

Supplementary Table 2. The blood glucose and blood lipid profiles levels before and after intervention

	Placebo		Low dose group		High dose group	
	Baseline	4 Weeks	Baseline	4 Weeks	Baseline	4 Weeks
Fasting blood glucose(mmol/L)	4.52±0.33	4.9±0.29	4.56±0.28	4.84±0.32***	4.64±0.37	4.95±0.4
Total cholesterol (mg/dl)	3.83±0.84	4.09±0.76	4.06±0.75	4.32±0.72***	4.12±0.90	4.28±0.86
Triglyceride (mg/dl)	0.75±0.37	0.85±0.44	1.03±0.79	1.1±0.73	0.94±0.52	1.12±0.8
HDL-C (mg/dl)	1.63±0.4	1.66±0.35	1.58±0.3	1.62±0.3	1.51±0.27	1.49±0.26
LDL-C (mg/dl)	1.86±0.54	2.05±0.58	2.01±0.5	2.2±0.51	2.18±0.81	2.27±0.8

Data expressed as mean ± standard deviations. The levels of blood glucose and blood lipid profiles were analyzed among three groups at baseline and the end of intervention using one-way analysis of variance or the Kruskal–Wallis H-test, and the Benjamin–Krieger–Yekutieli method was used to adjust *P* values for pairwise comparisons. Self-comparisons within the groups before and after the intervention were carried out and *** represent *P* < 0.001.