

### Supplementary Materials

**Table 1S.** Analytical parameters of the developed LC-MS method, including calibration curves equations and  $r^2$ , LOD and LOQ, linear ranges and repeatability (expressed as % RSD).

Compound	Rt (min)	Calibration curves	$r^2$	LOD ( $\mu\text{g/L}$ )	LOQ ( $\mu\text{g/L}$ )	Linear range <sup>a</sup> (mg/L)	Repeatability <sup>b</sup>	
							RSD <sub>intra-day</sub> (%)	RSD <sub>inter-day</sub> (%)
Hydroxytyrosol	7.3	$y = 29083x + 7653.4$	0.9985	14	45	60	2.1	5.6
Tyrosol	9.4	$y = 11972x - 1367.2$	0.9999	42	141	70	5.1	7.1
Vanillic acid	10.8	$y = 13497x - 636.8$	0.9984	36	120	5	4.3	5.5
Rutin	13.2	$y = 3420x - 902.06$	0.9957	97	325	12.5	4.4	9.4
Luteolin-7-glucoside	13.9	$y = 9917x + 6620.8$	0.9951	41	136	12.5	7.5	8.6
Apigenin-7-glucoside	15.5	$y = 19166x + 15207$	0.9918	15	51	12.5	5.8	6.7
Oleuropein	16.7	$y = 8630.3x + 509.45$	0.9981	40	132	12.5	3.8	3.9
Luteolin	19.8	$y = 127143x + 7126.3$	0.9984	5	18	12.5	3.4	3.8
Pinoresinol	20.5	$y = 48060x - 5210.3$	0.9996	16	53	12.5	5.1	5.7
Apigenin	22.3	$y = 190558x - 6919.3$	0.9971	3	11	12.5	1.8	2.1

<sup>a</sup>Linear ranges were established from LOQ to the indicated value.

<sup>b</sup>Repeatability is expressed as % RSD of peak area for 4 injections of 4 different extracts of the QC carried out within the same sequence (*intra-day*) or over 4 days (*inter-day*).