

**Supplement table1.** Proximate analysis of WR, BR and R-BR expressed as g/100g (Mean  $\pm$  SD; n=3)

	WR	BR	R-BR
Moisture	10.9 $\pm$ 0.36	10.2 $\pm$ 0.04	10.6 $\pm$ 0.30
Protein	7.5 $\pm$ 0.02	8.6 $\pm$ 0.04	8.5 $\pm$ 0.00
Fat	0.6 $\pm$ 0.05	4.5 $\pm$ 0.09	4.4 $\pm$ 0.16
Ash	0.4 $\pm$ 0.00	1.5 $\pm$ 0.04	1.5 $\pm$ 0.01
Carbohydrate <sup>1</sup>	80.2 $\pm$ 0.2	71.7 $\pm$ 0.2	71.9 $\pm$ 0.2
Dietary fiber <sup>2</sup>	0.6 $\pm$ 0.06	3.3 $\pm$ 0.18	3.2 $\pm$ 0.09

<sup>1</sup>Carbohydrate data were calculated by the formula 100-protein- fat-dietary fiber-ash

<sup>2</sup>These data were obtained by the method of AOAC.

**Supplement table2.** Criteria for scoring disease activity index<sup>1)</sup>

Score	Weight loss (%) <sup>2)</sup>	Stool consistency <sup>3)</sup>	Occult blood or gross blood
0	none	normal	negative
1	1-5		negative
2	6-10	loose	hemoccult positive
3	11-15		visible blood stool
4	>15	diarrhea	gross bleeding

1) Disease activity index = (combined score of weight loss, stool consistency, and bleeding)/3.

2) Body weight loss was calculated as the percent difference between the body weight before receiving DSD and the body weight on any particular day

3) Normal stools = intact pellets; loose stools = pasty stool that does not stick to the anus; and diarrhea = liquid stools that sticks to the anus.

**Supplement table3.** Content of GABA,  $\gamma$ -oryzanol,  $\gamma$ -tocotrienol and phenolic acids in cooked WR, BR and R-BR ( $\mu\text{g}$  per g dry weight) (mean  $\pm$  SD; n=5)

Bioactive compounds	WR	BR	R-BR
GABA	12.0 $\pm$ 0.9 <sup>a</sup>	108 $\pm$ 5.1 <sup>b</sup>	111 $\pm$ 8.6 <sup>b</sup>
Gamma-oryzanol	4.4 $\pm$ 0.4 <sup>a</sup>	241 $\pm$ 11.4 <sup>b</sup>	252 $\pm$ 8.2 <sup>b</sup>
Gamma-tocotrienol	0.2 $\pm$ 0.02 <sup>a</sup>	34.8 $\pm$ 3.0 <sup>b</sup>	38.9 $\pm$ 1.7 <sup>b</sup>
Ferulic acid	38.4 $\pm$ 2.1 <sup>a</sup>	417 $\pm$ 16.1 <sup>b</sup>	424 $\pm$ 16.6 <sup>b</sup>
<i>p</i> -coumaric acid	0.81 $\pm$ 0.07 <sup>a</sup>	102 $\pm$ 5.3 <sup>b</sup>	107 $\pm$ 8.3 <sup>b</sup>

Means with different letters on the same row indicate significant differences ( $p < 0.05$ )