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Supplementary data to accompany paper:

Antistaphylococcal activity of *Inula helenium* L. essential oil: eudesmane sesquiterpene lactones induce cell membrane damage

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1. Essential oil isolation

Air-dried, to constant weight, roots of *I. helenium* (three batches of 100 g) were grounded and subjected to hydrodistillation with *ca*. 500 mL of distilled water for 3.5 h using the original Clevenger-type apparatus. The obtained oil was separated by extraction with diethyl ether and dried over anhydrous magnesium sulphate. The solvent was evaporated under a gentle stream of nitrogen at room temperature in order to exclude any loss of the essential oil and immediately analyzed (sample IH). Oil yield determination: after the bulk of ether was removed under a stream of N$_2$, the residue was exposed to vacuum at room temperature for a short period to eliminate the solvent completely. The pure oil was then measured on an analytical balance and multiple gravimetric measurements were taken during 24 h to ensure that all of the solvent had evaporated.