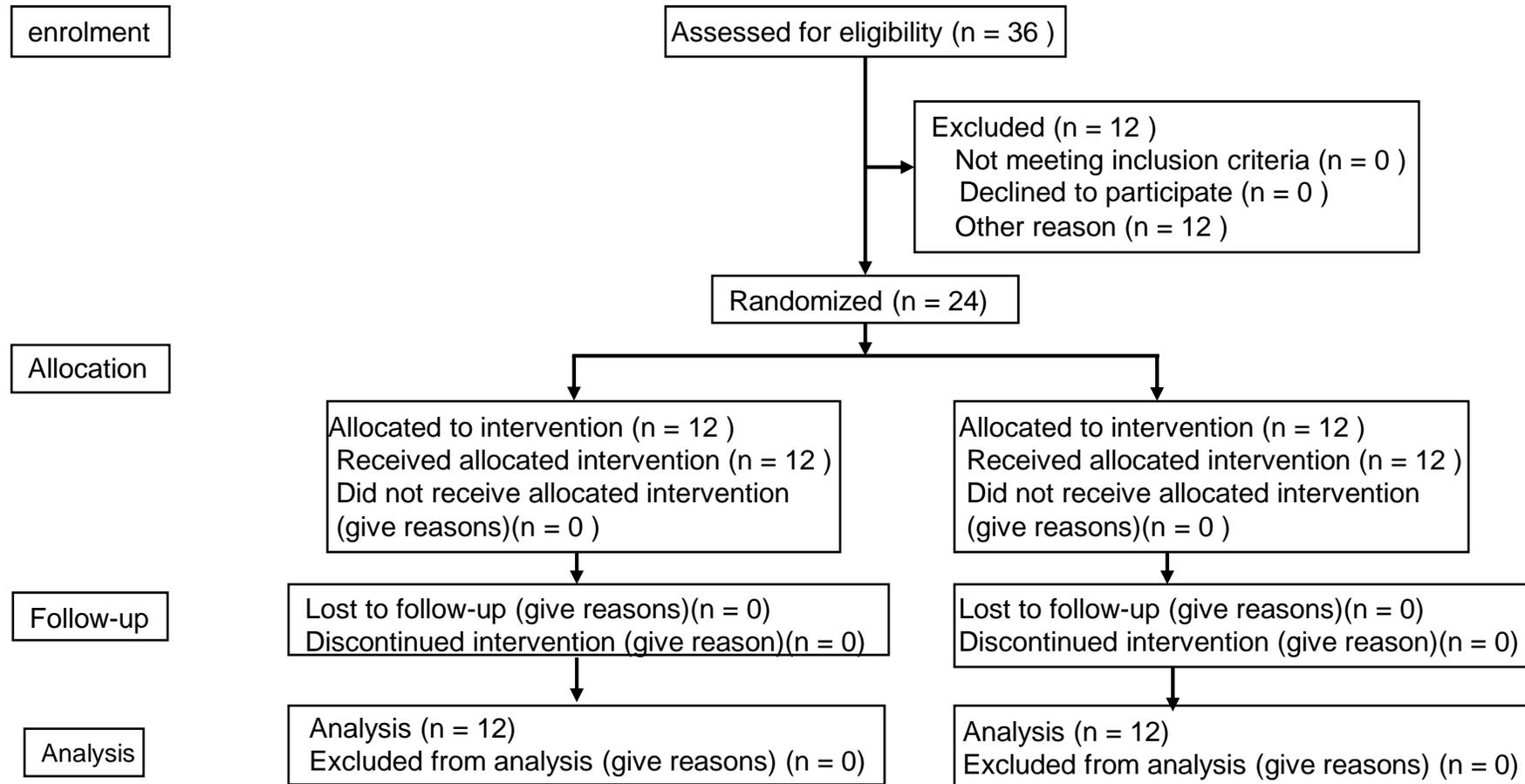


Supplemental Fig S1. n6/n3 ratio of PUFAs of 6 kinds of japonica rice bran



Supplemental Fig S2. Flow diagram of the progress through the phases of a parallel randomized trial of two groups.

Supplemental Table S1. The principal ingredients of 2 kinds of cooked rice for Human test.

	Test meal	Control meal
Daily intake (g)	190.0	200.0
Carbohydrates (g)	64.0	66.8
Protein (g)	6.3	4.8
Lipid (g)	2.9	1.0
Moisture (g)	116.0	127.0
Mineral (mg)	1.1	0.2
Dietary fiber (g)	16.2	0.8
Anthocyanin (mg)	15.2	0.0
Energy (Kcal)	268.0	294.0

Supplemental Table S2. Difference in appearance among of cooked rice of ordinary white rice, brown rice and wax-free brown rice.

	WB	L*	a*	b*
	Whiteness	Brightness	Redness	Yellowish
Cooked rice of white rice of Koshihikari	25.3 ± 1.0 a	58.2 ± 1.5 a	-3.2 ± 0.0 a	1.4 ± 0.9 a
Cooked rice of brown rice of Koshihikari	16.4 ± 0.1 b	54.4 ± 0.1 b	-1.6 ± 0.2 b	11.9 ± 0.1 b
Cooked rice of wax-free brown rice of Koshihikari	22.5 ± 4.3 a	59.7 ± 2.7 a	-2.1 ± 0.7 ab	9.1 ± 0.5 c

Within each measure (WB, L*, a*, and b*) in the same column, different letters (a, b, etc) denote statistically significant differences.