1   Supplementary Table 1. Blood insulin levels obtained during the OGTT before and after supplementation with SMP or placebo

		Placebo (n = 14)			SMP (n = 14)			Carryover effect	*p* value Period effect	Treatment effect
Insulin (µU/mL)	0 min	5.09	±	2.06	5.13	±	3.08	0.689	0.774	0.943
	30 min	31.96	±	10.03	33.49	±	20.81	0.406	0.591	0.768
	60 min	52.37	±	16.01	52.64	±	25.87	0.933	0.630	0.968
	90 min	59.30	±	22.35	57.04	±	30.54	0.465	0.774	0.774
	120 min	51.16	±	24.26	55.98	±	33.02	0.295	0.489	0.484

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1   Supplementary Table 2. Vital sign and blood parameters

Item	Placebo (n = 14)			SMP (n = 14)			Carryover effect	*p* value* Period effect	Treatment effect
Systolic blood pressure (mmHg)	132.36	±	18.14	134.79	±	16.35	0.543	0.531	0.339
Diastolic blood pressure (mmHg)	85.07	±	12.67	84.71	±	13.18	0.323	0.626	0.824
Pulse rate (times/min)	70.07	±	13.06	70.64	±	10.86	0.948	0.023	0.697
WBC (×10^3/μL)	5.24	±	1.29	5.14	±	1.29	0.458	0.835	0.458
RBC (×10^3/μL)	472.43	±	53.67	471.71	±	53.97	0.178	0.898	0.873
Hb (g/dL)	14.40	±	1.87	14.42	±	1.90	0.141	0.956	0.877
Ht (%)	44.14	±	5.16	44.01	±	4.95	0.103	0.642	0.743
Plt (×10^3/μL)	23.76	±	4.87	22.69	±	4.68	0.514	0.085	0.119
AST (U/L)	24.50	±	8.72	25.43	±	9.95	0.379	0.767	0.584
ALT (U/L)	25.86	±	16.70	28.07	±	17.34	0.548	0.577	0.259
γ-GTP (U/L)	35.71	±	24.92	34.21	±	20.48	0.516	0.529	0.487
ALP (U/L)	210.86	±	62.76	206.14	±	62.05	0.929	0.751	0.100
LDH (U/L)	205.86	±	27.41	206.29	±	24.86	0.386	0.062	0.944
BUN (mg/dL)	15.29	±	3.94	14.70	±	4.25	0.357	0.849	0.392
CRE (mg/dL)	0.75	±	0.17	0.76	±	0.15	0.438	0.021	0.485
UA (mg/dL)	5.11	±	1.04	5.21	±	0.95	0.411	0.544	0.480
T-Cho (mg/dL)	226.79	±	35.28	231.50	±	33.14	0.764	0.735	0.228
HDL-Cho (mg/dL)	69.43	±	20.86	70.07	±	20.38	0.743	0.243	0.710
LDL-Cho (mg/dL)	138.36	±	31.38	143.00	±	31.99	0.511	0.186	0.174
TG (mg/dL)	131.50	±	60.56	119.21	±	62.26	0.171	0.990	0.283
HbA1c (%)	5.50	±	0.21	5.53	±	0.28	0.916	0.194	0.377

Values are presented as the mean ± SD.

p values were determined analysis of cross-over trials.[11]

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