**Supplementary Table 1: Mass spectrometry parameters for curcuminoids**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Analyte** | **Retention time (min)** | **Precursor ion** | **Q1 mass (Da)** | **Q3 mass (Da)** | **EP (V)** | **CE (V)** | **CXP (V)** |
| **Curcumin** | 3.9 | [M+H]+ | 369.1 | 177 | 10 | 33 | 9 |
| **Curcumin** | 3.9 | [M+H]+ | 369.1 | 285 | 10 | 26 | 21 |
| **Curcumin** | 3.9 | [M+H]+ | 369.1 | 145 | 10 | 47 | 8 |
| **BDMC** | 3.5 | [M+H]+ | 309.1 | 119 | 10 | 48 | 8 |
| **BDMC** | 3.5 | [M+H]+ | 309.1 | 147 | 10 | 30 | 10 |
| **BDMC** | 3.5 | [M+H]+ | 309.1 | 225 | 10 | 21 | 8 |
| **DMC** | 3.7 | [M+H]+ | 339.1 | 147 | 10 | 34 | 10 |
| **DMC** | 3.7 | [M+H]+ | 339.1 | 177 | 10 | 28 | 6 |
| **DMC** | 3.7 | [M+H]+ | 339.1 | 255 | 10 | 22 | 9 |
| **d6-Curcumin** | 3.9 | [M+H]+ | 375.1 | 180 | 10 | 33 | 8 |
| **d6-Curcumin** | 3.9 | [M+H]+ | 375.1 | 291 | 10 | 26 | 8 |

**Supplementary Table 2: Gradient parameters for the UPLC method**

|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **A** | **B** | **Curve** |
| Initial | 50 | 50 | 6 |
| 3 | 35 | 65 | 6 |
| 5 | 0 | 100 | 6 |
| 8 | 50 | 50 | 11 |
| 10 | 50 | 50 | 11 |