

Table S2. Average mean diameter ($D_{4,3}$, nm) of SOE and EGCG-SOE after *in vitro* gastric digestion and intestinal digestion.

Sample	Gastric digestion		Intestinal digestion	
	60 min	30 min	60 min	120 min
SOE	776.96 ± 22.42 ^a	799.70 ± 26.83 ^d	1186.33 ± 116.26 ^b	909.73 ± 45.96 ^a
10 µM EGCG	498.00 ± 11.27 ^e	683.63 ± 27.62 ^d	924.40 ± 34.22 ^{bc}	665.93 ± 22.11 ^b
20 µM EGCG	531.76 ± 29.65 ^d	706.30 ± 55.14 ^d	952.00 ± 84.57 ^{bc}	709.33 ± 113.76 ^b
50 µM EGCG	618.06 ± 19.60 ^c	2173.33 ± 379.27 ^c	3024.00 ± 173.35 ^a	843.50 ± 93.58 ^b
100 µM EGCG	642.33 ± 35.04 ^{bc}	3178.67 ± 144.79 ^b	1388.40 ± 117.85 ^b	852.60 ± 10.19 ^b
150 µM EGCG	653.96 ± 25.25 ^b	4032.33 ± 166.53 ^a	3778.66 ± 144.76 ^a	1047.83 ± 211.99 ^a

* the same superscript letters in the same column are not significantly different ($p > 0.05$).