**Supplementary File 4. Retention times and MS/MS transitions for sterol standards. Relate to Figure 2 and Figure 2-Figure Supplement 2.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Analyte** | **Retention**  **Time (min)** | **Q1** | **Q3** | **Std Conc. Std+IS Mix** | **IS Used** | **IS Conc. Std+IS Mix** |
| 7-Dehydrodesmosterol | 5.18 | 365.3 | 365.3 | 0.4 ug/mL | 13C3-desmosterol | 0.4 ug/mL |
| Zymosterol | 6.01 | 367.3 | 367.3 | 0.4 ug/mL | 13C3-desmosterol | 0.4 ug/mL |
| Desmosterol | 6.38 | 367.3 | 367.3 | 0.4 ug/mL | 13C3-desmosterol | 0.4 ug/mL |
| 8-Dehydrocholesterol | 6.79 | 367.3 | 367.3 | 0.4 ug/mL | d7-7-dehydrocholesterol | 2.0 ug/mL |
| 7-Dehydrocholesterol | 7.0 | 367.3 | 367.3 | 0.4 ug/mL | d7-7-dehydrocholesterol | 2.0 ug/mL |
| Lathosterol | 8.28 | 369.3 | 369.3 | 0.4 ug/mL | 13C3-lanosterol | 0.4 ug/mL |
| Cholesterol | 8.69 | 369.3 | 369.3 | 0.4 ug/mL | d7-cholesterol | 2.0 ug/mL |
| Lanosterol | 9.86 | 409.3 | 409.3 | 0.4 ug/mL | 13C3-lanosterol | 0.4 ug/mL |