

Supplementary Table 1.

Nutritional compositions of goji berry, mulberry, goji berry leaf and mulberry leaf

	Goji berry (<i>Lycium Barbarum</i>)	Mulberry (<i>Fructus Mori</i>)	Goji berry leaf	Mulberry leaf
Moisture (%)	7.31±0.91 ^b	12.21±2.14 ^a	7.65±1.86 ^b	4.42±0.16 ^b
Total protein (%)	3.54±0.11 ^d	5.16±0.27 ^c	6.79±0.59 ^b	14.81±0.11 ^a
Total lipids (%)	0.73±0.06 ^b	1.51±0.09 ^{ab}	3.06±1.28 ^a	2.38±0.36 ^{ab}
Total polyphenols (%)	0.67±0.02 ^c	3.10±0.05 ^a	0.52±0.06 ^d	1.03±0.01 ^b
Reducing sugars (%)	35.12±0.38 ^b	57.91±0.21 ^a	1.63±0.02 ^d	2.71±0.10 ^c
Soluble dietary fiber (%)	3.58±0.25 ^c	1.00±0.11 ^d	6.65±0.35 ^b	11.00±0.10 ^a
Insoluble dietary fiber (%)	6.13±0.20 ^c	6.51±0.04 ^c	32.07±0.25 ^b	51.40±1.55 ^a
Total dietary fiber (%)	9.71±0.07 ^c	7.52±0.14 ^c	38.72±0.54 ^b	62.40±1.60 ^a
Ash (%)	4.97±0.38 ^c	3.80±0.10 ^c	22.30±1.11 ^a	12.10±1.01 ^b
Total Carbohydrate (%)	82.78±1.41 ^a	74.23±2.18 ^b	59.68±1.17 ^c	65.27±1.06 ^c

Different lowercase letters show significant difference among groups (one-way ANOVA, $p < 0.05$).