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## 1 Supplementary data

## A

Isoflavones	Yak-kong powder (mg/100g)	FYK (mg/100g)
Genistin	49.08	-
Daidzin	27.83	1.70
Glycitin	4.05	-
Genistein	1.95	10.85
Daidzein	-	14.45
Glycitein	0.72	2.25

2

3 Supplementary table 1. The change in the content of isoflavone glycosides and aglycones

4 before and after fermentation. (A) The increased isoflavone aglycone (Genistein, Daidzein,

5 Glycitein) content after fermentation.

6