

S Table 1. α -Glucosidase inhibition of each sample in different groups.

	1	2	3	4	5	6	7	8	9	10	11	12	Mean \pm SD
U	35.45	35.49	35.82	38.15	35.97	37.96	35.85	37.68	39.00	34.18	36.05	36.79	36.53 \pm 1.34
F	59.22	62.07	61.44	69.84	68.53	69.02	65.29	71.03	69.21	69.21	67.22	62.47	66.21 \pm 3.79**

Sample serial numbers were depicted in first row; Groups were depicted in first column.

“F” and “U” meant fermented samples and unfermented materials, respectively.

“***” indicated $P < 0.01$ in t -test.