in the urines of volunteers involved in the present study.
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37 Peak **23** was attributed to the glucuronide of the ion at m/z 223.0606 (**Fig. 4A**) that
38 corresponds to the exact mass of the pseudo-molecular ion of three different compounds: (i)
39 hydroxy-dimethoxy cinnamic acid, (ii) hydroxy-(dihydroxyphenyl) pentenoic acid and (iii)
40 trihydroxy-phenyl valerolactone. Each one of these compounds could be a metabolite of
41 bilberry consumption because both cinnamic and valeric acid derivatives have been reported
42 as products of polyphenol metabolism [27, 54]. Nevertheless, the in-source loss of
43 glucuronate unit of peak **23** allowed for obtaining the fragmentation spectrum of non-
44 conjugated compound at m/z 223.0610 that showed the ion deriving from the loss of methyl
45 radical (m/z 208.0378) as the most abundant one (**Fig. 4B**). In addition, the other ions at m/z
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7 179.0716 and 164.0479 corresponded to the fragments obtained for the reference standard of
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9 sinapic acid, in agreement with data reported in literature for the determination of this
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11 compound in vegetal matrices [55, 56]. In fact, the fragments at m/z 208.0378 and 164.0479
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13 can be explained only through the attribution of the ion at m/z 223.0610 to a hydroxy-
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15 dimethoxy cinnamic acid, since the latter is the only compound able to provide the loss of the
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17 methyl radical unit (**Scheme 2A**). For this reason, peak **23** was putatively ascribed to
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19 hydroxy-dimethoxy cinnamic acid glucuronide.

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21 Peak **12** showed a quasi-molecular ion at m/z 303.0173, which fragmented in the ions at m/z
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23 223.0608 (loss of the sulphate unit) and m/z 221.0452 (**Fig. 5A**), the latter being not
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25 consistent with the attribution to a hydroxy-dimethoxy cinnamic acid (**Scheme 2B**).
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27 However, a MS³ experiment dedicated to the fragmentation of ion at m/z 223.0608 clearly
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29 highlighted a very different behaviour (**Fig. 5B**) compared to the one previously discussed for
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31 peak **23** (**Fig. 4B**). In fact, the absence of the fragments related to the loss of methyl radical
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33 (m/z 208.0377 and 164.0479) suggested for peak **12** the attribution to a hydroxy-
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35 (dihydroxyphenyl) pentenoic acid sulphate, rather than a cinnamic acid derivative.
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37 Interestingly, peak **8**, which showed a pseudo-molecular ion at m/z 399.0924, fragmented
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39 with the loss of a glucuronide unit, originating the MS² fragment at m/z 223.0606. The
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41 further fragmentation of this latter ion gave rise to the same product (m/z 179.0711)
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43 mentioned above for peak **12**, thus suggesting for peak **8** the attribution to a hydroxy-
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45 (dihydroxyphenyl) pentenoic acid glucuronide.

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47 Peaks **9** and **13** showed a pseudo-molecular ion [M-H]⁻ at m/z 401.1081 corresponding to a
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49 mass 2 Da higher than peak **23**. This finding could suggest the presence of glucuronides of
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51 the hydroxy-dimethoxy hydrocinnamic acid according to the formation of the dihydro form
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53 of the phenylpropionic acid during the polyphenol catabolism [27]. Nevertheless, the
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55 dedicated MS³ experiment evidenced a different scenario for peaks **9** and **13** (**Fig. 6A**)
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7 because of the absence of the methyl radical losses (i.e. ions at m/z 210.0534 and 166.0635)
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9 observed for the corresponding cinnamic acid derivative (**Fig. 4B**). Moreover, the non-
10 conjugated unit (m/z 225.0768) produced the same fragments found for the reference
11 standard of (4R)-5-(3,4-dihydroxyphenyl)- γ -hydroxyvaleric acid, analysed in the same
12 condition of serum and urine samples (**Fig 6B**). Analogously, the MS^2 spectrum of peak **16**
13 (**Fig. 6C**) highlighted the same ions related to the consequent losses of sulphate (m/z at
14 225.0764), water (m/z 207.0659) and CO_2 (163.0764) (**Scheme 3**), suggesting also the
15 presence of the sulphate derivative of hydroxy-(dihydroxyphenyl) valeric acid in the
16 investigated samples. For this reason, the presence of two glucuronides (peak **9** and **13**) and
17 one sulphate (peak **16**) of hydroxy-(dihydroxyphenyl) valeric acid in the investigated
18 biological fluids was claimed. It is interesting to note that phenyl-valeric acid derivatives
19 were reported in literature as by-products of flavanol and proanthocyanidin metabolism [54,
20 57], thus evidencing that also metabolites deriving from polyphenols different from
21 anthocyanins, can occur at significant concentrations as a consequence of bilberry
22 consumption.

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35 Peaks **20** and **28** showed the characteristic loss of a sulphate unit with the consequent
36 formation of the ion at m/z 207.0663 (**Table 2**). This feature could be attributed to a
37 dihydroxyphenyl valerolactone, which was previously reported in literature as a metabolite of
38 the ingestion of flavanol-rich food [50, 57]. However, the exact mass of the pseudo-molecular
39 ion at m/z 207.0663 could be also ascribed to dimethoxy cinnamic acid deriving from the
40 methylation of dihydroxy cinnamic acid. In fact, dimethoxy cinnamic acid has been
41 elsewhere reported as a polyphenol metabolite in humans [51]. Nevertheless, in-source
42 fragmentation of peaks **20** and **28** gave rise to the MS^2 spectrum of the non-conjugated
43 compound at m/z 207.0663 (**Fig. 7A**) that showed different ions in respect to those obtained
44 after the fragmentation of 3,4-dihydroxyphenyl valerolactone (**Fig. 7B**) and 3,4-dimethoxy
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7 cinnamic acid (**Fig. 7C**) reference standards. The fragmentation pattern of the ion at m/z
8 207.0663 highlighted the loss of CO_2 (m/z 163.0767) and water (m/z 145.0660), as well as
9 other characteristic ions, thus matching well a hydroxy-(hydroxyphenyl) pentenoic acid
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11 (**Scheme 4**). Based on these considerations, peaks **20** and **28** were attributed to hydroxy-
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13 (hydroxyphenyl) pentenoic acid sulphates and peak **25** was ascribed to hydroxy-
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15 (hydroxyphenyl) pentenoic acid glucuronide. To the best of our knowledge, these polyphenol
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17 metabolites have been reported herein for the first time as metabolites of bilberry intake.

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20 Peak **15** exhibited a quasi-molecular ion at m/z 415.1234 and a main fragment at m/z
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22 239.0923 (loss of glucuronide unit), which did not fragment further. Accordingly, peak **15**
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24 could be identified either as glucuronide derivative of trimethoxy hydroxycinnamic acid or
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26 hydroxy-(hydroxy-methoxyphenyl) valeric acid (**Table 2**).

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28 Peaks **22**, **24** and **27** could also be ascribed to both cinnamic and phenyl-valeric acid
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30 derivatives, on the basis of their exact mass of quasi-molecular ions and their fragmentation,
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32 which highlighted the attribution to one sulphate (peak **22**) and two glucuronide (peaks **24**
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34 and **27**) derivatives. For all three peaks, the most intense MS^2 fragment was the ion at m/z
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36 237.076. More in detail, peaks **24** and **27**, that could be attributed to trimethoxy cinnamic
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38 acid or hydroxy-(hydroxy-methoxyphenyl)-pentenoic acid glucuronides, showed the presence
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40 of the ion at m/z 222.0528 in the MS^2 spectrum, clearly evidencing the loss of a methyl
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42 radical (**Fig. 8A**). In addition, the further fragmentation of the deconjugated ion at m/z
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44 237.076 produced only the fragment at m/z 222.0533 (**Fig. 8B**), thus evidencing the loss of a
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46 methyl radical as the sole significant product ion. However, the comparison of this last
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48 spectrum with that of 3,4,5-trimethoxycinnamic acid reference standard (**Fig. 8C**) excluded
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50 the possibility of identifying peaks **24** and **27** as trimethoxycinnamic acid glucuronide
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52 because of the absence of the cinnamic acid fragments. Moreover, MS^2 spectrum of peak **22**
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54 was also characterized by the fragment at m/z 302.0095, which is consistent with the loss of a

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7 methyl radical from the pseudo-molecular ion $[M-H]^-$ at m/z 317.0329 (**Table 2**). For these
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9 reasons peaks **24** and **27** were attributed to hydroxy-(hydroxy-methoxyphenyl)-pentenoic
10 acid glucuronides and peak **22** was putatively identified as hydroxy-(hydroxy-
11 methoxyphenyl)-pentenoic acid sulphate. To the best of our knowledge, none of these
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13 compounds were previously reported in literature as metabolites of *V. myrtillus* berry species
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15 consumption.
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18 Peaks **29** and **35** were tentatively attributed to phenylpropionic acid derivatives. More in
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20 detail, based on their exact mass, isotopic profile and mass fragments, peak **29** was ascribed
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22 to dihydroxy-phenyl propionic acid glucuronide, whereas peak **35** was identified as hydroxy-
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24 phenyl propionic acid sulphate (**Table 2**). Moreover, the identification of peaks **29** and **35**
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26 was confirmed by the comparison with the fragmentation spectra of 3-(3,4-dihydroxyphenyl)
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28 propionic acid and 3-(4-hydroxyphenyl) propionic acid, respectively. The presence of
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30 phenylpropionic acids in serum and urine deriving from anthocyanin metabolism after berry
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32 ingestion was in agreement with recent literature studies [25, 51].

