

1. HPLC analysis

The measurement was performed in HPLC system with an Agilent ZORBAX SB-AQ column (250×4.6 mm, $5\mu\text{m}$) at 35°C . The mobile phase was composed of water with 0.2% (v/v) acetic acid (A) and acetonitrile (B) with a linear gradient elution, 0-15min: 3%-10% B; 15-20min: 10%-20% B; 15-20min: 10%-20% B; 20-25min: 20%-25% B; 25-30min: 25%-30% B; 30-35min: 30%-35% B; 35-40min: 35%-3% B; 40-45min: 3% B. The samples were eluted at 1 mL/min flow rate and monitored at 270 nm. Each sample was performed for three independent extractions and the results can be found in Table S1.

Table S1. The main compositions of cold-brewed jasmine tea

Ingredients	Content
Polysaccharide	498.16 ± 6.80 $\mu\text{g}/\text{mL}$
Theanine	49.4 ± 0.64 $\mu\text{g}/\text{mL}$
Total phenolic content	415.11 ± 8.67 $\mu\text{g GAE/mL}$
Catechins	$\mu\text{g}/\text{mL}$
EC	400.94 ± 2.75
GC	63.2 ± 2.02
GCG	48.83 ± 1.43
EGCG	36.07 ± 0.73
EGC	24.14 ± 0.62
C	18.26 ± 0.63
CG	13.31 ± 0.24
ECG	12.94 ± 0.37
Gallic acid	9.87 ± 0.25

EC: epicatechin, GC: gallocatechin, GCG: gallocatechin gallate, EGCG: epigallocatechin gallate, EGC: epigallocatechin, C: catechin, CG: catechin gallate, ECG: epicatechin gallate.

2. Quantification of host gene expression

Table S2 Primer sequences for qPCR

Gene	Forward primer (5'→3')	Reverse primer (5'→3')
<i>Leptin</i>	CCTGTGGCTTGGCCTATCTG	AGGCAAGCTGGTGAGGATCTG
<i>Pparg1</i>	CCAGCATTCTGCTCCACAC	ATTCTGGAGCTTCAGGCCA
<i>Pgc1a</i>	AGCCGTGACCACTGACAACGAG	GCTGCATGGTTCTGAGTGCTAAG
<i>Acc</i>	GGCAGCAGTTACACCACATAC	TCATTACCTCAATCTCAGCATAGC
<i>Adiponectin</i>	CCCTGGTCTCCACGACTCTT	GCGAATATTGTGAAGCCCCC
<i>Tnfa</i>	AATGGCCTCCCTCTCATCAG	CCACTTGGTGGTTGCTACG
<i>Il6</i>	ACTTCCATCCAGTTGCCTCTTG	TGTTGGGAGTGGTATCCTCTGTG
<i>Il1b</i>	AAGGGCTG TTCCAAACCTTGAC	TGCCTGAAGCT TTGTTGATGTGC
<i>Cyp7a1</i>	AACAACCTGCCAGTACTAGATAGC	GTGTAGAGTGAAGTCCTCCTTAGC
<i>Fas</i>	GCTGCGAAACTTCAGGAAAT	AGAGACGTGTCACTCCTGGACTT
<i>Ppara</i>	TGCAGCCTCAGCCAAGTTGAA	TCCCGAACTTGACCAGCCA
<i>Srebp1c</i>	CTGGTGAGTGGAGGGACCAT	GACCGGTAGCGCTTCTCAAT
<i>Lxra</i>	TCAGAAGAACAGATCCGCTTG	CGCCTGTTACACTGTTGCT
<i>Hmgr</i>	TGCCTGGATGGAAAGGAGTA	GCACCTCCACCAAGGCTTAT
<i>Hsl</i>	GCTAGCCAGGCTCATCTCCT	GTTCTGAGGTAGGGCTCGT
<i>Atgl</i>	ACAGCTCCAACATCCAC	AGCCCTGTTGCACATCTCT
<i>β-actin</i>	ACAGCAGTTGGTTGGAGCAA	ACGCGACCATCCTCCTTTA

Pparg1, peroxisome proliferator-activated receptor γ1; *Pgc1a*, peroxisome proliferator-activated receptor c coactivator 1α; *Acc*, acetyl-CoA carboxylase; *Tnfa*, tumor necrosis factor α; *Il6*, interleukin- 6; *Il1b*, interleukin- 1β; *Cyp7a1*, cholesterol 7α-hydroxylase; *Fas*, fatty acid synthase; *Ppara*, peroxisome proliferator-activated receptor alpha; *Srebp1c*, sterol regulatory element-binding protein-1c; *Lxra*, liver X receptors α; *Hmgr*, 3-hydroxy-3-methyl glutaryl coenzyme A reductase; *Hsl*, hormone-sensitive lipase; *Atgl*, adipose triglyceride lipase;