



**Fig. S3 JRES NMR spectrum of serum from mangiferin intervention (MI) group.** (A) Spectral region covering the range 6.4 ppm-9.0 ppm, (B) spectral region covering the range 2.9 ppm-4.3 ppm, and (C) spectral region covering the range 0.7 ppm-2.8 ppm, and its assignment is given in Table S1.