

Table S1. Background characteristics of the subjects

Item	Observed value, means \pm SD	
	<i>Koji amazake</i> n=22	Placebo n=22
Gender (male/female)	9/13	9/13
Age (years)	38.8 \pm 14.0	40.6 \pm 14.0
Height (cm)	165.3 \pm 8.7	165.0 \pm 9.9
Body weight (kg)	57.3 \pm 10.0	57.7 \pm 6.8
Body mass index (kg/m ²)	20.9 \pm 2.6	21.1 \pm 1.9
Systolic blood pressure (mmHg)	110.9 \pm 13.9	112.0 \pm 12.9
Triglyceride (mg/dL)	78.4 \pm 39.6	82.9 \pm 29.2
Fasting blood glucose level (mg/dL)	88.8 \pm 8.7	91.0 \pm 7.6
Hemoglobin A1c (%)	5.33 \pm 0.28	5.38 \pm 0.32
Weekly defecation days (days)	3.95 \pm 1.02	4.00 \pm 1.04
Weekly defecation frequency (times)	4.68 \pm 1.55	4.73 \pm 1.63