

Supplementary Materials:

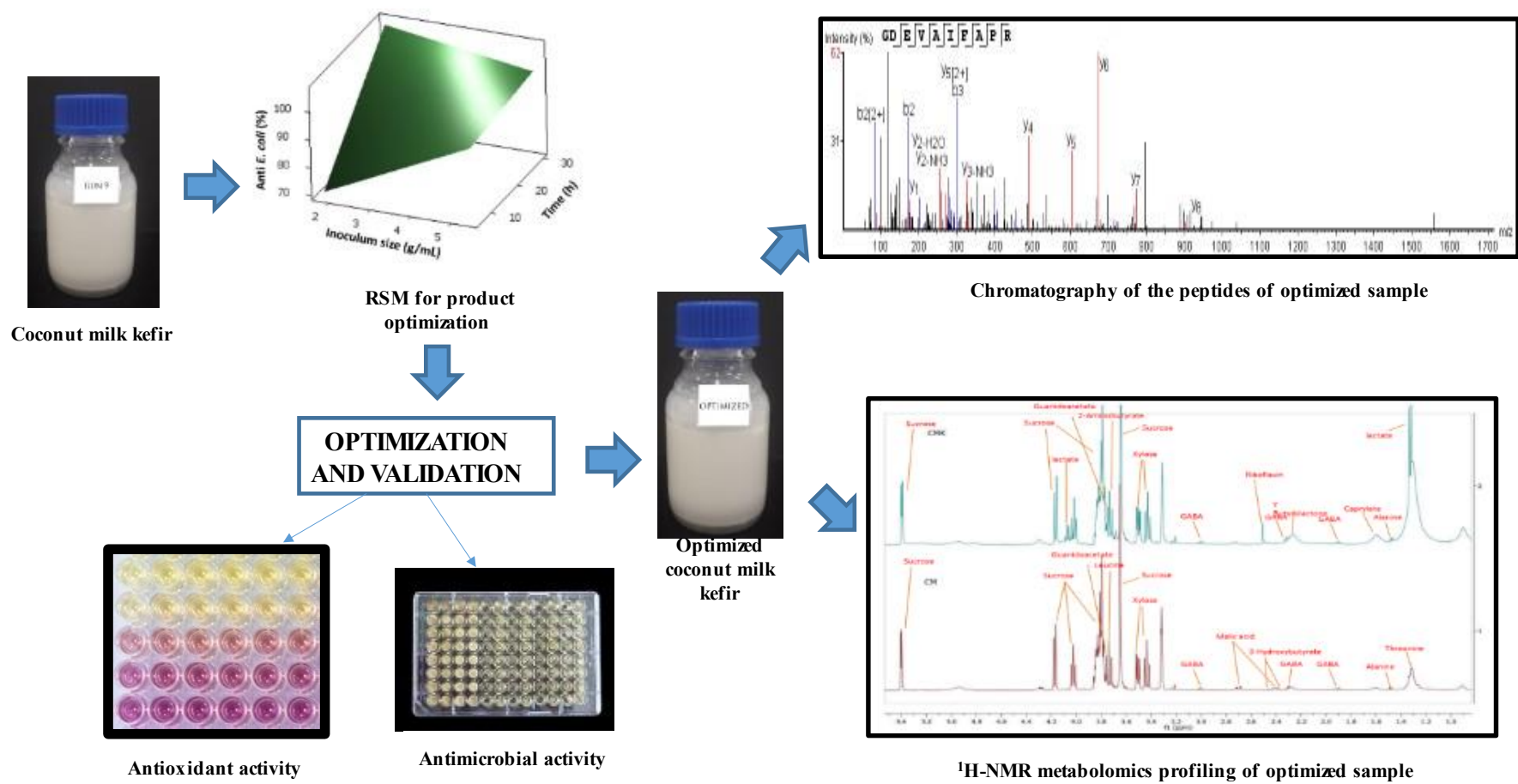
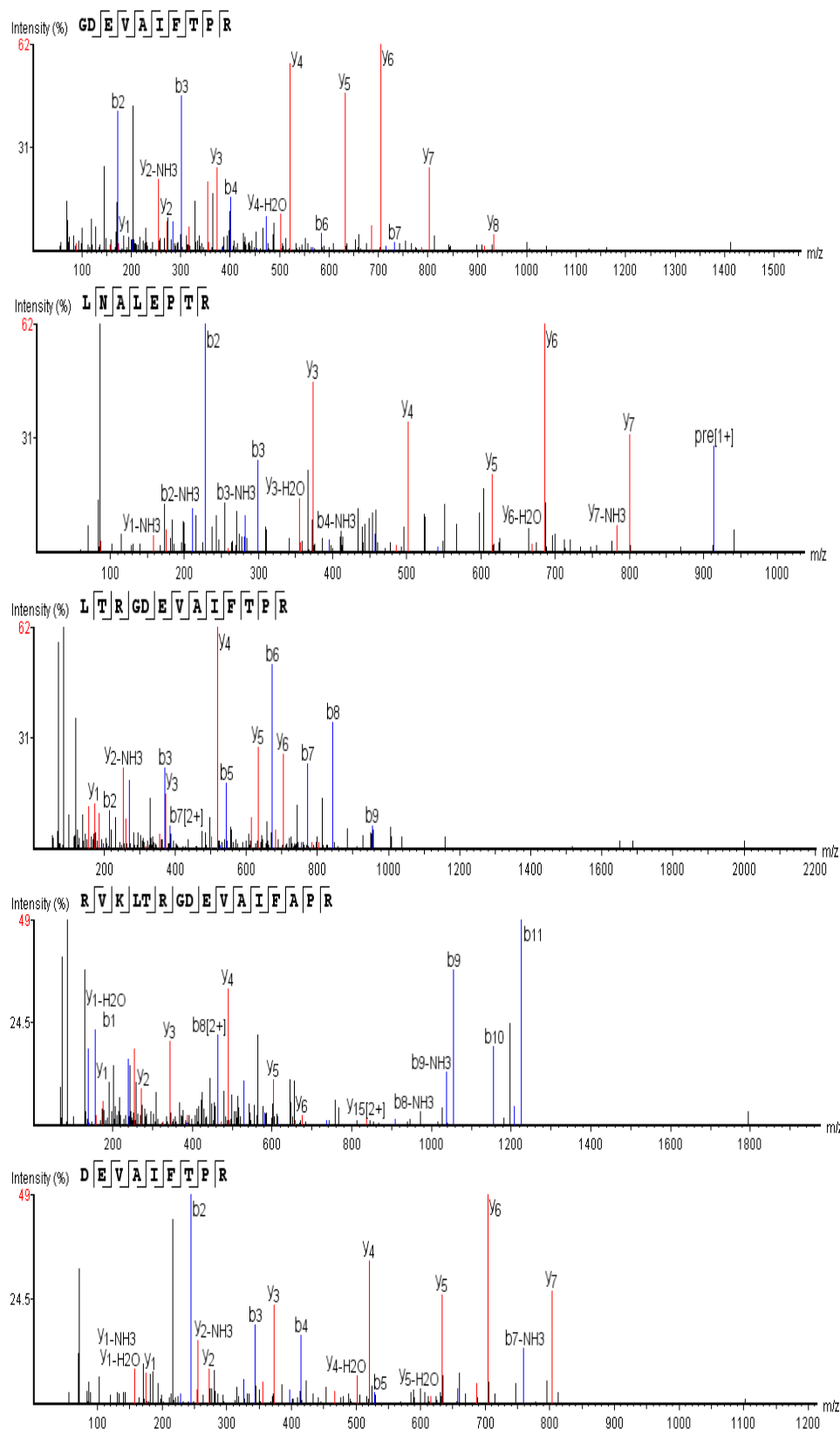
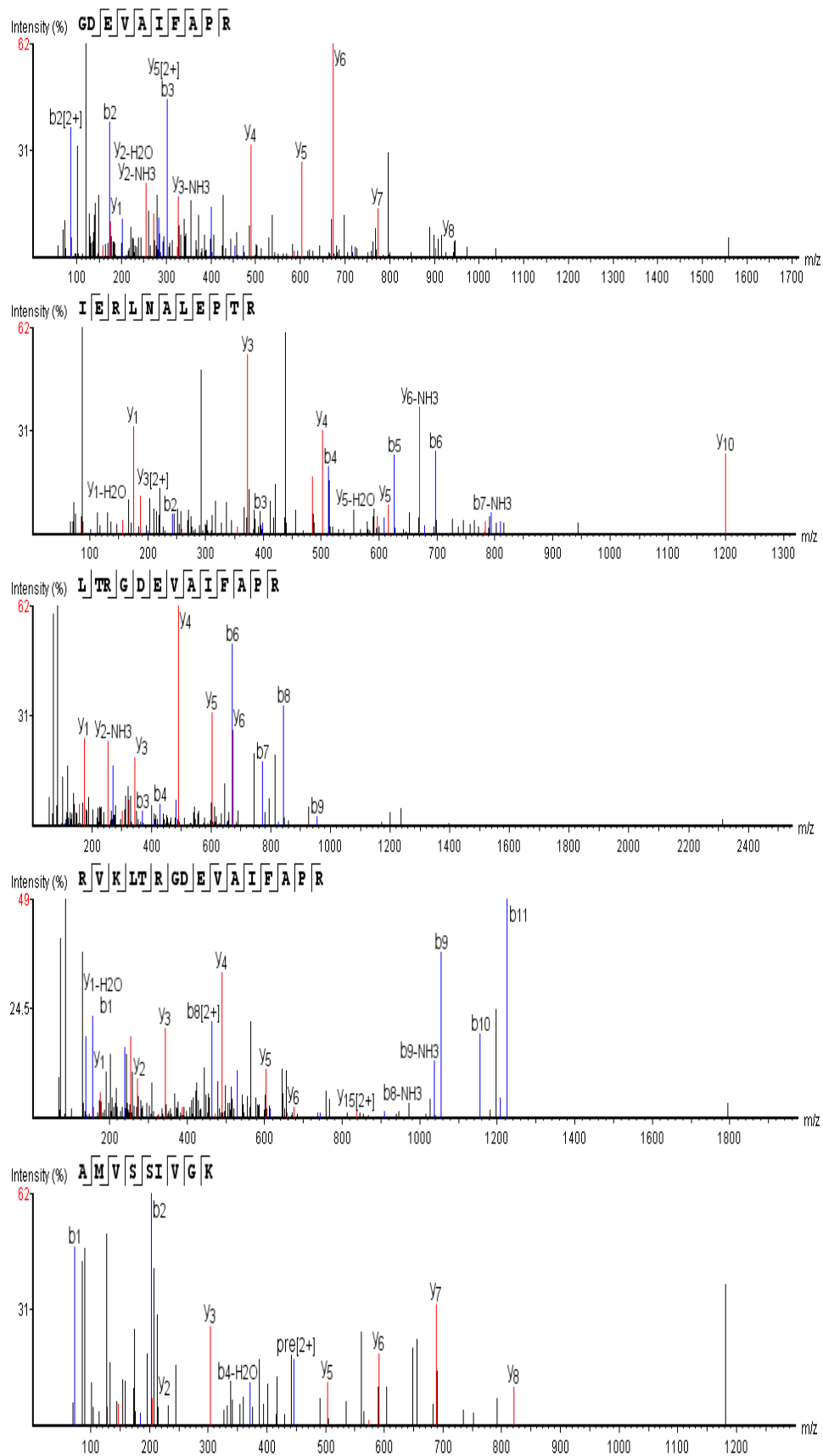


Figure S1. Graphical Abstract.



**Figure S2.** PEAKS STUDIO chromatography of the peptides of COS1\_COCNU Cocosin 1 OS=Cocos nucifera obtained from the fermentation of coconut milk with kefir grains.



**Figure S3.** PEAKS STUDIO chromatography of the peptides of COCNU 11S globulin isoform 2 OS=Cocos nucifera obtained from the fermentation of coconut milk with kefir grains.