33 Among features listed in **Table 2**, a group of compounds (peak **30**, **32**, **34** and **36**) were
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35 attributed to abscisic acid derivatives. More in detail, the exact mass of the pseudo-molecular
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37 ion $[M-H]^-$ (m/z 263.1283), the isotopic profile and fragments (m/z 219.1391 and 153.00921)
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39 obtained for peak **36** exactly matched those of abscisic acid standard. In addition, peak **32**
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41 showed the typical neutral loss of glucuronide conjugated compounds (m/z 176.031) together
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43 with the same fragmentation pattern of peak **36**. It is also remarkable that peak **32** eluted
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45 earlier than peak **36**, the latter being characterized by a retention time difference of only 2 sec
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47 compared to the reference standard of abscisic acid. Based on these considerations, peaks **32**
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49 and **36** were identified as abscisic acid glucuronide and abscisic acid, respectively. Similarly,
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51 peak **30** and **34** were ascribed to hydroxyabscisic acid and hydroxyabscisic acid glucuronide,
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53 based on the ions found in their MS^2 spectra at m/z 217.1230 and 151.0763 already reported
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7 in literature for hydroxyabscisic acid fragmentation [58]. It is worth noting that abscisic acid
8 is a plant hormone involved in the regulation of polyphenol biosynthesis [59] and abscisic
9 acid glucuronide was recently reported for the first time as a marker of low-flavonoid diet
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11 [46].
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14 Finally, peak **33** was putatively identified as methyl-dihydromyricetin on the basis of the
15 exact mass and the isotopic profile of the quasi-molecular ion $[M-H]^-$ at m/z 333.0607, as
16 well as the fragments deriving from the C ring fission (i.e. m/z 183.0299 and 165.0193). This
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18 is the only compound clearly deriving from flavonol metabolism even if literature researches
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20 often reported also conjugated glucuronide and sulphate derivatives as markers of a diet rich
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22 in flavonols [60].
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25 **Conclusions**

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27 LC-HRMS and LC-HRMS/MS analysis, performed both in positive and negative modes,
28 allowed for identifying the most relevant serum and urinary polyphenol metabolites after the
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30 ingestion of *V. myrtillus* berry supplement. In particular, compounds putatively attributed to
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32 conjugates of benzoic acids, hydroxyhippuric acids, cinnamic acids, phenylpropionic acids,
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34 phenylvaleric acids, phenylpentenoic acids and abscisic acid, together with two fruit native
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36 anthocyanins, one flavonol metabolite and two catechol derivatives, were identified based on
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38 their chromatographic behaviour and in-depth evaluation of mass spectrometric information.
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40 Interestingly, the application of the untargeted metabolomics approach allowed the
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42 annotation of compounds never reported elsewhere as phenolic biomarkers of the intake of *V.*
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44 *myrtillus* fruits. More in detail, some glucuronide and sulphate of hydroxy-(dihydroxyphenyl)
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46 valeric acid and hydroxy-(hydroxyphenyl) pentenoic acid were evidenced after bilberry
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48 ingestion. The presence of these compounds is consistent with their origin from fruit native
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50 flavanol monomers and oligomers. In this regard, the presence of metabolites other than those
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52 deriving from anthocyanins should be emphasized. In fact, non-anthocyanin metabolites are
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7 often ignored, even though flavanols represent one of the most occurring polyphenol class in
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9 bilberry, with both A-type and B- type trimers, tetramers and pentamers, as recently
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11 highlighted by our research group [31]. It is important to underline that these new identified
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13 metabolites could be biologically active and might partially explain the healthy properties of
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15 *V. myrtillus*, elsewhere evidenced in clinical trials.

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17 For this reason, further studies focusing on the undoubted identification and accurate
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19 quantification of these compounds should be carried out together with *in vitro* studies in order
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21 to evaluate their potential efficiency against specific pathologies.

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37
38 Project.

39 **Conflict of interest**

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41 The authors declare that they have no conflict of interest.

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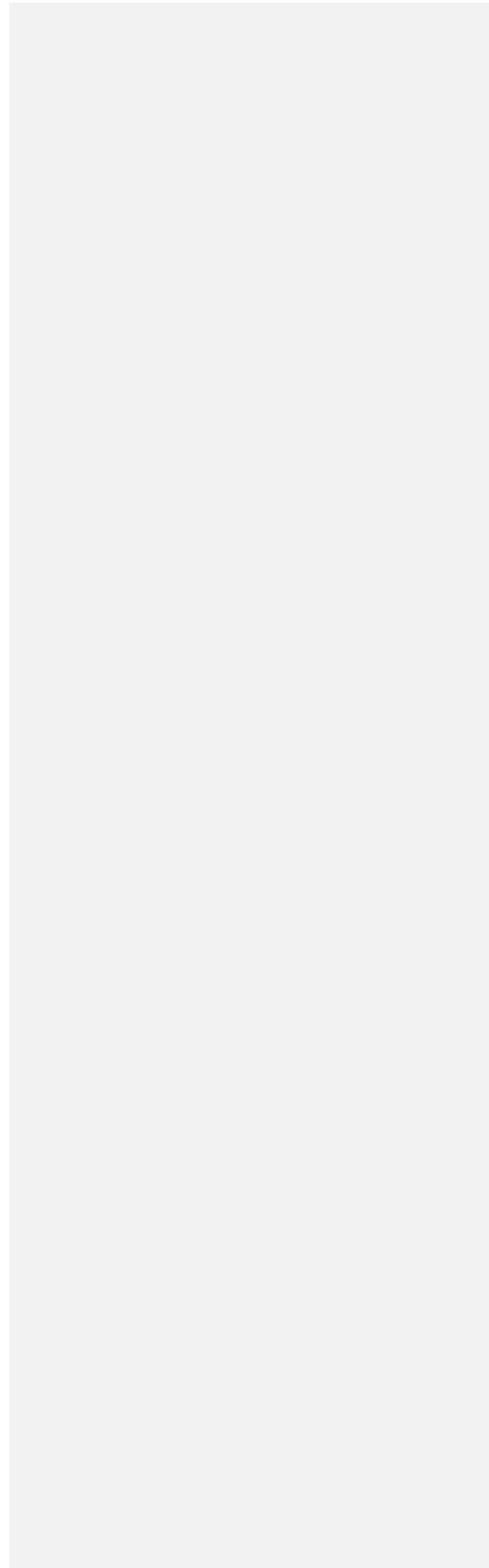


Table 1. Mean values, standard deviation (SD) and relative standard deviation (RSD%) of peak area determined for surrogate/internal standards hippuric acid-d5 (HIP-d5), tryptophan-d5 (TRY-d5) and trans-cinnamic acid-d5 (CIN-d5) in quality control, as well as in serum and urine samples, both in positive (+) and negative (-) ionization.

| | HIP-d5 | TRY-d5 | CIN-d5 | HIP-d5 | TRY-d5 | CIN-d5 |
|------------------------------|------------------|---------------|---------------|------------------|---------------|---------------|
| | SERUM (+) | | | SERUM (-) | | |
| QC (n=27) | | | | | | |
| Mean | 1.3E+08 | 3.2E+08 | 4.2E+05 | 2.4E+08 | 1.3E+07 | 1.1E+08 |
| SD | 5.9E+06 | 1.4E+07 | 2.2E+04 | 1.1E+07 | 8.2E+05 | 3.5E+06 |
| RSD% | 4.6 | 4.4 | 5.3 | 4.6 | 6.1 | 3.3 |
| QC + Samples (n= 82) | | | | | | |
| Mean | 1.3E+08 | 3.3E+08 | 4.3E+05 | 2.4E+08 | 1.4E+07 | 1.1E+08 |
| SD | 7.9E+06 | 2.4E+07 | 2.4E+04 | 2.0E+07 | 1.3E+06 | 7.7E+06 |
| RSD% | 5.9 | 7.2 | 5.6 | 8.3 | 9.7 | 7.2 |
| | URINE (+) | | | URINE (-) | | |
| QC (n=35) | | | | | | |
| Mean | 9.4E+07 | 1.6E+07 | 2.3E+06 | 6.4E+08 | 2.6E+07 | 9.5E+04 |
| SD | 1.3E+07 | 1.4E+06 | 2.5E+05 | 3.1E+07 | 1.7E+06 | 9.5E+03 |
| RSD% | 13.8 | 9.1 | 10.8 | 4.8 | 6.7 | 10.0 |
| QC + Samples (n= 110) | | | | | | |
| Mean | 8.5E+07 | 1.6E+07 | 2.3E+06 | 6.3E+08 | 2.7E+07 | 9.8E+04 |
| SD | 6.6E+06 | 1.5E+06 | 3.7E+05 | 5.8E+07 | 3.7E+06 | 9.7E+03 |
| RSD% | 7.7 | 9.5 | 15.7 | 9.2 | 13.7 | 9.9 |

