



Supplementary Fig. S1 Effects of okra on lipid accumulation and the expression of lipolytic and browning proteins in differentiated 3T3-L1 cells. 3T3-L1 cells were treated with various concentrations of okra (0, 9, 18, 37, or 75 µg/mL) every 2 days during differentiation. (A) Microscopic images of 3T3-L1 cells. Scale bar: 100 µm. (B) Oil red O (ORO)-staining of 3T3-L1 cells that were treated with okra after 8 days of differentiation. (C) Microscopic images of ORO-stained 3T3-L1 cells. Scale bar: 100 µm. (D) Western blots of adipogenic proteins (C/EBPα, PPARγ, and FABP4) and lipogenic proteins (LPAATθ, lipin1, DGAT1, and SREBP1) in 3T3-L1 cells. (E) Western blots of proteins involved in lipolysis (p-PKA, ATGL, p-HSL, and MGL) and browning-related proteins (PPARα, PGC1α, PRDM16, and UCP1) in 3T3-L1 cells. Data are expressed as means ± SEM. Values with different letters are significantly different: $p < 0.05$ (a > b > c > d > e > f).