



**Supplementary Figure S1.** Effect of ML extracts on blood glucose levels. Mice were restrained for 2 h per day for 28 consecutive days after the treatments, and the glucose levels were measured in whole blood. Data represent means  $\pm$  SEM ( $n = 5$ ). Different letters (a–b) above the bars indicate significant differences at  $p < 0.05$ . CRS—chronic restraint stress; PX—paroxetine; LML—low-concentration mustard leaf; HML—high-concentration mustard leaf.