**Folin-Ciocalteu Method 2.0**

1. Mix 60-120μL **\*** of sample with 150μL of Folin-Ciocalteu reagent directly in a cuvette.
2. Incubate sample at RT in the dark for 5 min.
3. Add 150μL of 10% Na2CO3.
4. Add 2.6mL of distilled water and incubate in the dark for 1h.
5. Prepare a blank where you replace the sample by distilled water.
6. Measure the absorbance of the sample at 765nm.
7. Build up a calibration curve with gallic acid as a reference (0 – 15 μg/mL).
8. Express the total phenol content as g Gallic Acid Equivalent (GAE)/100g sample.

**\***Samples with 1-2% alginate: 120μL at any time point and food simulant; Samples with 0.5% alginate: 60μL at any time point and food simulant.