

Suppl Fig. 1



Quantification of oxidized species in LDL, HDL₂, and HDL₃ using TBARS method. *, $p < 0.05$; **, $p < 0.01$; ***, $p < 0.001$ vs week 0 in each subject.

Suppl. Fig. 2A

PBS

oxLDL

oxLDL+NS-F HDL₂ 0w

oxLDL+NS-F HDL₂ 8w

oxLDL+NS-F HDL₃ 0w

oxLDL+NS-F HDL₃ 8w

oxLDL+NS-M HDL₂ 0w

oxLDL+NS-M HDL₂ 8w

oxLDL+NS-M HDL₃ 0w

oxLDL+NS-M HDL₃ 8w

oxLDL+S-M HDL₂ 0w

oxLDL+S-M HDL₂ 8w

oxLDL+S-M HDL₃ 0w

oxLDL+S-M HDL₃ 8w

Suppl. Fig. 2B



Inhibition of oxLDL uptake by HDL₂ and HDL₃ purified from each subject after 0 and 8 weeks of Vit C consumption. Extent of oxLDL phagocytosis are visualized by oil-red O staining (A) and quantified by image analysis software (B).

NS-F HDL₂ 0w

NS-F HDL₂ 8w

NS-F HDL₃ 0w

NS-F HDL₃ 8w

NS-M HDL₂ 0w

NS-M HDL₂ 8w

NS-M HDL₃ 0w

NS-M HDL₃ 8w

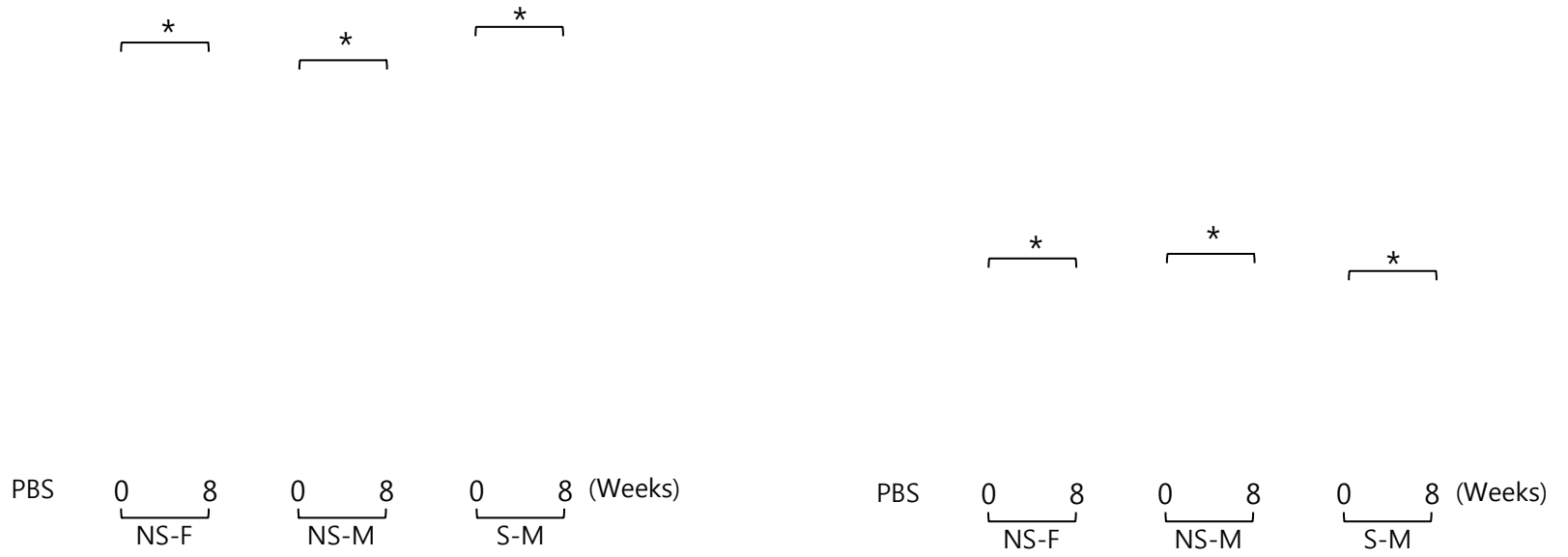
S-M HDL₂ 0w

S-M HDL₂ 8w

S-M HDL₃ 0w

S-M HDL₃ 8w

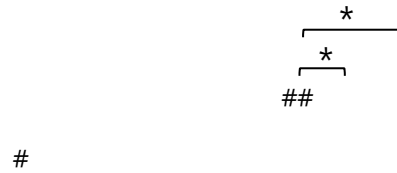
Suppl. Fig. 3B



Inhibition of cellular senescence by HDL₂ and HDL₃ purified from each group after consumption of Vit C. Representative image of SA-β-gal-positive HDF cells, as visualized by blue staining.

Percentage of SA-β-gal-positive cells per 7.4 mm² of cell culture area. Data are shown as the mean±SD of three independent experiments performed in duplicate. *, *p*<0.05 vs week 0 in each group.

Suppl. Fig. 4



Change in melanin content of facial skin after consumption of Vit C. *, $p < 0.05$ vs week 0 in each group. #, $p < 0.05$ vs NS-F group; ##, $p < 0.01$ vs NS-F group.