Table 2. Retention time (t_R , min), experimental mass of the parent ion (Da), characteristic mass fragments, proposed formula, corresponding exact mass (Da), and accuracy (Δ , ppm) of peaks tentatively identified in serum (S) and/or urine (U) samples after acute ingestion of *Vaccinium myrtillus* supplement. Mass fragments can be produced during MS² and/or MS³ experiments, being the latter the result of in-source fragmentation or dedicated experiment; in both cases the fragment underscored in MS² column was the precursor ion of the MS³ fragment. The bold fragment was the most abundant of each fragmentation spectrum. The attributions reported in bracket in the identification column are the most probable level-I annotations.

| Peak | t_R | Parent ion | Mass Fragments | | Formula | Exact Mass | Δ | Identification | Biological fluid |
|------|-------|-----------------------|---|--|--|------------|----------|--|----------------------------------|
| | | | MS ² | MS ³ | | | | | |
| 1 | 2.4 | 343.0663 ^a | 175.0243, <u>167.0346</u> , 113.0243 | 152.0113, 123.0450 , 108.0218 | C ₁₄ H ₁₆ O ₁₀ | 343.0671 | -2.3 | Hydroxy-methoxy benzoic acid glucuronide I (Vanillic acid glucuronide I) | U ($P=0.006$) |
| 2 | 3.0 | 274.0019 ^a | 194.0455 | 150.0561 | C ₉ H ₉ NO ₇ S | 274.0027 | -2.9 | <i>o</i> -Hydroxyhippuric acid sulphate | S ($P=0.006$); U ($P=0.006$) |
| 3 | 3.3 | 277.0017 ^a | 233.0121, 197.0452 | 182.0221 , 153.0554 | C ₉ H ₁₀ O ₈ S | 277.0024 | -2.6 | Hydroxy-dimethoxy benzoic acid sulphate (Syringic acid sulphate) | U ($P=0.014$) |
| 4 | 3.3 | 373.0768 ^a | <u>197.0452</u> , 182.0212, 175.0247, 113.0243 | 182.0218 , 153.0554 | C ₁₅ H ₁₈ O ₁₁ | 373.0776 | -2.1 | Hydroxy-dimethoxy benzoic acid glucuronide I (Syringic acid glucuronide I) | U ($P=0.006$) |
| 5 | 3.4 | 188.9860 ^a | 109.0297 , 79.9576 | n.a. | C ₆ H ₆ O ₅ S | 188.9863 | -1.6 | Catechol sulphate | S ($P=0.011$); U ($P=0.019$) |
| 6 | 3.5 | 329.0873 ^a | 167.0347, 123.0451 | n.a. | C ₁₄ H ₁₈ O ₉ | 329.0870 | 0.9 | Hydroxy-methoxy benzoic acid hexoside (Vanillic acid glucoside) | U ($P=0.006$) |
| 7 | 3.6 | 343.0663 ^a | 175.0246, <u>167.0349</u> , 113.0245 | 152.0114 , 123.0452, 108.0218 | C ₁₄ H ₁₆ O ₁₀ | 343.0671 | -2.3 | Hydroxy-methoxy benzoic acid glucuronide II (Vanillic acid glucuronide II) | U ($P=0.008$) |
| 8 | 3.7 | 399.0924 ^a | <u>223.0606</u> , 175.0241 | 179.0711 | C ₁₇ H ₂₀ O ₁₁ | 399.0933 | -2.2 | Hydroxy-(dihydroxyphenyl) pentenoic acid glucuronide | U ($P=0.011$) |
| 9 | 3.8 | 401.1081 ^a | <u>225.0768</u> , 175.0245 | 207.0658, 163.0767, 101.0246 | C ₁₇ H ₂₂ O ₁₁ | 401.1089 | -2.0 | Hydroxy-(dihydroxyphenyl) valeric acid glucuronide I | U ($P=0.009$) |
| 10 | 3.9 | 373.0767 ^a | <u>197.0455</u> , 175.0249, 113.0246 | 182.0221, 153.0557 , 121.0295 | C ₁₅ H ₁₈ O ₁₁ | 373.0776 | -2.4 | Hydroxy-dimethoxy benzoic acid glucuronide II (Syringic acid glucuronide I) | U ($P=0.032$) |
| 11 | 3.9 | 224.0561 ^a | 180.0661, 123.0452, 100.0040 | n.a. | C ₁₀ H ₁₁ NO ₅ | 224.0564 | -1.3 | Hydroxy-methoxy hippuric acid | U ($P=0.006$) |
| 12 | 4.0 | 303.0173 ^a | <u>223.0608</u> , 221.0452 | 179.0714 | C ₁₁ H ₁₂ O ₈ S | 303.0180 | -2.3 | Hydroxy-(dihydroxyphenyl) pentenoic acid sulphate | U ($P=0.006$) |
| 13 | 4.0 | 401.1081 ^a | <u>225.0610</u> , 175.0245 | 207.0660, 163.0764, 101.0245 | C ₁₇ H ₂₂ O ₁₁ | 401.1089 | -2.0 | Hydroxy-(dihydroxyphenyl) valeric acid glucuronide II | U ($P=0.008$) |
| 14 | 4.0 | 465.1029 ^b | 303.0501 | n.a. | C ₂₁ H ₂₁ O ₁₂ | 465.1028 | 0.2 | Delphinidin-hexoside | U ($P=0.006$) |
| 15 | 4.2 | 415.1234 ^a | 239.0923 , 175.0249, 113.0245 | n.a. | C ₁₈ H ₂₄ O ₁₁ | 415.1246 | -2.9 | Trimethoxy-hydrocinnamic acid glucuronide <i>or</i> Hydroxy- (hydroxy-methoxyphenyl) valeric acid glucuronide | S ($P=0.008$); U ($P=0.008$) |
| 16 | 4.2 | 305.0328 ^a | <u>225.0764</u> , 207.0659 | 207.0659, 163.0764, 123.0453, 101.0246 | C ₁₁ H ₁₄ O ₈ S | 305.0337 | -2.9 | Hydroxy-(dihydroxyphenyl) valeric acid sulphate | S ($P=0.019$); U ($P=0.008$) |
| 17 | 4.2 | 285.0609 ^a | 175.0245, 113.0244 , 109.0245 | n.a. | C ₁₂ H ₁₄ O ₈ | 285.0616 | -2.4 | Catechol glucuronide | S ($P=0.006$); U ($P=0.014$) |

| | | | | | | | | | |
|----|-----|-----------------------|---|---|--|----------|------|--|--|
| 18 | 4.2 | 369.0817 ^a | <u>193.0501</u> , 175.0243, 113.0243 | 178.0275, 149.0611 , 134.0377 | C ₁₆ H ₁₈ O ₁₀ | 369.0827 | -2.7 | Hydroxy-methoxycinnamic acid glucuronide I (Ferulic acid glucuronide I) | S (<i>P</i> =0.006) |
| 19 | 4.3 | 449.1080 ^b | 287.0544 | n.a. | C ₂₁ H ₂₁ O ₁₁ | 449.1078 | 0.5 | Cyanidin-hexoside | U (<i>P</i> =0.006) |
| 20 | 4.3 | 287.0224 ^a | <u>207.0663</u> | 189.0556, 163.0767 , 145.0660, 123.0455 | C ₁₁ H ₁₂ O ₇ S | 287.0231 | -2.4 | Hydroxy-(hydroxyphenyl) pentenoic acid sulphate I | U (<i>P</i> =0.006) |
| 21 | 4.4 | 353.0870 ^a | 191.0558 , 179.0350 | n.a. | C ₁₆ H ₁₈ O ₉ | 353.0878 | -2.3 | Chlorogenic acid | U (<i>P</i> =0.019) |
| 22 | 4.5 | 317.0329 ^a | 302.0095, <u>237.0764</u> , 222.0528 | 222.0533 | C ₁₂ H ₁₄ O ₈ S | 317.0337 | -2.5 | Hydroxy-(hydroxy-methoxyphenyl)-pentenoic acid sulphate | U (<i>P</i> =0.006) |
| 23 | 4.6 | 399.0925 ^a | <u>223.0610</u> , 175.0247 | 208.0378 , 179.0716, 164.0479 | C ₁₇ H ₂₀ O ₁₁ | 399.0933 | -2.0 | Hydroxy-dimethoxy cinnamic acid glucuronide (Sinapic acid glucuronide) | U (<i>P</i> =0.006) |
| 24 | 4.7 | 413.1079 ^a | <u>237.0763</u> , 175.0243 | 222.0533 | C ₁₈ H ₂₂ O ₁₁ | 413.1089 | -2.4 | Hydroxy-(hydroxy-methoxyphenyl)-pentenoic acid glucuronide I | U (<i>P</i> =0.006) |
| 25 | 4.8 | 383.0977 ^a | 207.0658 , 175.0244, 113.0243 | 163.0763 , 122.0374 | C ₁₇ H ₂₀ O ₁₀ | 383.0984 | -1.8 | Hydroxy-(hydroxyphenyl) pentenoic acid glucuronide | S (<i>P</i> =0.006); U (<i>P</i> =0.008) |
| 26 | 4.8 | 369.0819 ^a | <u>193.0502</u> , 175.0246, 113.0244 | 178.0272, 149.0610 , 134.0375 | C ₁₆ H ₁₈ O ₁₀ | 369.0827 | -2.2 | Hydroxy-methoxycinnamic acid glucuronide II (Ferulic acid glucuronide II) | S (<i>P</i> =0.006) |
| 27 | 4.9 | 413.1080 ^a | 237.0765 , 222.0528, 175.0246, 113.0245 | n.a. | C ₁₈ H ₂₂ O ₁₁ | 413.1089 | -2.2 | Hydroxy-(hydroxy-methoxyphenyl)-pentenoic acid glucuronide II | U (<i>P</i> =0.006) |
| 28 | 5.0 | 287.0224 ^a | 207.0659 | 163.0764 , 123.0451, 122.0376 | C ₁₁ H ₁₂ O ₇ S | 287.0231 | -2.4 | Hydroxy-(hydroxyphenyl) pentenoic acid sulphate II | S (<i>P</i> =0.011); U (<i>P</i> =0.011) |
| 29 | 5.1 | 357.0819 ^a | 181.0502 | 137.0610 | C ₁₅ H ₁₈ O ₁₀ | 357.0827 | -2.2 | Dihydroxyphenyl propionic acid glucuronide | U (<i>P</i> =0.006) |
| 30 | 5.3 | 455.1549 ^a | 279.1231 , 217.1229, 175.0244, 151.0762 | n.a. | C ₂₁ H ₂₈ O ₁₁ | 455.1559 | -2.2 | Hydroxy-abscisic acid glucuronide | S (<i>P</i> =0.006); U (<i>P</i> =0.006) |
| 31 | 5.4 | 367.1027 ^a | 193.0500, 191.0557 , 173.0454 | n.a. | C ₁₇ H ₂₀ O ₉ | 367.1035 | -2.2 | Feruloylquinic acid | U (<i>P</i> =0.025) |
| 32 | 5.9 | 439.1599 ^a | 263.1289 , 219.1387, 175.0245, 153.0919 | n.a. | C ₂₁ H ₂₈ O ₁₀ | 439.1610 | -2.5 | Abscisic acid glucuronide | S (<i>P</i> =0.006); U (<i>P</i> =0.006) |
| 33 | 6.1 | 333.0607 ^a | 183.0296, 165.0191 , 137.0243 | n.a. | C ₁₆ H ₁₄ O ₈ | 333.0616 | -2.7 | Methyl-dihydromyricetin | U (<i>P</i> =0.006) |
| 34 | 6.4 | 279.1231 ^a | 217.1230 , 151.0763 | n.a. | C ₁₅ H ₂₀ O ₅ | 279.1238 | -2.5 | Hydroxy-abscisic acid | U (<i>P</i> =0.006) |
| 35 | 6.5 | 245.0120 ^a | 165.0556 | 121.0663 | C ₉ H ₁₀ O ₆ S | 245.0125 | -2.0 | Hydroxyphenyl propionic acid sulphate | S (<i>P</i> =0.006) |
| 36 | 7.2 | 263.1283 ^a | 219.1391, 153.0921 | n.a. | C ₁₅ H ₂₀ O ₄ | 263.1289 | -2.3 | Abscisic acid | U (<i>P</i> =0.006) |

