

1 **Supplementary Table 1.**

- 2 Chemical composition of red ginseng residue (GR) and dried enzyme-resistant fraction
3 (as crude ginseng-insoluble fibre, CGF)

(g/100 g)	GR	CGF
Yield (%) ¹	–	67.4
Ash	3.32	6.98
Lipid	0.72	0.22
Protein	13.7	17.9
Water	8.30	10.6
Carbohydrate	74.0	64.3
Digestible starch	28.2	–
RS	4.11	7.29
Soluble fibre	4.68	–
Insoluble fibre	37.0	54.9 ²
Indigestible matter ³	45.8	62.2

- 4 ¹Calculated as the weight of enzyme-resistant fraction of GR vs. the weight of GR ($\times 100$).

- 5 ²Calculated as dividing the content of insoluble fibre in GR with the yield of CGF.

- 6 ³Indigestible matter = resistant starch (RS) + dietary fibre.

7

8

9