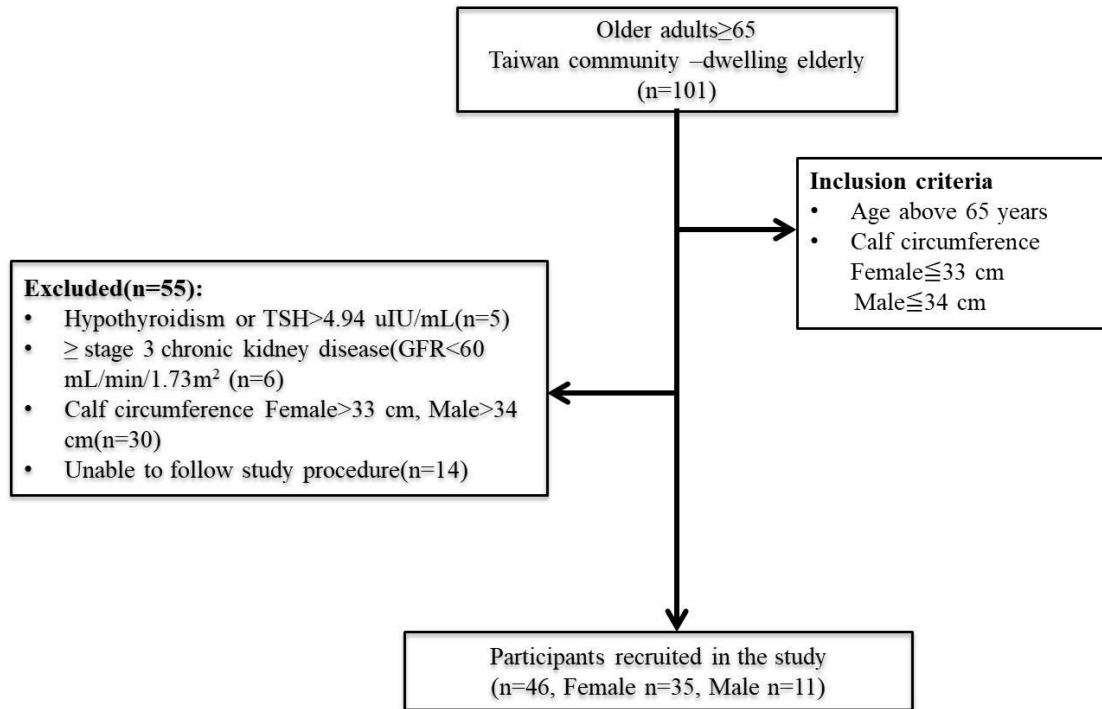


Supplementary Table 1. Nutrition Content of BKJ supplement

Serving size 30 g		Amount per serving
1 serving per container		
Calories	Kcal	95
Protein	g	8.1
Fat	g	2.5
saturated fat	g	0.6
trans fat	g	0.0
Carbohydrate	g	9.9
Sugar (Erythritol )	g	2.1
Sodium	mg	6
Isoflavone	mg	9.4
Aglycone	mg	1.9
Daidzein	mg	1.11
Glycitein	mg	0.06
Genistein	mg	0.73
$\beta$ -glucoside	mg	25.4
Daidzin	mg	-
Glycitin	mg	-
Genistin	mg	25.4
Malonyl glucoside	mg	2.0
Daidzin	mg	-
Glycitin	mg	-
Genistin	mg	2.0
Acetyl glucoside	mg	4.9
Daidzin	mg	1.7
Glycitin	mg	-
Genistin	mg	3.3



Supplementary Figure 1. Participant flow chart.