^a Quasi-molecular ion [M-H]⁻; ^b Molecular ion [M]⁺; n.a. = not available

Figure 1

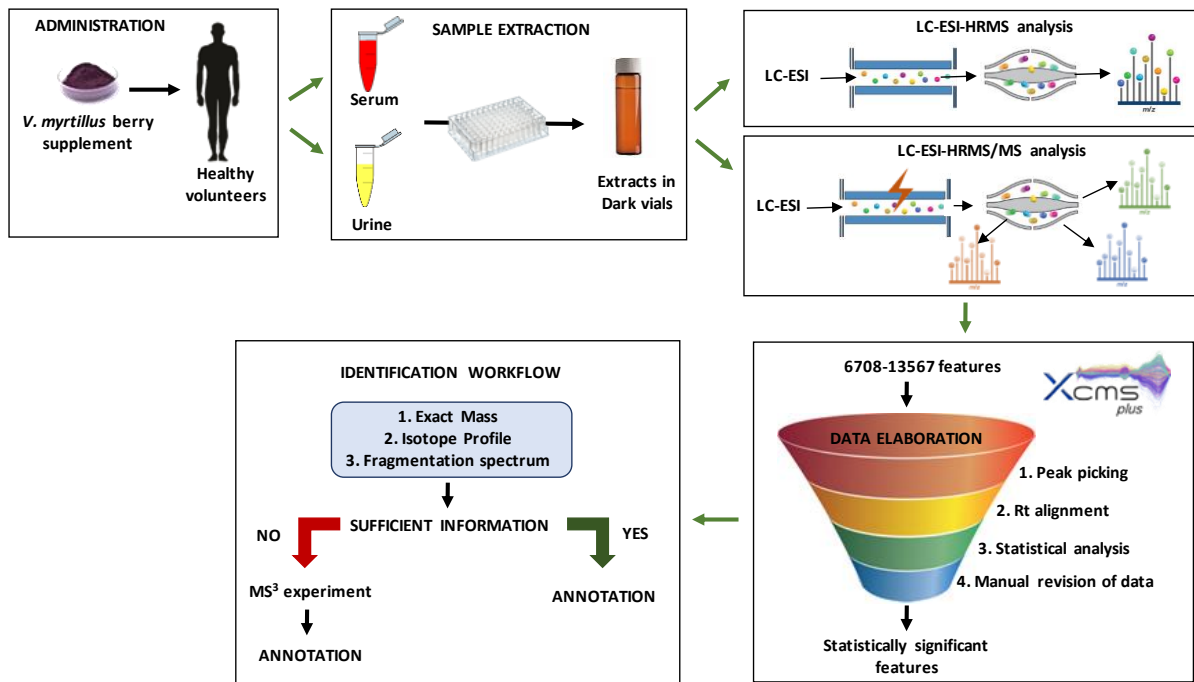


Figure 1 – Workflow of the experimental steps followed in this study for human serum and urine metabolomics of bilberry polyphenols.

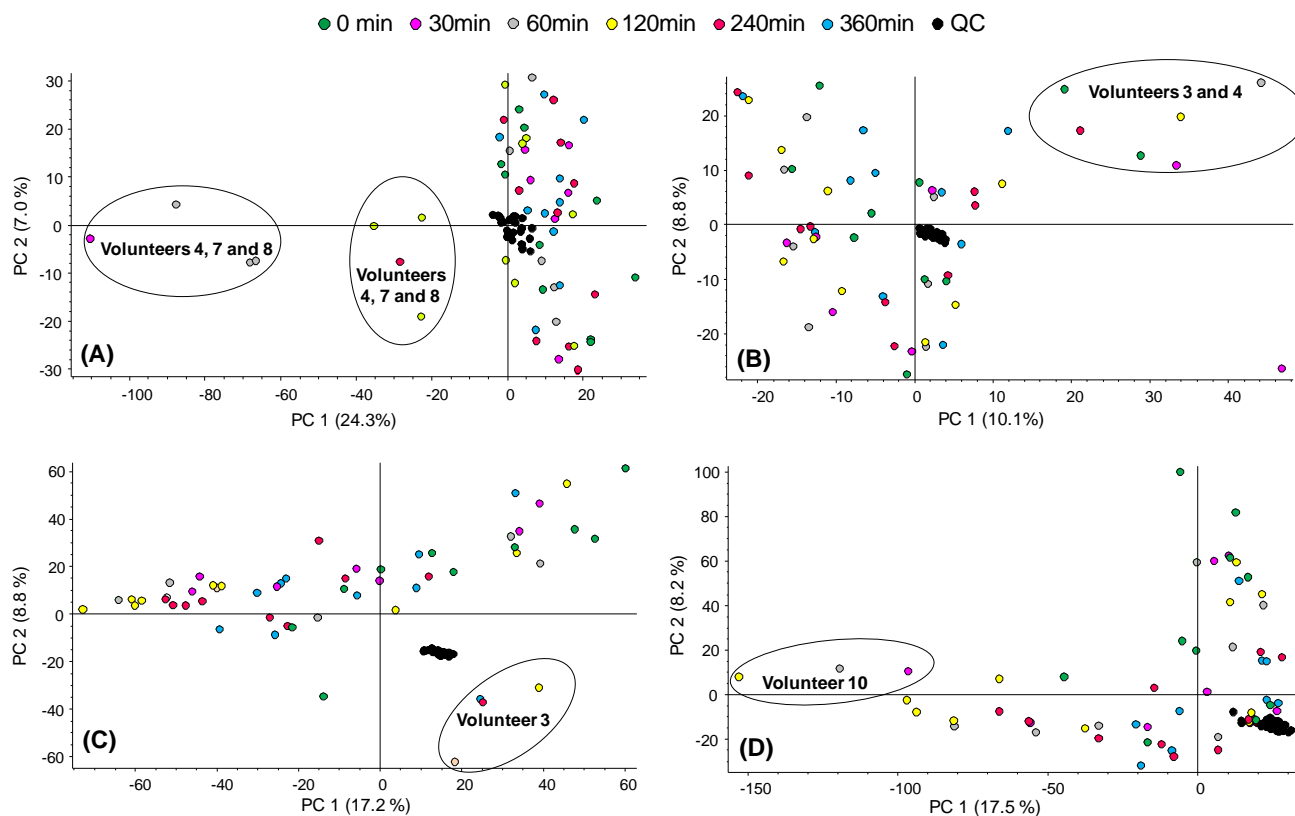


Figure 2 – Principal component score plots (PC 1 vs PC 2) of serum and urine samples analysed under positive and negative ionization modes. (A) Serum samples analysed under positive ionization; explained variance 31.3%. (B) serum samples analysed under negative ionization; explained variance 18.9%. (C) urine samples analysed under positive ionization; explained variance 26.0%. (D) urine samples analysed under negative ionization; explained variance 25.7%. Note that circles have only the visual function of highlighting outlier samples and are not the result of a cluster analysis.

