**Supplementary Table 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Subject # | Regimen | Day | Volume  | Sulforaphane-*N*-acetylcysteine  | Free Sulforaphane | Total Sulforaphaneplus metabolites |
|  |  |  | (mls) | (moles) |  (moles) |  (moles) |
| 1 | 1 | 2 | 1075 | 0.06 |  | 0.06 |
| 1 | 1 | 5 | 875 | 4.61 | 0.65 | 5.26 |
| 1 | 2 | 2 | 850 | 0.03 | 0 | 0.03 |
| 1 | 2 | 5 | 900 | 11.95 | 2.22 |  14.17 |
| 1 | 3 | 2 | 700 | 0.11 | 0 | 0.11 |
| 1 | 3 | 5 | 625 | 0.51 | 0.01 | 0.53 |
| 2 | 1 | 2 | 550 | 0 | 0 | 0 |
| 2 | 1 | 5 | 450 | 2.48 | 0.29 | 2.76 |
| 2 | 2 | 2 | 675 | 0.11 | 0 | 0.11 |
| 2 | 2 | 5 | 975 | 0.13 | 0 | 0.14 |
| 2 | 3 | 2 | 300 | 0.04 | 0 | 0.04 |
| 2 | 3 | 5 | 550 | 0.33 | 0.15 | 0.48 |
| 3 | 1 | 2 | 660 | 0.06 | 0 | 0.06 |
| 3 | 1 | 5 | 1355 | 8.37 | 3.03 | 11.4 |
| 3 | 2 | 2 | 800 | 0.16 | 0 | 0.16 |
| 3 | 2 | 5 | 750 | 25.88 | 4.17 | 30.05 |
| 3 | 3 | 2 | 800 | 0.14 | 0 | 0.14 |
| 3 | 3 | 5 | 475 | 0.78 | 0.21 | 0.99 |
| 4 | 1 | 2 | 760 | 0 | 0 | 0 |
| 4 | 1 | 5 | 875 | 0.19 | 0.05 | 0.24 |
| 4 | 2 | 2 | 625 | 0.02 | 0 | 0.02 |
| 4 | 2 | 5 | 725 | 19.56 | 10.12 | 29.68 |
| 4 | 3 | 2 | 950 | 0.05 | 0.05 | 0.11 |
| 4 | 3 | 5 | 825 | 0.28 | 0.07 | 0.35 |
| 5 | 1 | 2 | 1020 | 0.21 | 0.09 | 0.3 |
| 5 | 1 | 5 | 1575 | 8.06 | 3.57 | 11.63 |
| 5 | 2 | 2 | 1790 | 0.47 | 0.2 | 0.67 |
| 5 | 2 | 5 | 1775 | 20.01 | 4.39 | 24.4 |
| 5 | 3 | 2 | 1450 | 0.76 | 0.18 | 0.95 |
| 5 | 3 | 5 | 1625 |   | 0.01 | 0.01 |
| 7 | 1 | 2 | 805 | 0 | 0 | 0 |
| 7 | 1 | 5 | 525 | 23.44 | 3.61 | 27.05 |
| 7 | 2 | 2 | 750 | 0 | 0 | 0 |
| 7 | 2 | 5 | 425 | 0.53 | 0.09 | 0.62 |
| 7 | 3 | 2 | 200 | 0 | 0 | 0 |
| 7 | 3 | 5 | 195 | 0.01 | 0 | 0.01 |
| 8 | 1 | 2 | 970 | 0 | 0 | 0 |
| 8 | 1 | 5 | 1080 | 4.96 | 1.99 | 6.95 |
| 8 | 2 | 2 | 1150 | 0.09 | 0.06 | 0.15 |
| 8 | 2 | 5 | 1600 | 21.41 | 12.44 | 33.85 |
| 8 | 3 | 2 | 1100 | 0.11 | 0 | 0.11 |
| 8 | 3 | 5 | 825 | 0.59 | 0.27 | 0.86 |
| 10 | 1 | 2 | 1150 | 0 | 0 | 0 |
| 10 | 1 | 5 | 975 | 4.71 | 0.59 | 5.29 |
| 10 | 2 | 2 | 925 | 0.14 | 0.04 | 0.19 |
| 10 | 2 | 5 | 950 | 18.18 | 3.77 | 21.95 |
| 10 | 3 | 2 | 750 | 0.05 | 0.14 | 0.18 |
| 10 | 3 | 5 | 1175 | 0.72 | 0.17 | 0.89 |
| 11 | 1 | 2 | 725 | 0 | 0 | 0 |
| 11 | 1 | 5 | 950 | 5.03 | 1.88 | 6.91 |
| 11 | 2 | 2 | 300 | 0.02 | 0.03 | 0.05 |
| 11 | 2 | 5 | 750 | 15.95 | 6.97 | 22.93 |
| 11 | 3 | 2 | 525 | 0.12 | 0 | 0.12 |
| 12 | 4 | 5 | 700 | 1.12 | 1 | 1.12 |
| 12 | 1 | 2 | 2700 | 0 | 0 | 0 |
| 12 | 1 | 5 | 1400 | 34.52 | 10.45 | 44.97 |
| 12 | 2 | 2 | 1500 | 0.13 | 0.06 | 0.18 |
| 12 | 2 | 5 | 1100 | 28.07 | 4.83 | 32.9 |
| 12 | 3 | 2 | 2975 | 0.79 | 0.1 | 0.89 |
| 12 | 3 | 5 | 1500 | IP | 0.01 | 0 |