

**Table S1.** Mass spectrometry parameters for MRM transitions: Q1 voltage, Q3 voltage and collision energy (CE)

Compound	Transitions	Q1 (V)	Q3(V)	CE (V)
cholesterol	369>95 <sup>*</sup>	-17	-19	-32
	369>135	-25	-28	-22
epicoprostanol/coprostanol/cholestanol	371>81	-13	-17	-36
	371>95 <sup>*</sup>	-17	-19	-29
ergosterol	379>69 <sup>*</sup>	-30	-29	-26
	379>83	-30	-17	-24
brassicasterol	381>69 <sup>*</sup>	-13	-28	-29
	381>135	-25	-28	-24
campesterol	383>81	-25	-16	-40
	383>161 <sup>*</sup>	-25	-18	-21
stigmasterol	395>81 <sup>*</sup>	-18	-16	-41
	395>107	-18	-22	-35
$\beta$ -sitosterol	397>81	-14	-16	-41
	397>95 <sup>*</sup>	-14	-19	-34
stigmastanol	399>95 <sup>*</sup>	-14	-19	-33
	399>149	-14	-29	-22
lupeol/ $\beta$ -amyirin/ $\alpha$ -amyirin	409>95 <sup>*</sup>	-29	-19	-37
	409>137	-19	-16	-22

\* transition of quantification