Figure 3

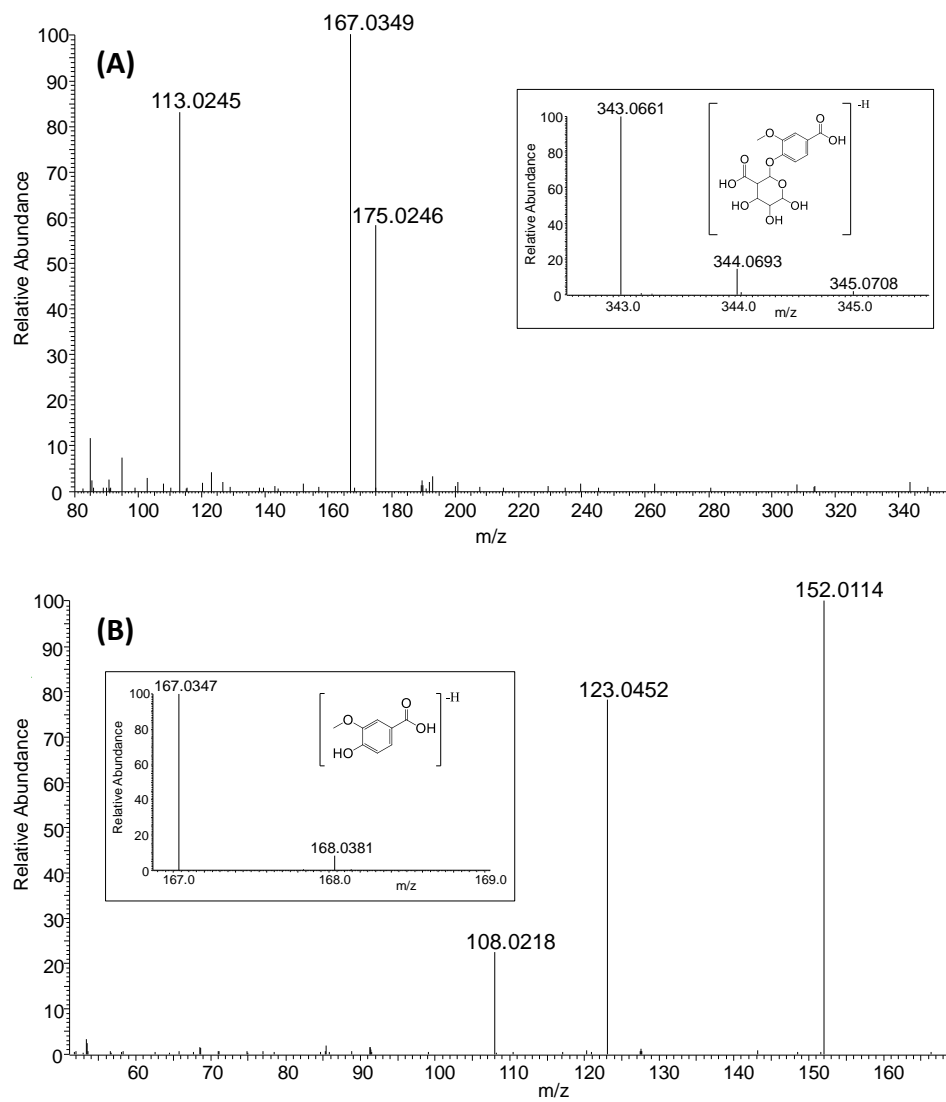


Figure 3. Isotopic profile and MS/MS spectrum of peak 7 (A) and its in-source fragment at m/z 167.0347 (B) identified as hydroxy-methoxy benzoic acid glucuronide and hydroxy-methoxy benzoic acid, respectively.

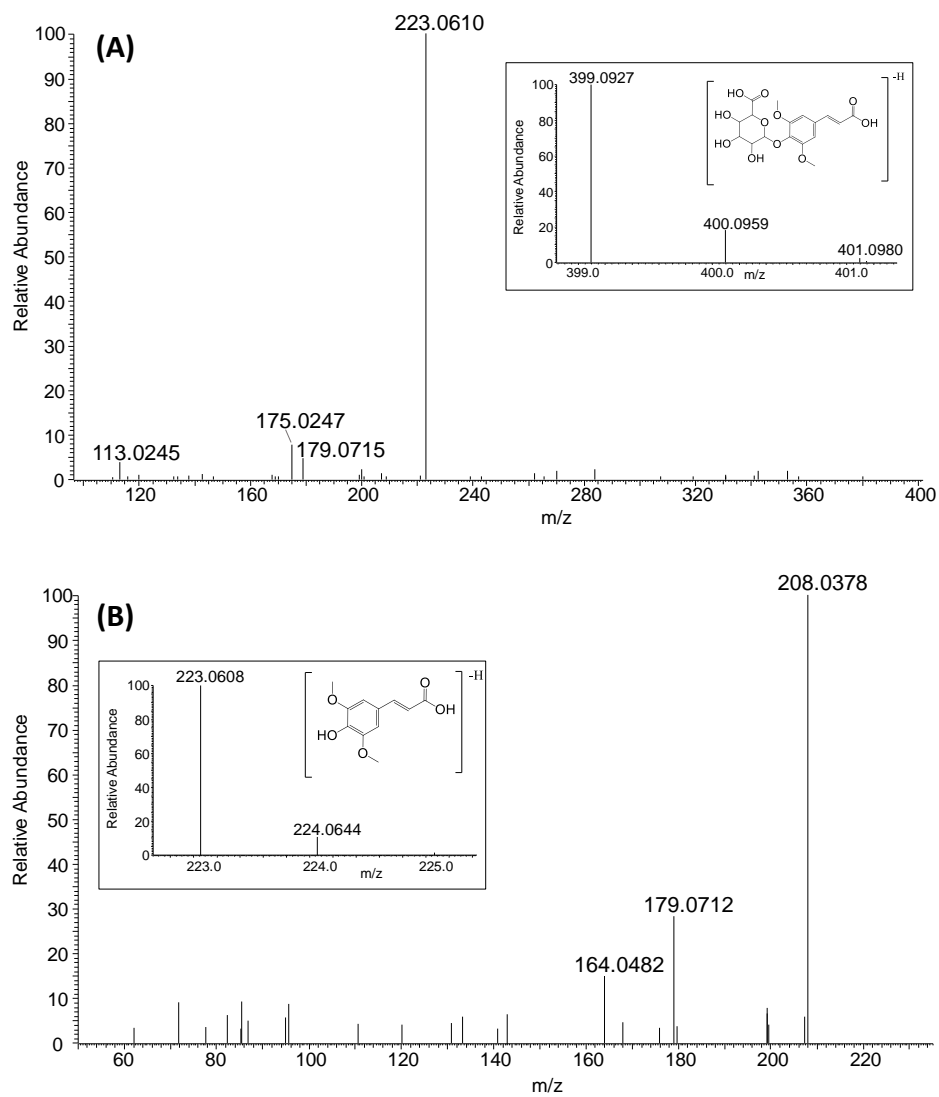


Figure 4. Isotopic profile and MS/MS spectrum of peak 23 (A) and its in-source fragment of m/z 223.0310 (B) identified as hydroxy-dimethoxy cinnamic acid glucuronide and hydroxy-dimethoxy cinnamic acid, respectively.

