

**Supplementary Table 3** Mass Spectrometry characteristics of urolithins and their metabolites determined in urine samples by Liquid Chromatography – Tandem Mass Spectrometry (LC/MS/MS).

Compound	Precursor ion	Product ions
	[M-H] <sup>-</sup> <i>m/z</i>	[M-H] <sup>-</sup> <i>m/z</i>
Urolithin-A glucuronide	403	227; 175
Urolithin-B glucuronide	387	211, 175
Urolithin-C glucuronide	419	243; 175
Urolithin-C methyl ether glucuronide	433	257; 243;175
Urolithin-D glucuronide	435	259; 175
Urolithin-A	227	198
Urolithin-B	211	167
Urolithin-C	243	199
Urolithin D	259	215
Urolithin-A sulfate	307	227
Urolithin A sulfoglucuronide	483	307; 175
Urolithin D methyl ether glucuronide	449	273; 175

*m/z*, mass-to-charge