Supplementary Table 1: List of MRM

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Compound**  | **Precursor Ion** | **Product Ion** | **Fragmentor (V)** | **CE (V)** | **tR (min)** | **Polarity** |
| 5-HT | 177 | 160 | 80 | 8 | 3.27 | Positive |
| 5-HT | 177 | 132 | 80 | 23 | 3.27 | Positive |
| 5-HT | 177 | 115 | 80 | 31 | 3.27 | Positive |
| 5-HT - 13C | 187 | 170 | 80 | 8 | 3.27 | Positive |
| 5-HT - 13C  | 187 | 140 | 80 | 23 | 3.27 | Positive |
| 5-HT - 13C | 187 | 123 | 80 | 31 | 3.27 | Positive |
| Tryptophan | 205 | 188 | 80 | 6 | 4.84 | Positive |
| Tryptophan | 205 | 146 | 80 | 18 | 4.84 | Positive |
| Tryptophan | 205 | 118 | 80 | 29 | 4.84 | Positive |
| Tryptophan-13C | 216 | 199 | 80 | 6 | 4.84 | Positive |
| Tryptophan-13C | 216 | 155 | 80 | 18 | 4.84 | Positive |
| Tryptophan-13C | 216 | 126 | 80 | 27 | 4.84 | Positive |

Supplementary Table 2: Ion source conditions

|  |  |
| --- | --- |
| Drying Gas | 220° C, 9 L/min |
| Sheath Gas | 390° C, 12 L/min |
| Nebulizer pressure | 20 psi |
| Capillary voltage | + 2000 V |
| Nozzel voltage | + 0 V |

Supplementary Table 3: LLOQ and r2

|  |  |  |
| --- | --- | --- |
| **Compound**  | **LLOQ (ng/mL)** | **r2** |
| 5-HT | 0.3 | 0.9978 |
| 5-HT -13C | 0.3 | 0.9978 |
| Tryptophan | 0.8 | 0.9999 |
| Tryptophan-13C | 0.8 | 0.9999 |