

Component	Flaxseed	Flaxseed Hull	
	Percent (%)		
Fat	36.10	27.80	
16:0 (palmitic)		2.08	1.93
18:0 (stearic)		1.45	0.57
18:1n-9 (oleic)		7.51	5.76
18:2n-6 (linoleic)		5.75	3.66
18:3n-3 (linolenic)		20.3	14.0
Secoisolariciresinol diglucoside (SDG)	0.93	2.01	
Dietary Fiber	25.90	40.00	
Soluble		10.00	18.00
Insoluble		15.90	22.00
Available Carbohydrate	7.38	3.85	
Protein	20.99	18.94	
Ash	3.40	3.50	
Moisture	5.30	3.90	

Table S1. Flaxseed composition (wet basis). Percentages are presented as wet (as-is) basis.

Macronutrient (%w/w, % kcal)	BD	10% FS Diet	10% FH Diet
Protein	20.3, 17.0	20.3, 17.0	20.3, 17.0
Carbohydrate	54.2, 45.3	54.2, 45.3	54.2, 45.3
Fat	20.0, 37.6	20.0, 37.6	20.0, 37.6
Component (g/kg)			
Casein	200.0	179.0	181.1
L-Cystine	3.5	3.5	3.5
Sucrose	100.0	100.0	100.0
Cornstarch	305.5	288.5	292.2
Dyetrose	86.3	86.3	86.3
Cellulose	50.0	24.1	10.0
Mineral Mix #210025	40.3	40.3	40.3
Vitamin Mix #310025	11.5	11.5	11.5
Choline Bitartrate	2.9	2.9	2.9
Corn Oil	200.0	163.9	172.2
Flaxseed	0.0	100	0.0
Flaxseed Hull	0.0	0.0	100
Total	1000	1000	1000

Table S2 Experimental diet composition. BD = Basal Diet; FS = Flaxseed; FH = Flaxseed Hull.