

Table S1: Effect of protein hydrolysate of rice syrup meal on body weight in forced swimming mice

Body weight (g)	Week				
	1 st	2 nd	3 rd	4 th	5 th
CON	22.38±0.14 ^{ns}	22.68±0.34 ^{ns}	22.52±0.19 ^{ns}	22.96±0.20 ^{ns}	23.66±0.25 ^{ns}
RL	22.18±0.44	23.00±0.50	23.22±0.39	23.36±0.56	23.68±0.66
RH	22.08±0.19	22.62±0.10	22.94±0.05	23.08±0.52	23.96±0.16
PL	21.74±0.28	22.62±0.29	22.80±0.29	23.32±0.40	23.54±0.40
PH	23.08±0.19	23.24±0.24	23.52±0.23	23.84±0.32	24.32±0.45

CON: control group, RL: 1.5 g kg⁻¹ of rice syrup meal, RH: 3 g kg⁻¹ of rice syrup meal, PL: 1.5 g kg⁻¹ of protein hydrolysate of rice syrup meal, PH: 3 g kg⁻¹ of protein hydrolysate of rice syrup meal. Data are represented as the means ± standard error of the mean (SEM) for each group (n = 8). Different letters indicate significant differences ($p < 0.05$) among samples by one-way ANOVA followed by post-hoc Tukey's test.

Table S2: Effect of protein hydrolysate of rice syrup meal on blood lactate and glucose level after 70% maximum forced swimming

Groups	Lactate (mmol L⁻¹)	Glucose (mmol L⁻¹)
CON	6.93±0.60	66.75±8.66 ^{ns}
RL	3.60±0.27 ^{***}	74.75±4.57
RH	3.43±0.32 ^{***}	78.00±1.75
PL	3.45±0.18 ^{***}	67.50±2.35
PH	3.03±0.32 ^{***}	84.75±2.43

CON: control group, RL: 1.5 g kg⁻¹ of rice syrup meal, RH: 3 g kg⁻¹ of rice syrup meal, PL: 1.5 g kg⁻¹ of protein hydrolysate of rice syrup meal, PH: 3 g kg⁻¹ of protein hydrolysate of rice syrup meal. Data are represented as the means ± standard error of the mean (SEM) for each group (n = 8). ^{***}*p* < 0.001 vs. CON group (ANOVA followed by post-hoc Tukey's test).

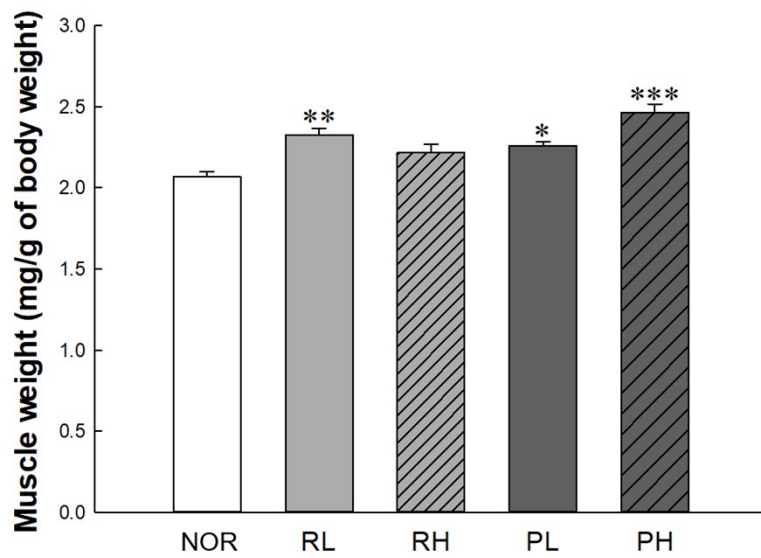


Figure S1: Effect of protein hydrolysate of rice syrup meal on muscle weight in forced swimming mice. CON: control group, RL: 1.5 g kg⁻¹ of rice syrup meal, RH: 3 g kg⁻¹ of rice syrup meal, PL: 1.5 g kg⁻¹ of protein hydrolysate of rice syrup meal, PH: 3 g kg⁻¹ of protein hydrolysate of rice syrup meal. Data are represented as the means \pm standard error of the mean (SEM) for each group (n = 8). * p < 0.05, ** p < 0.01, and *** p < 0.001 vs. CON group (ANOVA followed by post-hoc Tukey's test).