**Table S7. Multiple-reaction monitoring (MRM) of compounds quantified using HPLC-MS in this study.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Compound | MW (g/mol) | Parent (-) m/z | Transition 1 | Transition 2 | Transition 3 |
| G-diketone | 194.19 | 193.1 | 193.1 -> 136.1  CE22 | 193.1 -> 107.1  CE30 | 193.1 -> 122.1  CE25 |
| GP-1 | 196.2 | 195.2 | 195.1 -> 180.1  CE15 | 195.2 -> 136.0  CE22 | 195.2 -> 108.0  CE25 |
| Vanillic acid | 168.15 | 167 | 167.0 -> 152.1  CE19 | 167.0 -> 107.9  CE19 | 167.0 -> 123.0  CE14 |