Figure 5

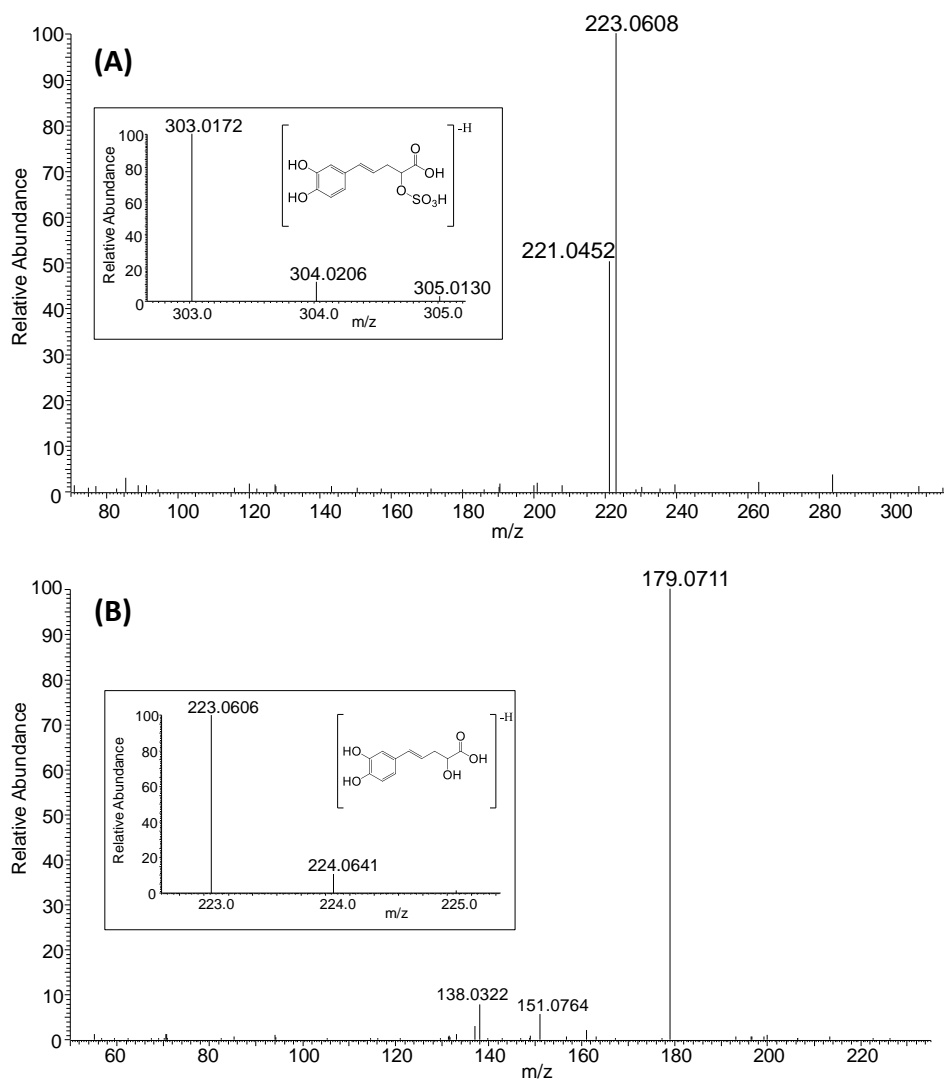


Figure 5. Isotopic profile and MS/MS spectrum of peak 12 (A) and its in-source fragment of m/z 223.0310 (B) identified as hydroxy-(dihydroxyphenyl) pentenoic acid sulphate and hydroxy-(dihydroxyphenyl) pentenoic acid, respectively.

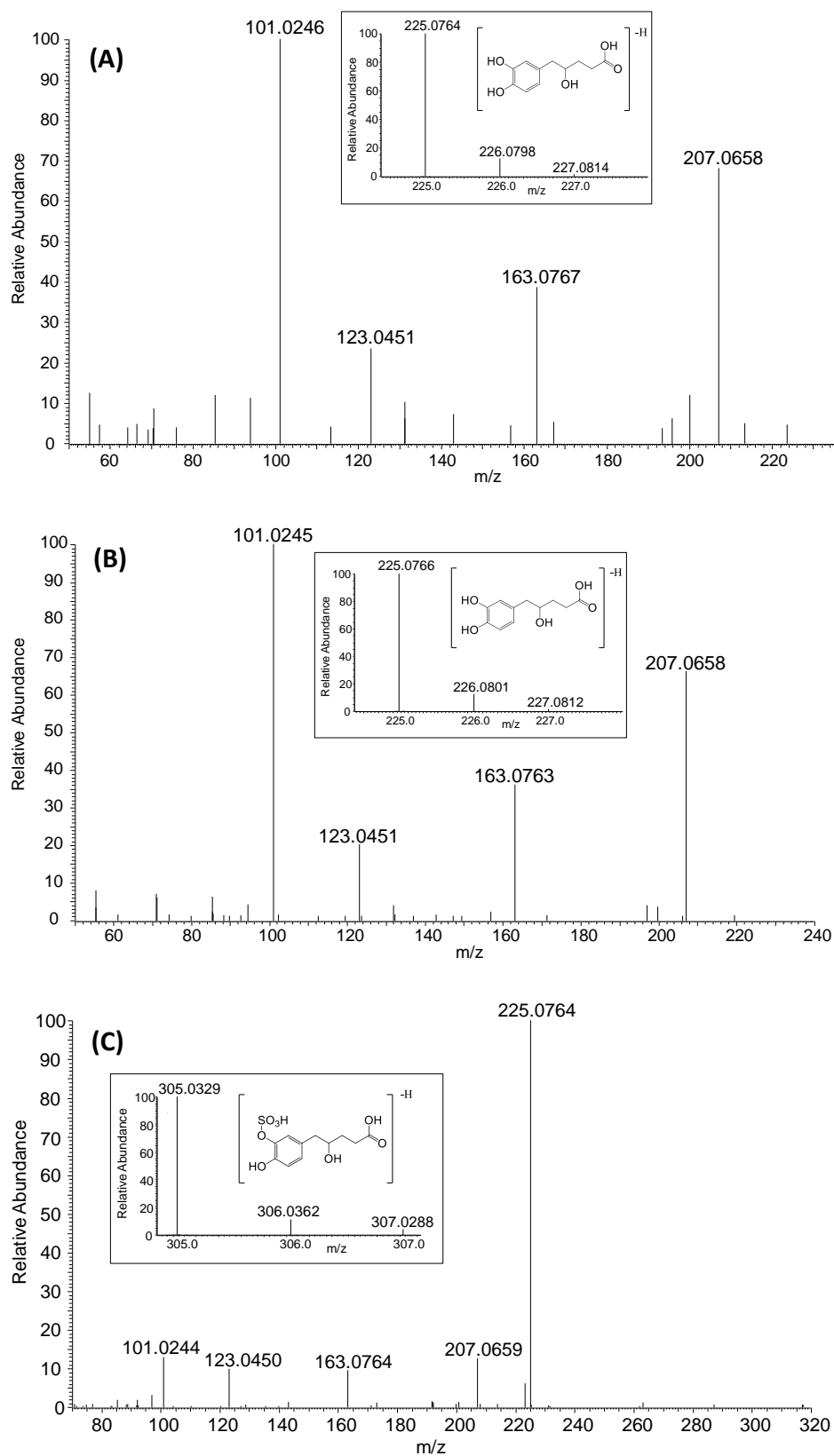


Figure 6. MS³ spectrum of peak 9 attributed to hydroxy-(dihydroxyphenyl)-valeric acid glucuronide (A), MS² spectrum of the reference standard of hydroxy-(dihydroxyphenyl)-valeric acid (B), MS² spectrum of peak 16 attributed to hydroxy-(dihydroxyphenyl)-valeric acid sulphate (C).

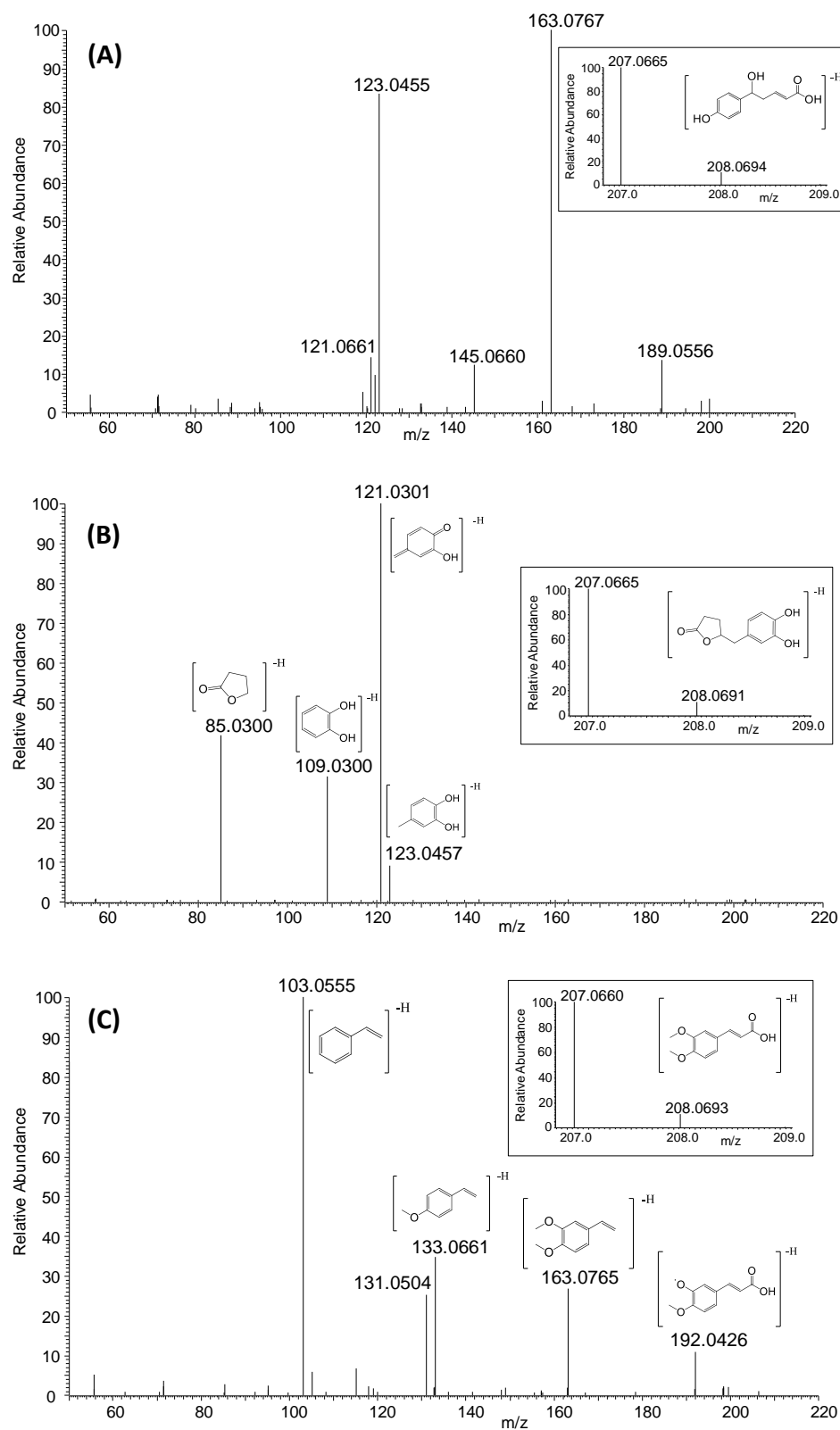


Figure 7. Isotopic profile and MS/MS spectrum of in-source fragment (m/z 207.0663) of peak 20 attributed to hydroxy-(hydroxyphenyl)-pentenoic acid sulphate (A), 3,4-dihydroxyphenyl-valerolactone reference standard (B) and 3,4-dimethoxycinnamic acid reference standard (C).

