Table S1. Effects of PS23 Supplementation on Testosterone and DHEA-S in Different Genders.

| Characteristics | Genders | Group | Placebo | L-PS23 | HT-PS23 | Group (G) | Time (T) | G×T |
|---|---|---|---|---|---|---|---|---|
| Testosterone (ng/mL) | Male | 0 week | 3.16±0.87[a] | 2.49±0.32[a] | 2.60±1.08[a] | 0.016* | 0.128 | <0.001* |
| | | 6 week | 3.24±0.71[b] | 2.26±0.59[a] | 3.19±0.70[b] | | | |
| | | 12 week | 2.97±0.80[ab] | 2.39±0.52[a] | 3.46±0.83[b] | | | |
| | Female | 0 week | 0.98±0.63[a] | 1.09±0.57[a] | 0.94±0.83[a] | 0.706 | 0.010* | 0.030 |
| | | 6 week | 1.01±0.64[a] | 1.16±0.76[a] | 1.31±1.35[a] | | | |
| | | 12 week | 0.92±0.64[a] | 1.19±0.78[a] | 1.24±0.34[a] | | | |
| DHEA-S (ug/dL) | Male | 0 week | 142.8±92.8[a] | 123.9±60.4[a] | 137.2±35.7[a] | 0.892 | <0.001* | 0.034* |
| | | 6 week | 137.4±79.6[a] | 146.6±69.9[a] | 145.2±42.3[a] | | | |
| | | 12 week | 149.9±81.0[a] | 163.8±87.7[a] | 179.5±47.9[a] | | | |
| | Female | 0 week | 84.0±45.6[a] | 107.2±44.3[a] | 78.2±39.3[a] | <0.001* | <0.001* | <0.001* |
| | | 6 week | 95.8±45.5[a] | 113.4±46.7[a] | 90.4±46.0[a] | | | |
| | | 12 week | 102.6±50.9[a] | 127.3±56.2[a] | 109.6±42.5[a] | | | |

Data are presented as mean ±SD. Different superscript letters (a, b) denote significant differences among groups at the same time point, $p<0.05$. An asterisk (*) indicates a significant effect as determined by two-way repeated-measures ANOVA with Bonferroni post-hoc test ($p<0.05$). DHEA-S (dehydroepiandrosterone sulfate).