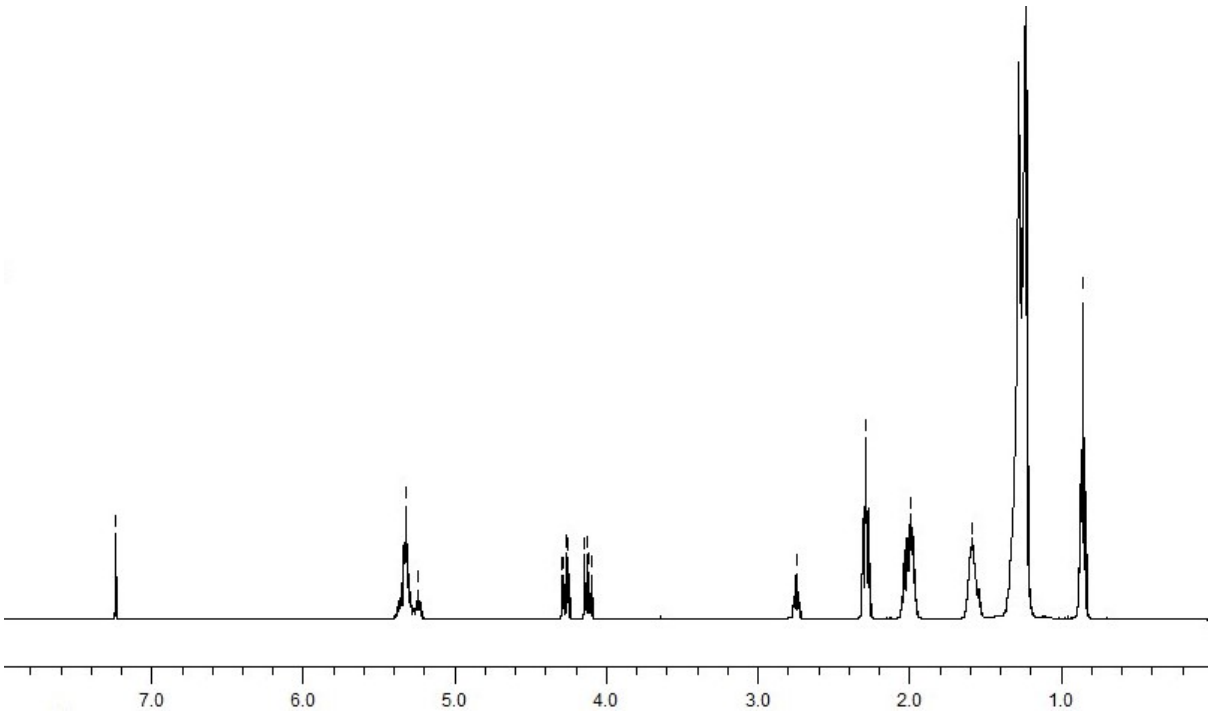

Figure S1: PLF$_{He2}$ NMR.

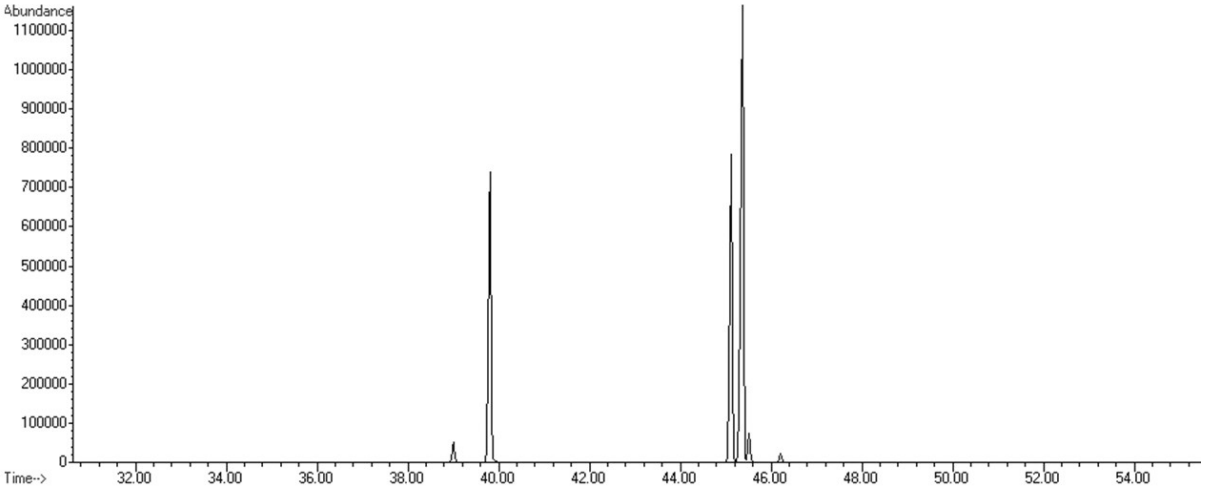

Figure S2: PLF$_{He2}$ GC-MS.