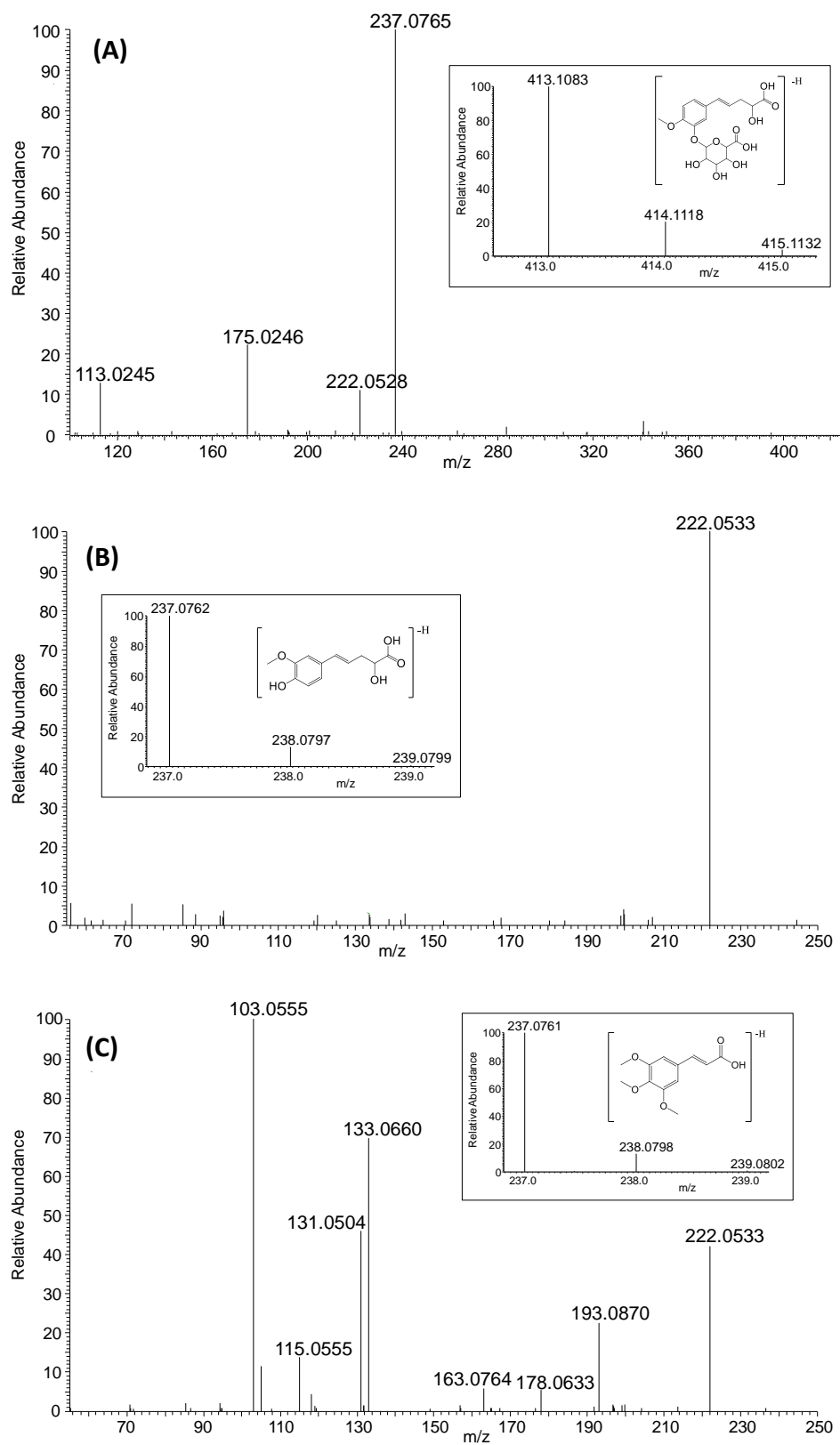
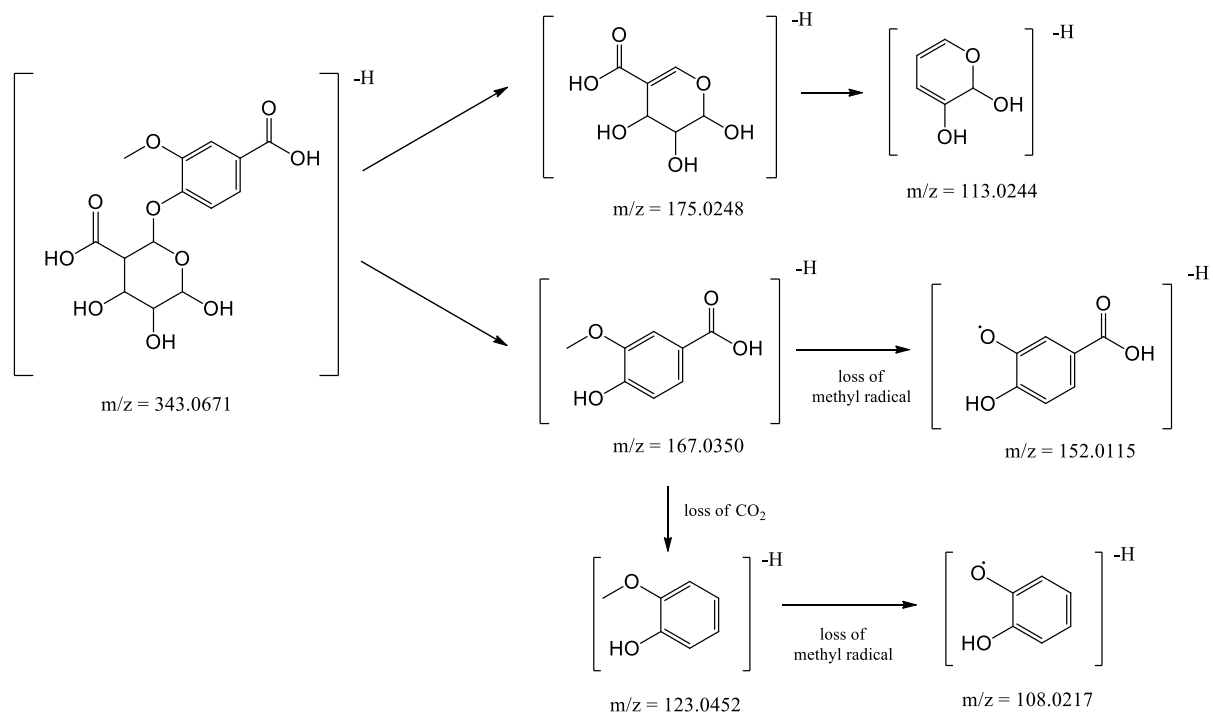
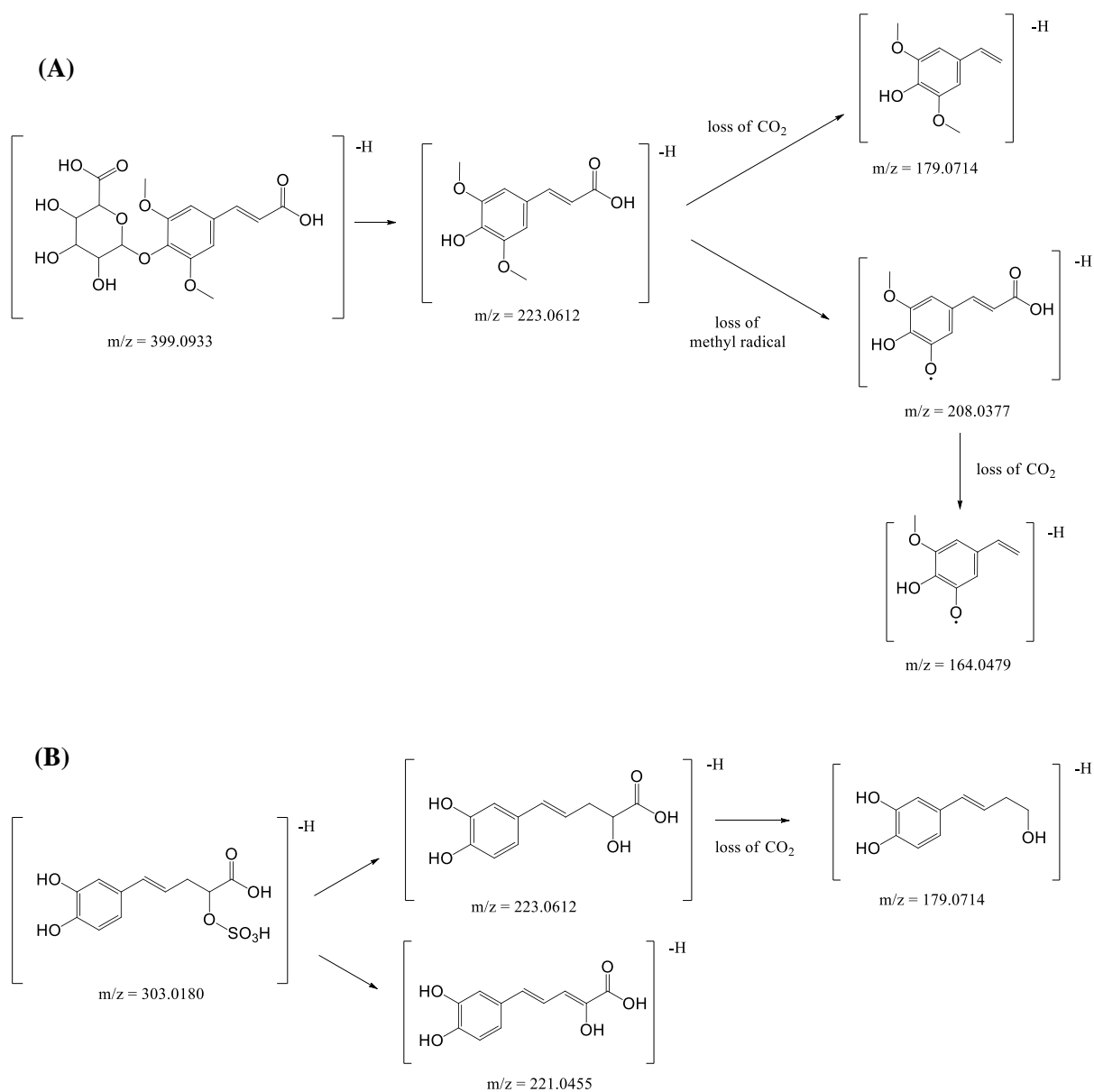


