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Rapid measurement of phytosterols in fortified food using gas chromatography with flame ionization detection

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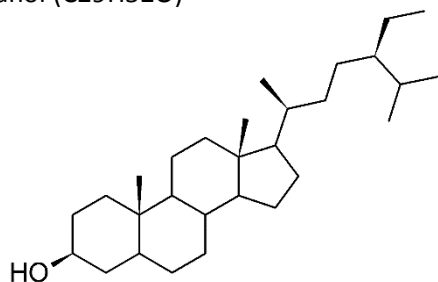
Supplementary Material

Rapid measurement of phytosterols in fortified food using gas chromatography with flame ionization detection

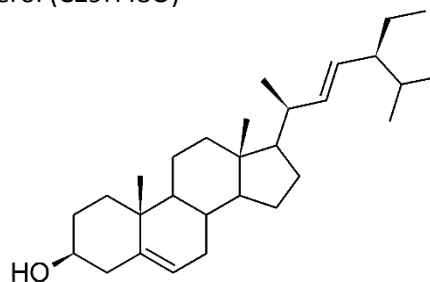
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Figure S1. Structures of common phytosterols (Moreau et al., 2002).

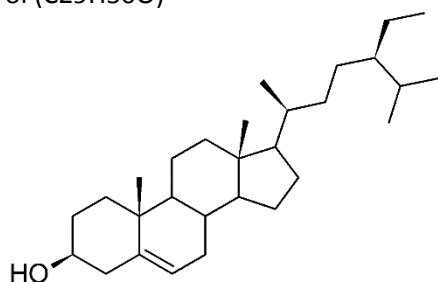
Stigmastanol (C₂₉H₅₂O)



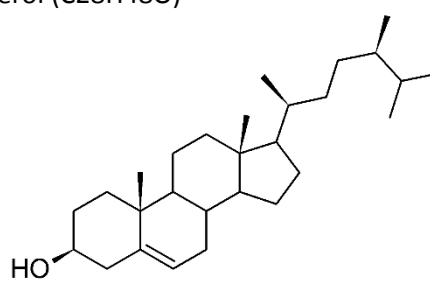
Stigmasterol (C₂₉H₄₈O)



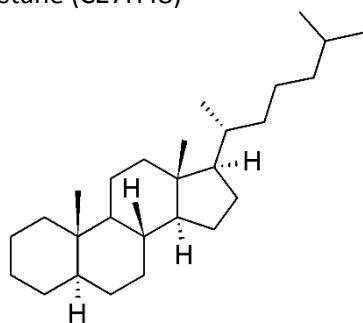
β-sitosterol (C₂₉H₅₀O)



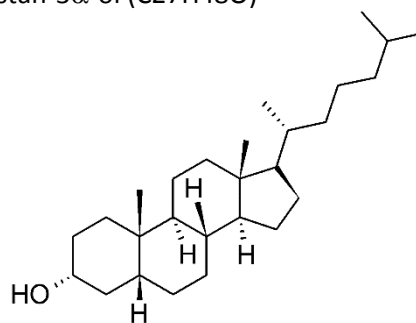
Campesterol (C₂₈H₄₈O)



5α-cholestane (C₂₇H₄₈)



5β-cholestan-3α-ol (C₂₇H₄₈O)



Brassicasterol (C₂₈H₄₆O)

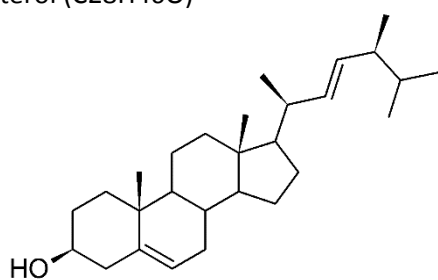
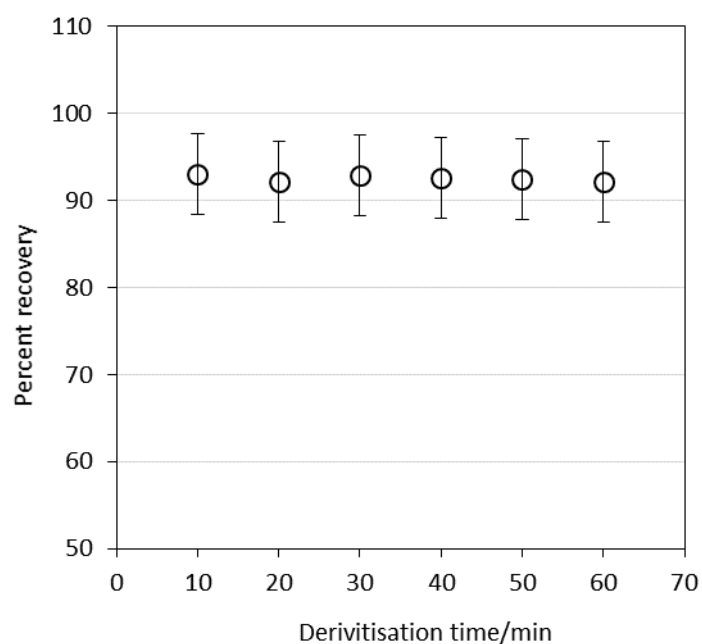


Table S1. Plackett Burnman experimental design to investigate critical method parameters.

Experiment	Extraction solvent	Incubation temperature /°C	Saponification mixture	Saturated NaCl	Aqueous HCl	Water
A	Toluene	100	2.3 M NaOH in methanol	Yes	Yes	
B	Toluene	80	2.3 M KOH in methanol	Yes	Yes	
C	Toluene	100	2.3 M NaOH in methanol	Yes	Yes	
D	Toluene	100	2.3 M NaOH in methanol	Yes	No	
E	Heptane	100	2.3 M NaOH in methanol	Yes	Yes	
F	Toluene	100	2.3 M NaOH in methanol	No	Yes	
G	Heptane	80	5M ethanolic KOH	No		Yes
H	Heptane	80	5M ethanolic KOH	Yes		Yes
I	Heptane	80	5M ethanolic KOH	Yes		No

Figure S2. Effect of BSTFA/TCMS derivatisation time on sterol recovery.**Equation S1.** Recovery calculation.

$$\text{Recovery \%} = \frac{\text{sample value}}{\text{theoretical certified value}} \times 100$$