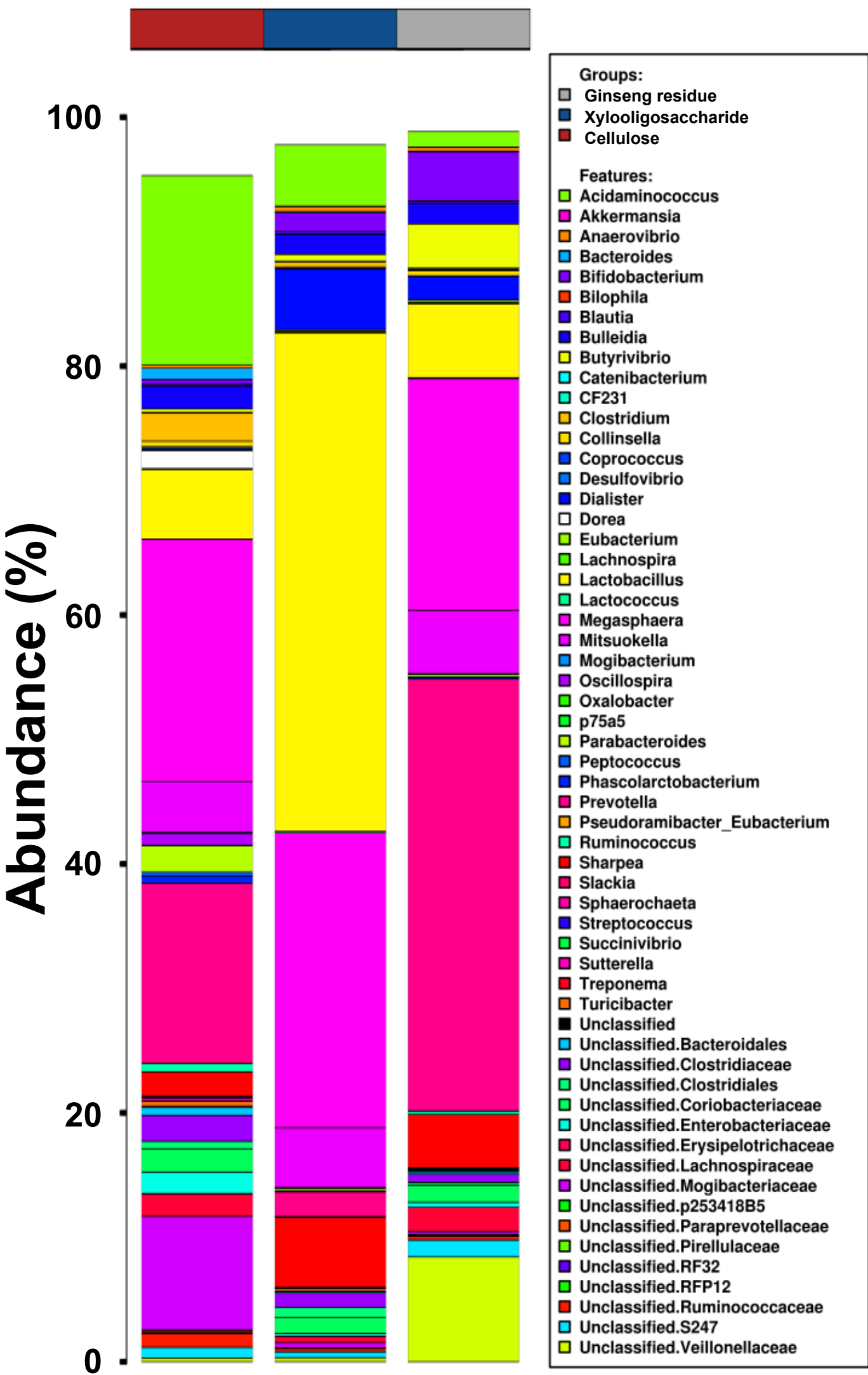
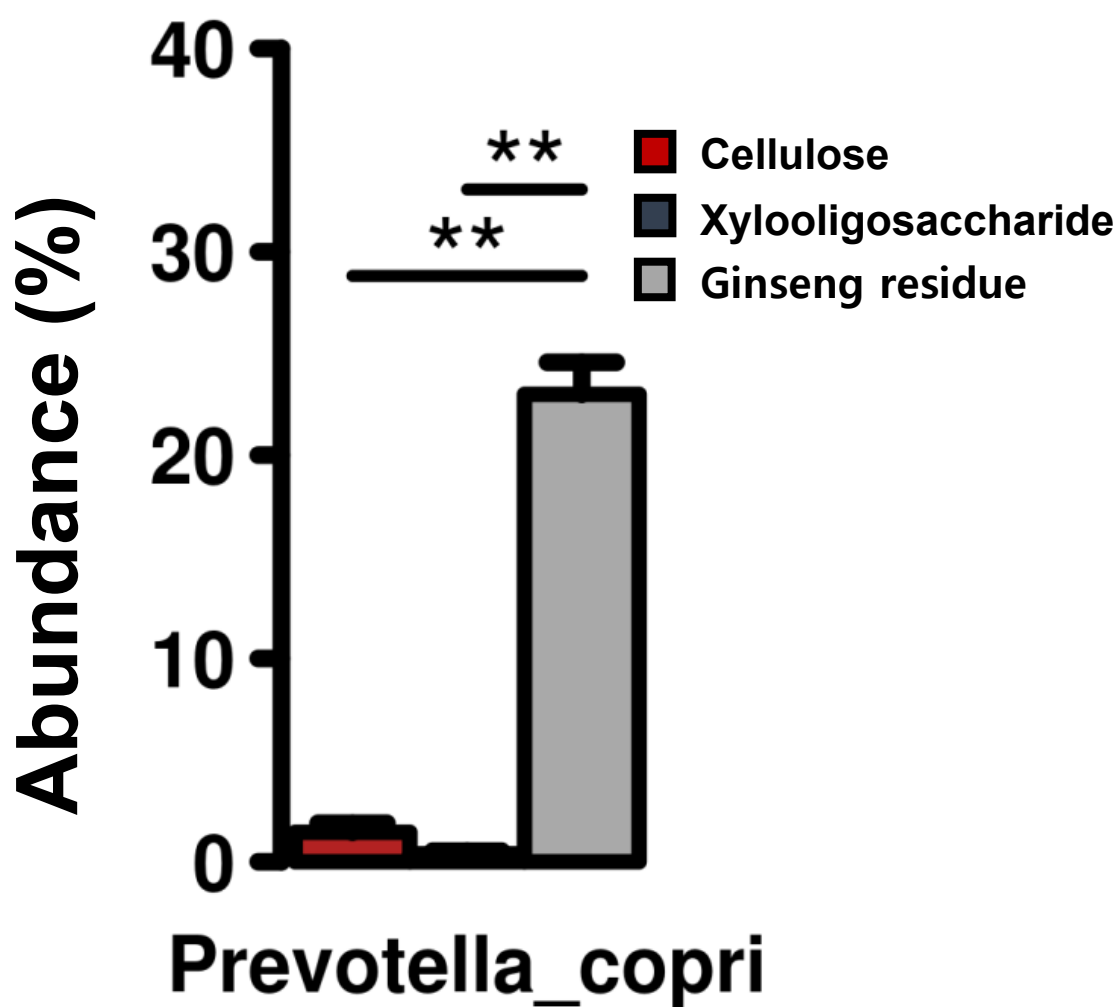


**Supplementary Scheme 1.** Preparation of substrate-crude ginseng insoluble dietary fibre (CGF).



**Supplementary Fig. 1.** Bar chart for genera abundance (%). Forty-one strains of colonic bacteria were classified, and 17 strains of bacteria were unclassified.



**Supplementary Fig. 2.** A relative abundance of *Prevotella copri*. Statistical significance was determined by Kruskal-Wallis test by ranks in Calypso (version 8.72). \*\* $p < 0.01$ .