**Supplementary Table S1.** Information regarding the plant samples used in this study

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Plant name | Commercial brand | Package | Content | Production date | Expiration date | Commercial website (if any) |
| *Ilex paraguariensis* (brand A) | Macher tea | Sachet | Dried leaves (100%) | 2019 | 2022 |  |
| *Ilex paraguariensis* (brand B) | Teblad | Sachet | Dried leaves (100%) | 2019 | 2022 | <https://www.teblad.com> |
| *Ilex paraguariensis* (brand C) | Cha Mate | Sachet | Dried leaves (100%) | 2019 | 2022 |  |
| *Stevia rebaudiana* (brand A) | Krittiya Garden | Sachet | Dried leaves (100%) | 2019 | 2022 | <https://www.krittiyagarden.com> |
| *Stevia rebaudiana* (brand B) | Baichaweingping | Sachet | Dried leaves (100%) | 2019 | 2022 |  |
| *Stevia rebaudiana* (brand C) | Kanthicha Nature | Sachet | Dried leaves (100%) | 2019 | 2022 |  |
| *Pluchea indica* (brand A) | Krittiya Garden | Sachet | Dried leaves (100%) | 2019 | 2022 | <https://www.krittiyagarden.com> |
| *Pluchea indica* (brand B) | Baichaweingping | Sachet | Dried leaves (100%) | 2019 | 2022 |  |
| *Pluchea indica* (brand C) | Kanthicha Nature | Sachet | Dried leaves (100%) | 2019 | 2022 |  |