

Table S3 Plasma metabolite concentrations

Chem_ID	Name	Coix seed					Control				
		Pre		Post		p-value	Pre		Post		p-value
		Mean	SD	Mean	SD		Mean	SD	Mean	SD	
1	Ornithine	86.152	12.299	87.322	10.957	0.6271	76.913	6.197	72.315	13.837	0.2830
2	Choline	21.995	2.881	21.728	2.26	0.9219	23.253	3.333	22.704	5.073	0.7858
3	Lysine	246.675	22.396	229.857	31.276	0.1086	212.361	35.421	209.681	27.344	0.6406
4	Arginine	74.117	9.865	74.046	12.735	0.9750	88.868	17.377	85.385	13.182	0.3896
5	Histidine	77.232	9.903	77.952	12.741	0.7515	71.096	6.898	67.037	12.847	0.2993
6	Creatinine	66.355	8.19	59.674	5.94	0.0017 **	64.205	8.077	60.045	10.131	0.0414 *
7	beta-Alanine	5.602	1.264	6.979	2.572	0.1754	5.614	1.442	4.949	2.046	0.6406
8	GABA	9.284	6.928	11.157	7.594	0.0239 *	10.46	5.78	12.469	6.57	0.1443
9	Glycine	267.182	37.898	279.169	50.271	0.2325	264.442	24.31	274.993	23.758	0.1704
10	Creatine	24.767	7.11	25.94	12.676	1.0000	20.057	9.508	18.308	3.983	0.3828
11	Alanine	386.799	48.539	409.935	75.933	0.1342	359.164	44.575	360.086	67.01	0.9538
12	Sarcosine	1.543	0.564	1.065	1.262	0.2863	1.61	0.699	0.788	0.597	0.0547
13	Serine	134.712	18.43	133.084	24.08	0.7253	126.493	5.349	130.861	13.625	0.4176
14	Valine	230.077	41.23	220.656	26.711	0.3247	216.842	33.295	215.664	26.985	0.9278
15	Isoleucine	61.295	12.907	56.348	10.958	0.3429	57.214	6.913	56.422	7.428	0.9453
16	Leucine	135.868	21.281	132.39	15.906	0.3960	128.007	13.926	124.824	12.649	0.6961
17	Asparagine	51.43	7.123	52.845	5.869	0.4620	47.476	6.318	47.652	7.432	0.9431
18	Threonine	138.446	24.025	143.914	32.126	0.5242	116.032	16.371	113.544	22.65	0.7488
19	Anthranilic acid	0.323	0.164	0.148	0	0.0084 **	0.35	0.358	0.148	0	0.1558
20	Methionine	23.598	3.522	20.997	2.503	0.1202	21.096	2.117	18.283	3.095	0.0452 *
21	Glutamine	453.049	38.75	474.219	49.404	0.1341	468.709	47.288	467.022	66.434	0.9326
22	Proline	155.442	33.371	165.175	33.056	0.3138	157.559	34.979	161.95	45.936	0.6672
23	Dimethylglycine	3.829	1.257	3.78	0.749	0.8673	4.012	0.974	4.594	1.395	0.2370
24	Glutamic acid	177.621	32.691	190.262	41.07	0.2539	191.162	31.296	207.068	41.475	0.3585
25	Tryptophan	56.025	9.952	60.571	9.835	0.2312	51.753	8.416	55.982	8.017	0.2019
26	Hypoxanthine	13.112	2.303	13.35	2.663	0.7141	12.074	1.942	14.323	1.423	0.0051 **
27	Citrulline	26.376	6.821	29.838	5.495	0.0241 *	28.127	4.522	28.002	5.617	0.9536
28	Phenylalanine	60.702	8.367	86.05	49.047	0.0645	60.891	6.941	72.341	12.814	0.0645
29	Betaine	45.25	10.86	46.373	9.615	0.7776	55.544	17.104	54.639	15.624	0.8495
30	Cysteine	3.932	1.159	2.625	1.049	0.0144 *	3.63	0.697	2.19	1.345	0.0582
31	Tyrosine	56.729	6.997	60.116	7.922	0.1537	54.341	5.363	53.403	4.307	0.7168
32	Aspartic acid	20.444	2.555	20.29	3.383	0.8706	21.474	3.753	23.227	3.554	0.3041
33	Hydroxyproline	18.201	7.753	18.047	6.951	1.0000	17.312	6.21	15.632	4.797	0.5417
34	Uracil	3.246	0.959	2.569	1.257	0.1953	3.727	1.109	3.307	0.762	0.3828
35	Inosine	1.889	1.54	0.887	1.384	0.1055	0.559	0.363	2.157	1.464	0.0179 *
36	Uridine	9.943	1.168	9.391	1.816	0.4112	10.925	2.216	10.207	1.904	0.6406
37	Gluconic acid	2.437	0.254	2.463	0.335	0.7727	3.152	1.614	3.463	1.627	0.1484
38	3-Hydroxybutyric acid	68.277	70.284	59.229	45.023	0.4316	80.078	109.002	93.743	132.494	0.6406
39	2-Hydroxybutyric acid	45.52	14.984	41.422	17.635	0.3490	33.818	17.319	45.885	28.604	0.0781
40	2-Oxoisovaleric acid	11.726	2.527	13.746	3.15	0.0893	10.548	2.196	12.719	3.213	0.1550
41	Lactic acid	2357.051	365.685	2578.58	356.212	0.1857	2481.512	595.633	2562.396	484.297	0.5357
42	D-Ribulose 5-phosphate	0.477	0.316	0.333	0.453	0.1551	0.271	0.216	0.569	0.451	0.1240
43	Glycolic acid	40.741	17.426	53.421	16.734	0.0490 *	34.722	9.372	53.225	15.079	0.0391 *
44	Pyruvic acid	27.451	9.63	35.462	25.727	0.4316	28.478	13.701	25.916	11.951	0.6695
45	3-phosphoglyceric acid	0.189	0.192	0.102	0.065	0.2936	0.12	0.099	0.092	0.06	0.9453
46	Succinic acid	6.518	0.488	6.892	1.237	0.3935	6.631	0.601	7.217	1.929	0.3884
47	Malic acid	3.227	0.679	4.204	0.76	< 0.0001 ****	3.183	0.403	4.617	1.337	0.0369 *
48	2-Oxoglutaric acid	0.223	0.115	0.535	0.695	0.2807	0.198	0.073	0.549	0.329	0.0591
49	Fumaric acid	0.76	0.445	0.531	0.391	0.4069	0.808	0.461	0.693	0.546	0.7364
50	Citric acid	56.834	13.97	64.985	10.435	0.0800	53.587	7.881	69.819	18.359	0.0078 **
51	cis-Aconitic acid	1.041	0.344	1.411	0.339	0.0023 **	1.018	0.386	1.415	0.462	0.1386
52	Isocitric acid	1.27	0.425	1.611	0.393	0.0251 *	1.232	0.476	1.602	0.547	0.2261

Concentrations: nmole/ml

\*, p &lt; 0.05; \*\*, p &lt; 0.01, \*\*\*, p &lt; 0.001, \*\*\*\*, p &lt; 0.0001