

Table S1. Parameter oxidative status and plumage coloration of greenfinches in four different experimental groups at first and second blood sampling

	First sampling				Second sampling			
	Mean	95% CI	Min.-max.	N	Mean	95% CI	Min.-max.	N
CAR-								
BSO-								
GSH ($\mu\text{mol g}^{-1}$)	0.95	0.881–1.02	0.76–1.21	13	0.93	0.86–1.01	0.71– 1.10	14
MDA ($\mu\text{mol l}^{-1}$)	5.10	4.34–5.87	3.68–6.89	11	5.01	4.51–5.50	3.77–6.18	12
TAC (mmol l^{-1})	0.66	0.58–0.73	0.37–0.84	13	0.74	0.66–0.81	0.49–0.916	13
Carotenoids ($\mu\text{g ml}^{-1}$)	5.05	1.55–8.54	0.00–22.34	13	4.60	0.58–8.61	0.00–27.67	15
Brightness of black	3298.7	2733–3865	1851–4925	14	2990	2319–3661	1142–6266	14
Chroma of yellow	0.25	0.23–0.27	0.18–0.29	14	0.12	0.11–0.14	0.07–0.17	14
CAR+								
BSO-								
GSH ($\mu\text{mol g}^{-1}$)	0.92	0.84–1.01	0.66–1.23	15	1.01	0.95–1.07	0.80–1.24	17
MDA ($\mu\text{mol l}^{-1}$)	5.08	4.56–5.60	3.74–6.43	14	4.79	4.05–5.54	3.04–6.91	13
TAC (mmol l^{-1})	0.74	0.67–0.81	0.50–0.98	16	0.74	0.67–0.80	0.54–0.99	15
Carotenoids ($\mu\text{g ml}^{-1}$)	19.82	9.42–30.22	0.00–60.98	16	24.79	16.68–32.90	0.00–53.10	16
Brightness of black	3175	2689–3662	2338–5131	14	2445	2079–2810	1523–4322	12
Chroma of yellow	0.25	0.23–0.26	0.19–0.28	14	0.21	0.16–0.25	0.09–0.35	14
CAR-								
BSO+								
GSH ($\mu\text{mol g}^{-1}$)	0.89	0.83–0.95	0.73–1.04	15	0.64	0.58–0.69	0.51–0.81	13
MDA ($\mu\text{mol l}^{-1}$)	5.08	4.34–5.81	3.09–8.16	15	5.53	4.66–6.41	3.92–7.85	12
TAC (mmol l^{-1})	0.74	0.65–0.84	0.32–1.15	15	0.75	0.69–0.81	0.57–0.87	12
Carotenoids ($\mu\text{g ml}^{-1}$)	6.92	3.39–10.46	0.00–26.82	15	4.87	0.34–9.40	0.00–21.54	13
Brightness of black	3009	2705–3313	2234–3679	12	2298	1736–2860	1459–4906	12
Chroma of yellow	0.26	0.23–0.28	0.19–0.34	12	0.14	0.11–0.17	0.09–0.19	12
CAR+								
BSO+								
GSH ($\mu\text{mol g}^{-1}$)	0.93	0.86–0.99	0.65–1.11	15	0.57	0.50–0.63	0.44–0.86	13
MDA ($\mu\text{mol l}^{-1}$)	5.14	4.38–5.89	2.05–7.66	14	5.63	5.22–6.04	4.38–6.51	13
TAC (mmol l^{-1})	0.84	0.76–0.92	0.51–1.06	15	0.78	0.71–0.84	0.58–0.91	12
Carotenoids ($\mu\text{g ml}^{-1}$)	15.98	8.19–23.77	0.00–41.79	15	16.12	10.66–21.57	0.00–29.80	15
Brightness of black	3211	2770–3625	2072–4385	14	2220	1936–2504	1469–3264	14
Chroma of yellow	0.26	0.24–0.28	0.21–0.31	14	0.18	0.15–0.21	0.10–0.31	14

BSO stands for buthionine sulfoximine. GSH stands for glutathione. MDA stands for malondialdehyde. TAC stands for total antioxidant capacity.