Table S1. Total phenols (Phen tot.), flavonoids (Flav) and chlorogenic acid (CGA) content and antioxidant capacity (FRAP and ABTS) (mean values of first and second experiment) and anthocyanin (Anth.) (data of the second experiment), in sprouts and microgreens of flaxseed grown indoor under controlled condition with different light spectrum (100% blue (peak at 450 nm) (B), 100% red (peak at 660 nm) (R), 100% green (peak at 520 nm) (G) and R:G:B – 1:1:1 (RGB)).

Stage	Light spectrum	Phen. tot. (mg GAE g^{-1} DW)	Flav. (mg CAE g^{-1} DW)	CGA (mg g^{-1} DW)	FRAP (µmol Fe(II) g^{-1} DW)	ABTS (µmol TEAC g^{-1} DW)	Anth. (mg C3G g^{-1} DW)
Sprouts	RGB	14.0±1.8	10.9±1.2	0.97±0.2 d	114.5±5.7 c	33.9±5.6 cde	0.342±0.032
	B	16.1±1.5	10.2±0.9	0.79±0.1 d	114.0±5.6 c	29.9±3.0 e	0.256±0.046
	R	13.6±1.1	10.9±0.6	1.21±0.1 d	112.7±8.6 c	32.1±0.9 de	0.278±0.035
	G	12.4±0.7	10.6±0.5	0.84±0.1 d	104.5±4.0 c	33.0±5.2 de	0.209±0.020
Microgreens	RGB	28.4±1.0	20.0±0.8	7.60±0.4 ab	164.7±10.7 b	61.2±2.4 ab	0.322±0.055
	B	32.0±1.7	21.2±1.7	9.42±0.8 a	218.4±17.9 a	68.2±2.2 a	0.199±0.031
	R	24.7±2.3	18.4±0.6	6.39±0.5 bc	138.9±3.0 bc	49.7±3.0 bc	0.121±0.019
	G	25.0±2.1	18.7±0.7	4.66±0.5 c	127.3±8.6 bc	46.2±1.5 bcd	0.090±0.008
Sprouts		14.0±0.7 b	10.6±0.4 b	0.95±0.07 b	111.4±3.0 b	32.2±1.9 b	0.272±0.020 a
Microgreens		27.6±1.1 a	19.6±0.5 a	7.02±0.45 a	162.3±9.0 a	56.3±2.1 a	0.183±0.030 b
	RGB	21.2±2.4 ab	15.4±1.5	4.28±1.02	139.6±9.5 b	47.6±5.0 ab	0.332±0.029 a
	B	24.0±2.6 a	15.7±1.9	5.11±1.35	166.2±18.1 a	49.0±6.0 a	0.228±0.028 b
	R	19.2±2.1 b	14.7±1.2	3.80±0.82	125.8±5.9 b	40.9±3.0 ab	0.200±0.039 b
	G	18.7±2.2 b	14.6±1.3	2.75±0.63	115.9±5.7 b	39.6±3.3 b	0.150±0.028 b
ANOVA							
Stage		***	***	***	***	***	**
Light spectrum		**	ns	***	***	*	***
Stage x light spectrum		ns	ns	***	***	**	ns

Data presented are the mean ± standard error (n = 6 or n = 3 for Anth). Means flanked by the same letter are not statistically different for P = 0.05 after LSD test. Significance level: *** P ≤ 0.001; ** P ≤ 0.01; * P ≤ 0.05; ns = not significant.