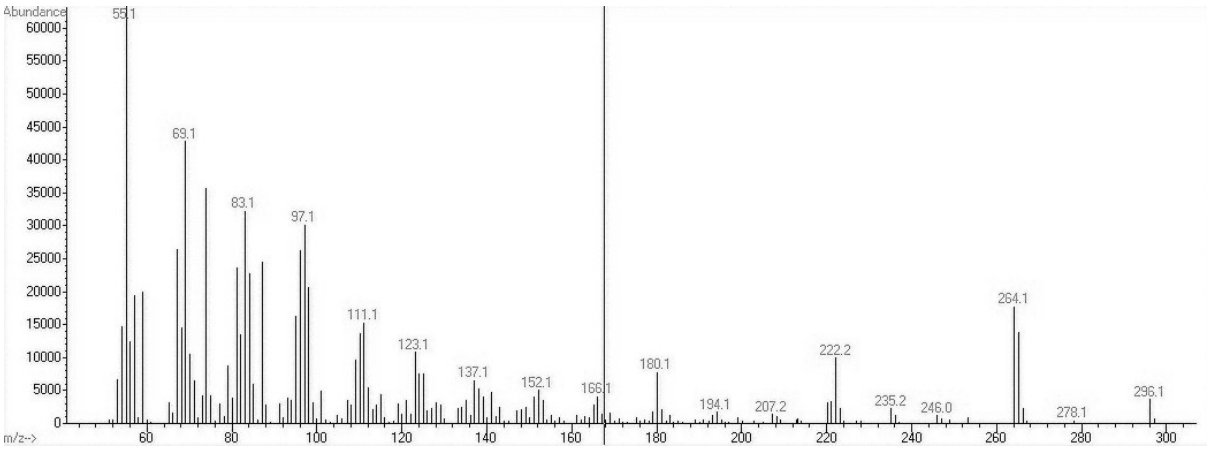

Figure S3: Oleic acid.

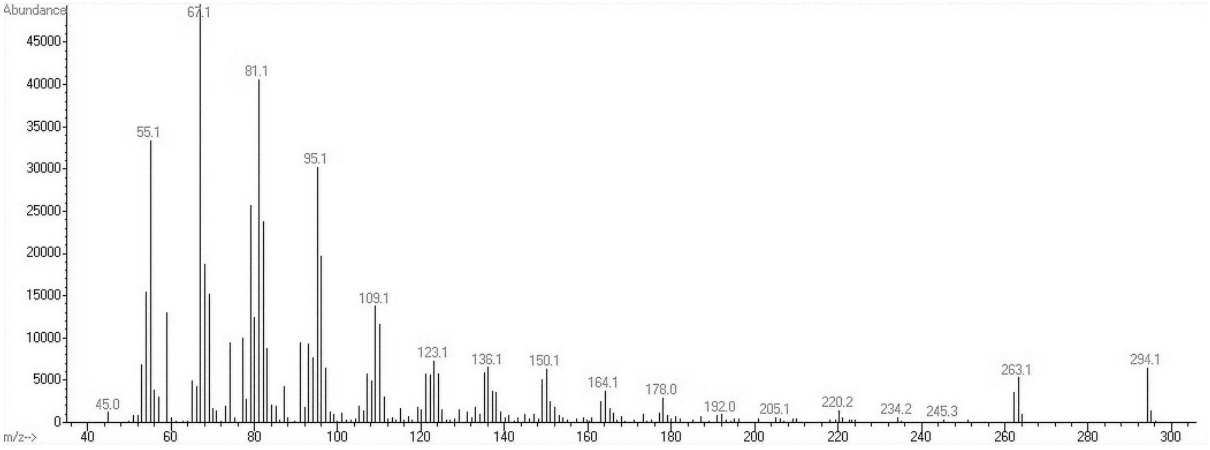

Figure S4: Linoleic Acid.

