**Supplementary Table S1.** Overview of analytical methods used to extract lipid fraction.

|  |  |  |
| --- | --- | --- |
| **Mild technology** |  | **Conventional extractions** |
| SFE-CO2 | **Lipid fraction** | Christie and Han, 2010 |
| **Tocopherols:**  α-, β-, γ-, δ. | Slavin and Yu, 2012 |
| **Phytosterols**:  Campesterol,  β-sitosterol. |
| **Free fatty acids**:  palmitic acid (C16:0),  stearic acid (C18:0),  oleic acid (C18:1),  linoleic acid (C18:2),  linolenic acid (C18:3). | Phippen *et al*., 2006 |