

Supplementary Table 1. Assessment of accuracy by HPLC

Compound	Accuracy (%; 100× The calculated mean values/The absolute value)							
	0	1	2	4	8	16	32	64 (µg/ml)
3,4-Dihydrobenzylaldehyde	-	100.9	106.3	94.1	103.2	91.4	88.7	96.5
Puerarin	94.6	88.3	90.8	86.3	96.1	95.5	90.7	99.0
Daidzin	103.3	98.2	97.3	90.7	100.9	96.0	91.3	103.2
Spinosin	96.7	104.2	98.2	101.0	98.4	95.5	96.6	92.3
Rutin	92.9	74.5	84.9	83.1	93.7	99.5	92.7	83.2
Liquiritin	74.2	105.2	102.6	109.0	105.9	108.9	101.9	112.1
Nodakenin	99.0	97.8	96.1	94.9	96.2	93.5	89.1	95.1
Narirutin	95.8	98.9	99.1	99.7	97.8	98.1	99.7	99.5
Naringin	93.0	103.0	114.4	103.1	110.3	111.3	100.5	106.5
Hesperidin	100.	100.6	100.1	100.3	100.9	100.2	100.8	100.6
Rosmarinic acid	-	88.2	83.4	97.0	105.9	97.3	94.5	99.7
Poncirin	88.6	102.7	100.2	109.9	106.8	95.2	92.2	97.7
Glycirrizic acid	70.8	100.2	99.7	100.8	99.2	99.2	99.1	100.0
6-Gingerol	86.3	86.9	88.9	91.3	92.1	91.7	90.0	96.8
18-Glyrrhetic acid	77.9	103.0	101.1	94.9	102.6	98.0	93.2	100.2
Ginsenoside Rb 1	95.1	105.7	103.1	100.9	90.5	91.7	89.4	99.9

Supplementary Table 2. Analysis of concentration in SSE

Compounds		Concentration (mg/dose*)
(1)	3,4-Dihydrobenzylaldehyde	N.D
(2)	Puerarin	30.2
(3)	Daidzin	3.1
(4)	Spinosin	N.D
(5)	Rutin	2.1
(6)	Liquiritin	12.0
(7)	Nodakenin	2.0
(8)	Narirutin	4.3
(9)	Naringin	14.0
(10)	Hesperidin	4.8
(11)	Rosmarinic acid	2.0
(12)	Poncirin	0.4
(13)	Glycirrizic acid	12.2
(14)	6-Gingerol	0.2
(15)	18-Glyrrhetic acid	0.5
(16)	Ginsenoside Rb 1	0.7

*dose = daily intake dose, 20 g.