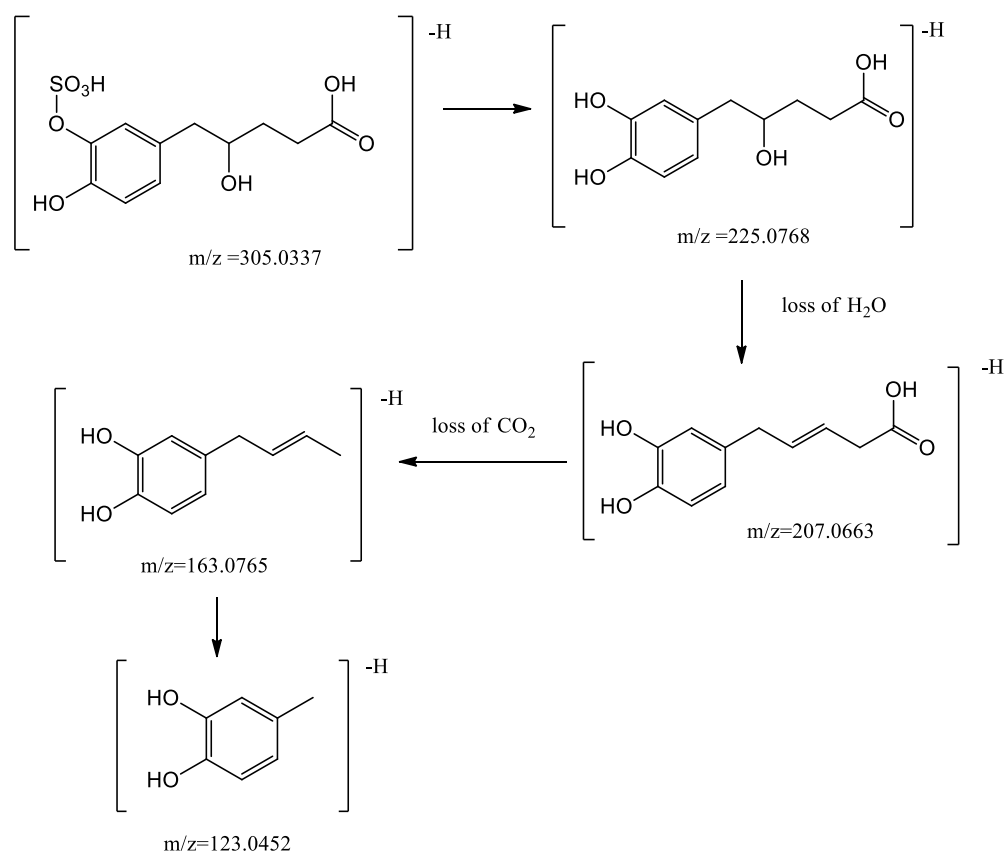
Figure 8. Fragmentation spectrum of peak 27 (A), its in-source fragment (m/z 237.0762) (B) and the reference standard of 3,4,5-trimethoxycinnamic acid (C).



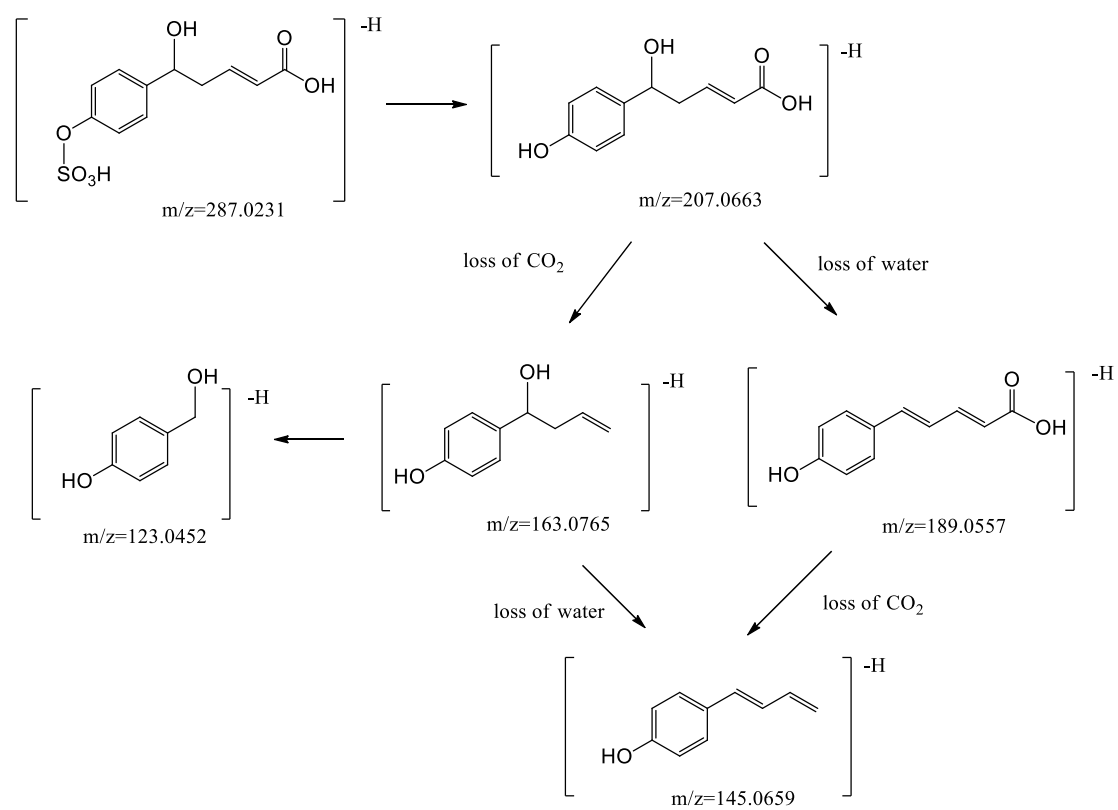
Scheme 1. Hypothesized structure and fragmentation scheme for peaks 1 and 7 ($[M-H]^- = 343.0663$).



Scheme 2. Hypothesized structure and fragmentation scheme for peak **23** (A) attributed to hydroxy-dimethoxy cinnamic acid glucuronide and peak **12** (B) putatively identified as hydroxy-(dihydroxyphenyl) pentenoic acid sulphate.



Scheme 3. Hypothesized structure and fragmentation scheme for peak **16** ($[M-H]^- = 305.0328$) attributed to hydroxy-(dihydroxyphenyl)-valeric acid sulphate.



Scheme 4. Hypothesized structure and fragmentation scheme for peaks **20** and **28** ($[M-H]^- = 287.0224$) attributed to two isomers of hydroxy-(hydroxyphenyl)-pentenoic acid sulphate.



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Supplemental Information

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