

SUPPLEMENTARY TABLES

Supplementary Table 1. The ingredient of Wushen.

	Standard diet (%)	Wushen (%)
Protein	19	22.1
Fat	4	12.7
Carbohydrate	50	36.36
Fiber	5	21.7
Ash content	8	3.6
Water content	<10.0	3.49
Calories per gram	3.12kcal	3.91kcal

Supplementary Table 2. The main antioxidant and immune-related ingredient of Wushen.

Antioxidant components	Content (mg/100g)	Immunoenhancing components	Content (mg/100g)
Preanthocyanin,	244	Crude polysaccharides	12050
Anthocyanin	15.87	Squalene	1.64
Vitamin c	24.4	Selenium	16.9
Taurine	9.39	Taurine,	9.39
Vitamin E	6.72	Beta carotene	1.47
Lutein	1.78	Vitamin A	0.007
Squalene	1.64	Total flavonoids	0.1%
Zeaxanthin	236		
Resveratrol	<0.3		
Total flavonoids	0.1%		