

<i>5-MTHF-monoglutamate</i>	<i>Pteroylmonoglutamic acid</i>
<i>Equipment</i>	<i>Equipment</i>
Pump: HPLC pump (model PU-1580; Jasco, Japan)	Pump: HPLC pump (model Concept Series PU II; MSI; United Kingdom)
Degassing: degassing system (model BG-14, GASTORR; Flom Corporation, Japan)	Injector: auto-sampler (model AS-1555-10; Jasco, Japan)
Injector: auto-sampler (model AS-950; Jasco, Japan)	Detector: UV-visible detector (Spectra Series UV100; Thermo Separation Products, United States)
Detector: fluorescence detector (model FP-2020 Plus, Jasco, Japan)	Column: LiChrospher® 100 RP-18 endcapped (5 µm; LiChroCART® 250-4 HPLC-Cartridge; Merck, Darmstadt, Germany)
Column: LiChrospher® 100 RP-18 endcapped (5 µm; LiChroCART® 250-4 HPLC-Cartridge; Merck, Darmstadt, Germany)	Software: CromaNec XP (Micronec, Spain)
Software: CromaNec XP (Micronec, Spain)	
<i>Conditions</i>	<i>Conditions</i>
Room temperature	Room temperature
Mobile phase (A:B, 94:6): Solvent A: NaH ₂ PO ₄ · 2H ₂ O (100 mM, pH = 4.4); Solvent B: acetonitrile for fluorescence detection	Mobile phase (A:B, 94:6); Solvent A: NaH ₂ PO ₄ · 2H ₂ O (100 mM, pH = 4.4); Solvent B: acetonitrile for UV-visible detection
Flux: 1 mL/min (isocratic conditions)	Flux: 1 mL/min (isocratic conditions)

Figure S1. Chromatographic equipment and HPLC conditions used in this study for the determination of folic acid vitamers.

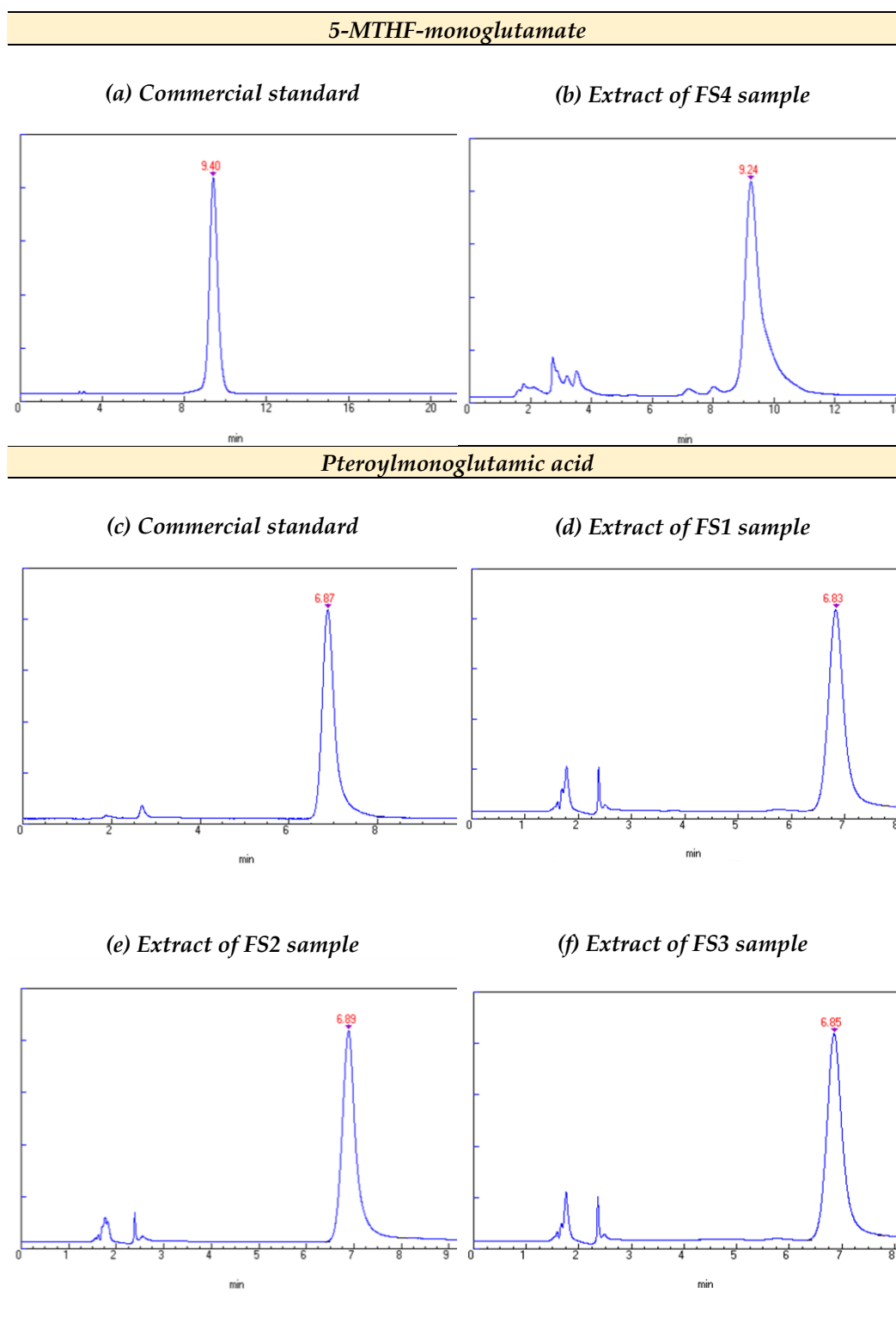


Figure S2. Chromatograms obtained for 5-MTHF-monoglutamate (measured by HPLC-fluorescence) and pteroylmonoglutamic acid (measured by HPLC-UV): (a) Commercial standard of 5-MTHF-monoglutamate; (b) Extract of FS4 sample containing 5-MTHF-monoglutamate; (c) Commercial standard of pteroylmonoglutamic acid; (d) Extract of FS1 sample containing pteroylmonoglutamic acid; (e) Extract of FS2 sample containing pteroylmonoglutamic acid; (f) Extract of FS3 sample containing pteroylmonoglutamic acid. Chromatographic conditions: see Figure S1.

Table S1. Designed template used to compile information from Spanish market research.

Food supplement product	Source	Does it contain folic acid?	Is it directed to pregnant women?	Does it include folic acid health-related claims?	Does it include other health claims related to vitamins and minerals?	Comments/remarks
	In situ/Online	YES/NO	YES/NO	YES/NO	YES/NO	