

Supplementary Table S1. The selective reaction monitoring transitions (Q1 and Q3 ions) and collision energies used for the sterol analyses.

No.	Species	Adduct ion	Q1 (<i>m/z</i>)	Q3 (<i>m/z</i>)	CE (eV)	Retention time (min)
1	7-Hydroxycholesterol	[M+H] ⁺	385.4	367.3	16	2.5
2	Desmosterol	[M+H] ⁺	367.3	161.1	21	4.3
3	7-Dehydrocholesterol	[M+H] ⁺	367.3	159	25	4.5
4	Cholesterol	[M+H] ⁺	369.4	147.3	25	4.9
5	Lanosterol	[M+H] ⁺	409.4	149	29	5.3
6	Campesterol	[M+H] ⁺	383.4	147	25	5.4
7	Sitosterol	[M+H] ⁺	397.4	147.1	25	5.8
8	Cholesterol- <i>d</i> ₇ (IS)	[M+H] ⁺	376.4	147	26	4.9
9	cholesteryl ester 14:0	[M+Na] ⁺	619.6	251.2	24	15.4
10	cholesteryl ester 20:4	[M+Na] ⁺	695.6	327.2	28	15.6