

Supplement Table 1.

Weight reduction effects of a black soy peptide supplement in overweight and obese subjects: Double blind, randomized, controlled study

Jung Hyun Kwak¹, Chang-Won Ahn², Soo-Hyun Park², Sung-Ug Jung², Byung-Jung Min²,
Oh Yoen Kim^{3§}, Jong Ho Lee^{1,3§}

¹Yonsei University Research Institute of Science for Aging, Yonsei University, Seoul, Korea; ²Research and Development Center, Nong Shim Co., Ltd., Seoul, Republic of Korea; ³Dept of Food and Nutrition, Yonsei University, Seoul, Korea; ³Dept of Food Science and Nutrition, Dong-A University, Busan, Korea

Supplement Table 1. Amino acid composition of black soy peptide and soy pepetide provided to the study subjects

Amino acid (ug/g)	Black soy peptide	Soy peptide
Asp	2490	4610
Glu	5058	7820
Ser	2170	10020
His	1622	8150
Gly	806	2570
Thr	2430	8630
Arg	11777	20290
Ala	3953	14330
Tyr	2743	12610
Val	3377	17880
Met	2001	4250
Phe	6622	19890
Lie	3930	22760
Leu	11203	28500
Lys	6910	12690
Pro	829	880
Total	67921	158697