**Table S1** Parameters of all the molecules monitored with the MRM method

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Compound** | **Precursor ion Q1 (m/z)** | **Product ion Q2 (m/z)** | **CE (V)** | **Retention time (min)** |
|
|
| Gallic acid 1 | 169 | 124,9 | -20 | 1,89 |
| Gallic acid 2 | 169 | 78,9 | -30 | 1,89 |
| 3,4-Dihydroxybenzoic acid 1 | 153 | 108,9 | -20 | 3 |
| 3,4-Dihydroxybenzoic acid 2 | 153 | 65 | -26 | 3 |
| Chlorogenic acid 1 | 352,9 | 190,8 | -26 | 3,45 |
| Chlorogenic acid 2 | 352,9 | 84,9 | -26 | 3,45 |
| Caffeic acid 1 | 179 | 135 | -22 | 3,75 |
| Caffeic acid 2 | 179 | 107 | -32 | 3,75 |
| Syringic acid 1 | 197 | 181,9 | -18 | 3,8 |
| Syringic acid 2 | 197 | 122,9 | -30 | 3,8 |
| Daidzin 1 | 415,1 | 251,9 | -38 | 3,96 |
| Daidzin 2 | 415,1 | 222,8 | -38 | 3,96 |
| Rutin 1 | 609 | 300,3 | -46 | 4,01 |
| Rutin 2 | 609 | 270,9 | -46 | 4,01 |
| Ellagic acid 1 | 301 | 284 | -40 | 4,27 |
| Ellagic acid 2 | 301 | 229 | -38 | 4,27 |
| p-Coumaric acid 1 | 163 | 119 | -20 | 4,33 |
| p-Coumaric acid 2 | 163 | 92,9 | -42 | 4,33 |
| Salicylic acid 1 | 137 | 93 | -16 | 4,46 |
| Salicylic acid 2 | 137 | 75 | -40 | 4,46 |
| Vanillin 1 | 150,9 | 136,1 | -18 | 4,65 |
| Vanillin 2 | 150,9 | 91,9 | -26 | 4,65 |
| Cynarin 1 | 515 | 353 | -28 | 4,68 |
| Cynarin 2 | 515 | 191 | -42 | 4,68 |
| m-Coumaric acid 1 | 163 | 119 | -20 | 4,72 |
| m-Coumaric acid 2 | 163 | 92,9 | -42 | 4,72 |
| Ferulic acid 2 | 193 | 177,9 | -18 | 4,74 |
| Ferulic acid 1 | 193 | 134 | -22 | 4,74 |
| Sinapic acid 1 | 223,1 | 164 | -22 | 4,78 |
| Sinapic acid 2 | 223,1 | 148,9 | -28 | 4,78 |
| Rosmarinic acid 1 | 358,9 | 160,9 | -22 | 4,8 |
| Rosmarinic acid 2 | 358,9 | 132,6 | -40 | 4,8 |
| Naringin | 579 | 271 | -32 | 5,03 |
| Quercetin 1 | 301 | 121 | -34 | 7,08 |
| Quercetin 2 | 301,1 | 150,9 | -30 | 7,08 |
| trans-cinnamic-d7 acid | 153,9 | 110 | -16 | 7,4 |
| trans-cinnamic acid 1 | 146,9 | 77 | -28 | 7,53 |
| trans-cinnamic acid 2 | 146,9 | 103 | -14 | 7,53 |
| Apigenin 1 | 269,9 | 116,9 | -42 | 8,33 |
| Apigenin 2 | 269,9 | 150,9 | -34 | 8,33 |
| Genistein 1 | 269 | 133 | -30 | 8,42 |
| Genistein 2 | 269 | 159 | -40 | 8,42 |
| Naringenin 1 | 271 | 150,9 | -24 | 8,51 |
| Naringenin 2 | 271 | 118,9 | -34 | 8,51 |

**Table S2.** Phenolic compounds profile in dried mushrooms (Enoki and Maitake) identified using the LC-MS/MS technique

|  |  |  |
| --- | --- | --- |
| **Polyphenolic compound** | **Enoki** | **Maitake** |
|  | **[ng \*103/g DW]** |
| 3,4-Dihydroxybenzoic acid | 1.66±0.12a | 10.15±0.39b |
| Caffeic acid | <0.5 | 10.74±0.81 |
| Syringic acid | <0.5 | 12.19±0.45 |
| Daidzin | n.d | n.d |
| Rutin | <0.5 | <0.5 |
| Ellagic acid | <0.5 | 3.57±0.52 |
| *p*-Coumaric acid | 0.64±0.06a | 15.67±0.64b |
| Salicylic acid | <0.5 | <0.5 |
| Vanillin | <0.5 | 6.97±0.74 |
| Ferulic acid | 0.75±0.20a | 36.58±3.79b |
| Sinapic acid | <0.5 | 0.52±0.08 |
| Rosmarinic acid | n.d | n.d |
| *t-*Cinnamic acid | <0.5 | n.d |
| Genistein | <0.5 | <0.5 |
| Naringenin | <0.5 | 0.57±0.06 |

<0.5 [μg/g DW] below the limit of determination of the lowest calibration point; n.d. – not detected. Samples with different superscripts within a row are significantly different at p≤ 0.05.