**Supplementary Table S1.** The selective reaction monitoring transitions (Q1 and Q3 ions) and collision energies used for the sterol analyses.

| No. | Species         | Adduct ion         | Q1 (m/z) | Q3 (m/z) | CE (eV) | Retention time (min) |
|-----|-----------------|---------------------|----------|----------|---------|----------------------|
| 1   | 7-Hydroxycholesterol | [M+H]^+           | 385.4    | 367.3    | 16      | 2.5                  |
| 2   | Desmosterol     | [M+H]^+            | 367.3    | 161.1    | 21      | 4.3                  |
| 3   | 7-Dehydrocholesterol | [M+H]^+           | 367.3    | 159      | 25      | 4.5                  |
| 4   | Cholesterol     | [M+H]^+            | 369.4    | 147.3    | 25      | 4.9                  |
| 5   | Lanosterol      | [M+H]^+            | 409.4    | 149      | 29      | 5.3                  |
| 6   | Campesterol     | [M+H]^+            | 383.4    | 147      | 25      | 5.4                  |
| 7   | Sitosterol      | [M+H]^+            | 397.4    | 147.1    | 25      | 5.8                  |
| 8   | Cholesterol-d7 (IS) | [M+H]^+           | 376.4    | 147      | 26      | 4.9                  |
| 9   | Cholesteryl ester 14:0 | [M+Na]^+         | 619.6    | 251.2    | 24      | 15.4                 |
| 10  | Cholesteryl ester 20:4 | [M+Na]^+         | 695.6    | 327.2    | 28      | 15.6                 |