

Table S1 The content of antioxidants in seeds depending on variety.

| mg/gFW | Linola | Silesia | Szafir |
|------------------------------|--------------|--------------|--------------|
| Ferulic acid | 0.603± 0.022 | 0,678± 0.025 | 0.626± 0.024 |
| Ferulic acid glucoside | 1.528± 0.026 | 1.704± 0.018 | 1.614± 0.017 |
| Coumaric acid | 0.366± 0.018 | 0.598± 0.023 | 0.527± 0.016 |
| Coumaric acid glucoside | 1.034± 0.041 | 1.028± 0.001 | 1.064± 0.025 |
| Caffeic acid | 0.066± 0.010 | 0.126± 0.081 | 0.089± 0.022 |
| Caffeic acid glucoside | 0.716± 0.009 | 0.934± 0.011 | 0.796± 0.010 |
| Vitexin (apigenin glucoside) | 0.28± 0.005 | 0.16± 0.002 | 0.25± 0.004 |
| Proanthocyanidin | 0.025±0.002 | 0.052± 0.008 | 0.31± 0.003 |
| Hydrolysable tannins | 0.048± 0.001 | 0.279± 0.013 | 0.157± 0.011 |
| γ- Tocopherol | 8.337± 0.610 | 8.416± 0.350 | 8.363± 0.07 |
| Plastochromanol-8 | 1.148± 0.075 | 1.220± 0.067 | 1.321± 0.081 |
| Lutein | 0.046± 0.013 | 0.046± 0.007 | 0.039± 0.007 |