**Supplementary File 3. Retention times and MS/MS transitions for sterol internal standards. Relate to Figure 2 and Figure 2-Figure Supplement 2.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Internal Standard** | **Retention****Time (min)** | **Q1** | **Q3** |
| 13C3-desmosterol | 6.40 | 370.3 | 370.3 |
| d7-7-dehydrocholesterol | 6.90 | 374.3 | 374.3 |
| d7-cholesterol | 8.60 | 376.3 | 376.3 |
| 13C3-lanosterol | 9.83 | 412.3 | 412.3 |