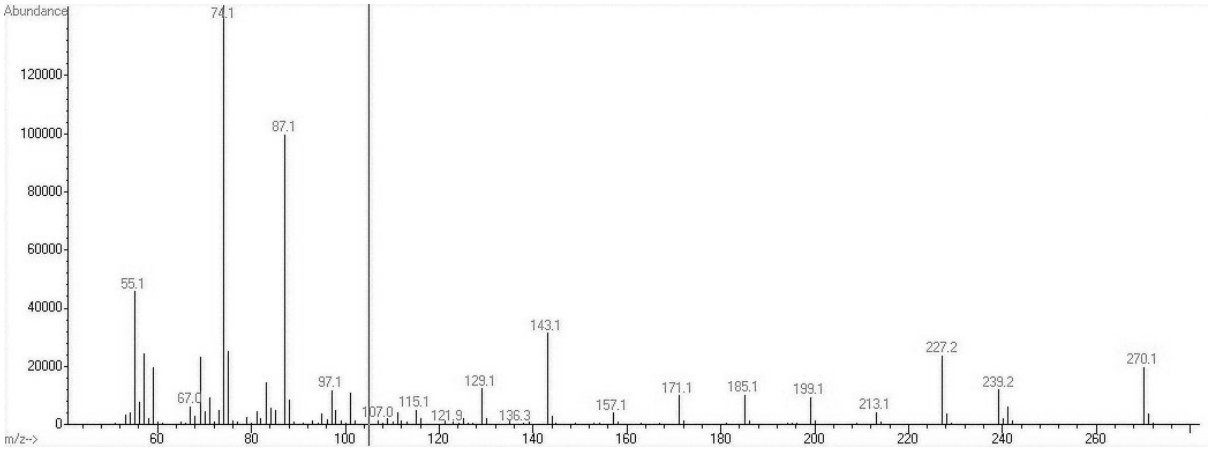

Figure S5: Palmitic Acid.

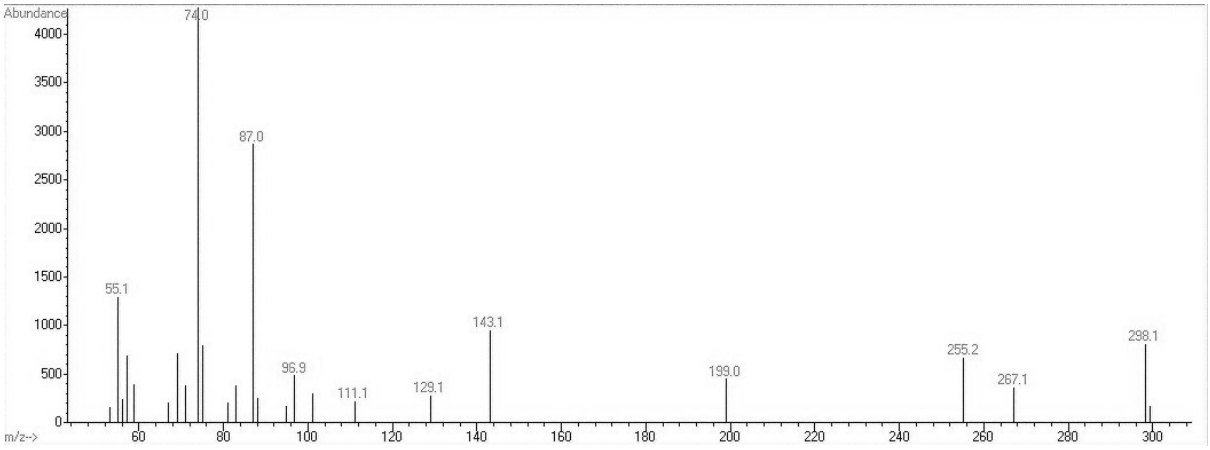

Figure S6: Stearic Acid.

