



Supplementary Figure S1. A) Chromatograms of the commercially available standards of sesquiterpene lactones, present in *Cichorium intybus* L., analysed by HPLC-UV at 280 nm: 11 β ,13-dihydrolactucin (Rt: 23.7 min); Lactucin (Rt: 27.3 min); 11 β ,13-dihydrolactucopicrin (Rt: 48.6 min) and lactucopicrin (Rt: 49.1 min). **B)** HPLC-UV chromatograms of witloof and chicory extracts showing signals at 280 nm. Major sesquiterpenes in the extracts were detected at the following retention times (RT): 11 β ,13-dihydrolactucin (RT = 23.7 min); lactucin (RT = 27.3 min); 8-deoxylactucin and 11 β ,13-dihydro-8-deoxylactucin (RT = 43 min), 11 β ,13-dihydrolactucopicrin (RT = 48.6 min) and lactucopicrin (RT = 49.1 min). Note that no commercial standards are available for 8-deoxylactucin and 11 β ,13-dihydro-8-deoxylactucin, and they were identified by mass

spectra as previously described by Baixinho et al. (2021). C) Chemical structures of the compounds found in the extracts.