**SOP –Polyphenol Release in Food Simulants**

*Adapted from Sanchez et al., 2022*

Immerse 6cm2 (2x3 cm) of film sample in 20mL of food simulant\*. Place in shaking water bath at 25 °C and 60 rpm for 24h.

Take 0.5mL aliquot (2x) at 2, 4, 6, 8, 10, 12, 14, 16 min.

Analyse using Folin Ciocalteu SOP

**Sample**

Replace the aliquot with 0.5mL fresh release medium, homogenise and place again in the shaking water bath.

**Aliquot**

Place the aliquot in an Eppendorf, add 20μL of 0.1M HCl and keep in the freezer until further analysis.

\* Fatty Food Simulants: 50% ethanol (A); 95% ethanol (B).