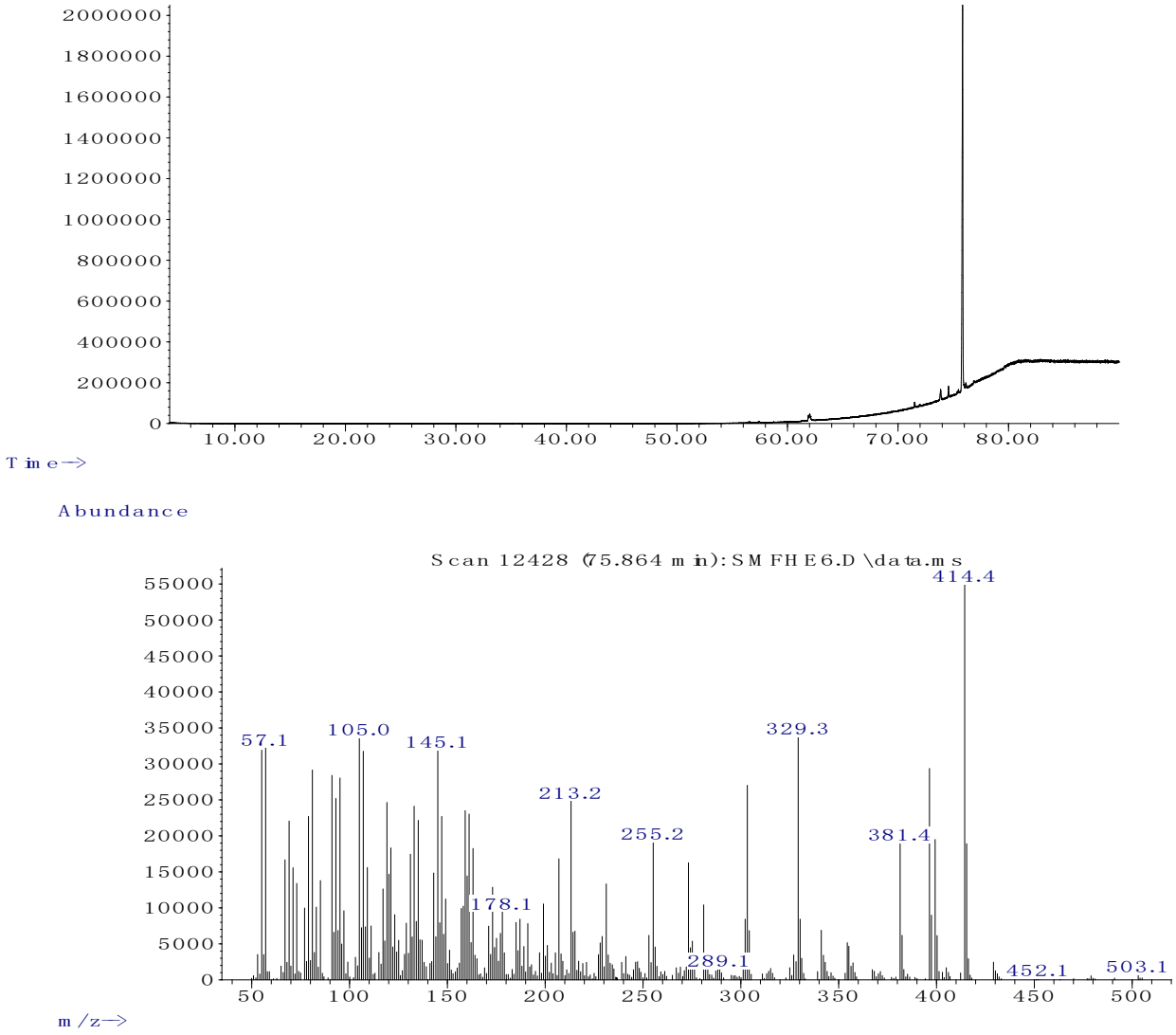

Figure S7: Fraction PLFHe4, γ-Sitosterol.

Table S1. Tentative identification of constituents of *Pistacia lentiscus* hexane extracts by GC-MS.

RT (min)	Compound	%	Class	%
5.19	α.-Pinene	0.43	**Total Terpenes**	**1.80**
6.39	p-Cymene	0.24		
6.52	pseudolimonene	1.02		
7.42	γ.-Terpinene	0.12		
15.03	(E)-2-Decenal	1.21	**Total Aldehydes**	**1.91**
16.37	(E,E)-2,4-Decadienal	0.70		
19.54	Ylangene	0.17	**Total Sesquiterpenes**	**5.76**
19.72	α.-Cubebene	0.34		
21.47	Caryophyllene	0.38		
22.85	Humulene	0.13		
23.15	Alloaromadendrene	0.14		
23.87	γ.-Muurolene	1.28		
24.00	(+)-α-amorphene	0.13		
24.19	eremophilene	0.17		
24.57	γ-maalinene	0.34		
24.84	α.-Muurolene	0.46		
25.35	(R)-γ-cadinene	1.22		
25.77	δ-cadinene	0.38		
26.08	cadinadiene	0.33		
26.29	α-cadinene	0.28		
29.79	Muurola-4,10(14)-dien-1β-ol	0.52	**Terpenoid**	**0.52**
40.64	methyl palmitate	5.75	**Total Methyl esters**	**14.36**
41.19	palmitic acid	12.26	Acid	
46.00	methyl linoleate	3.65	Methyl ester	
46.39	methyl oleate	4.96		
47.49	linoleic acid	12.38	**Total Acids**	**39.76**
47.73	oleic acid	13.11		
48.30	stearic acid	2.01		
51.56	Cardanol 13:0	2.86	Phenol	
51.89	N/I[1]	0.12		
56.79	Cardanol 15:1	7.68	Phenol	
56.91	N/I	2.23		
57.08	Cardanol 15:1	3.39	**Total Phenols**	**28.35**
57.36	Cardanol 15:0	4.89		
57.63	N/I	0.14		
62.07	Cardanol 17:1	9.53	Phenol	
76.23	γ.-Sitosterol	5.08		**4.74**

[1] Not identified