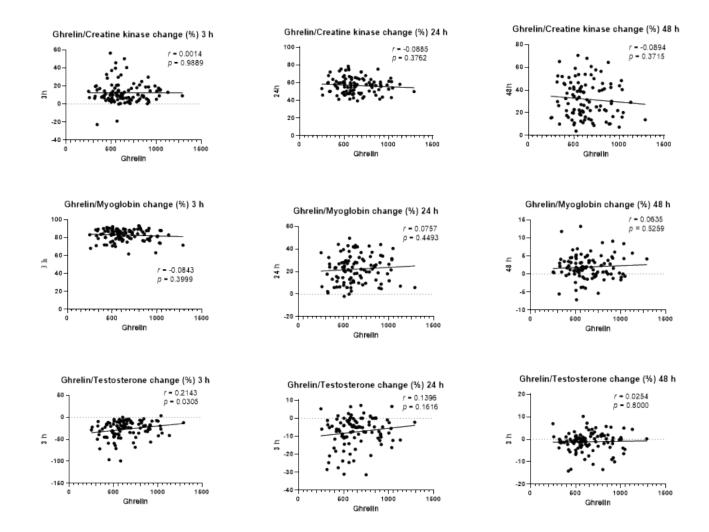
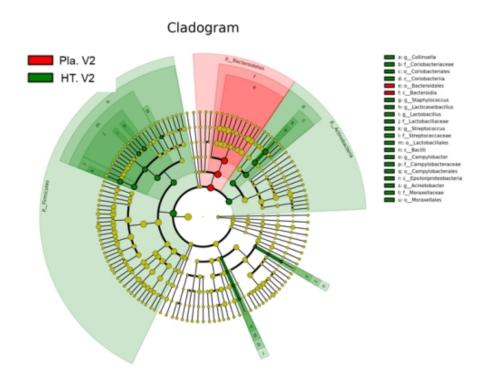
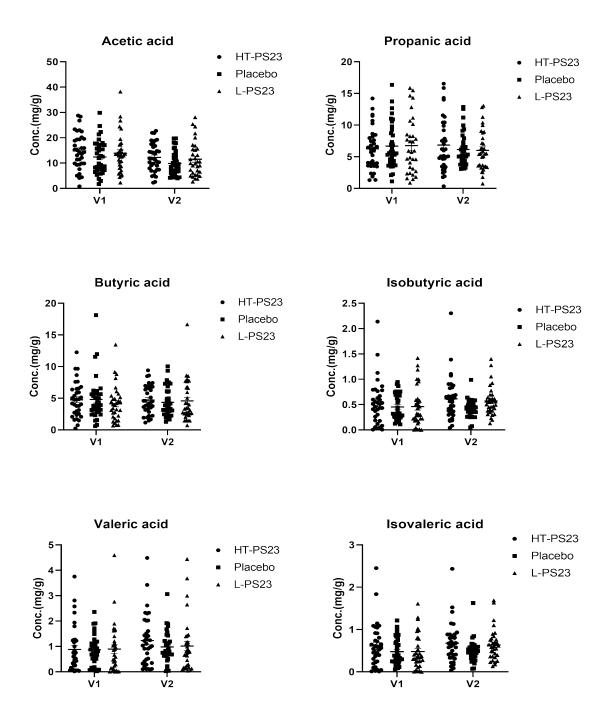
Electronic Supplementary Material (ESI) for Food & Function.



The correlation of ghrelin level and muscle damage and inflammation biomarkers



Linear discriminant analysis effect size (LEfSe) analysis of the gut microbiota among the placebo and HT-PS23 groups.



The effect of PS23 on fecal short-chain fatty acid (SCFA) concentrations