

Figure S1. The amino acid composition of the milk fat globule membrane. Gly, Glycine; Ala, Alanine; Val, Valine; Leu, Leucine; Ile, Isoleucine; Met, Methionine; Phe, Phenylalanine; Trp, Tryptophan; Pro, Proline; Ser, Serine; Thr, Threonine; Cys, Cysteine; Tyr, Tyrosine; Asn, Asparagine; Gln, Glutamine; Asp, Aspartic acid; Glu, Glutamic acid; Lys, lysine; Arg, Arginine; His, Histidine. Data were shown as the percentage of each amino acid to the total amino acid.

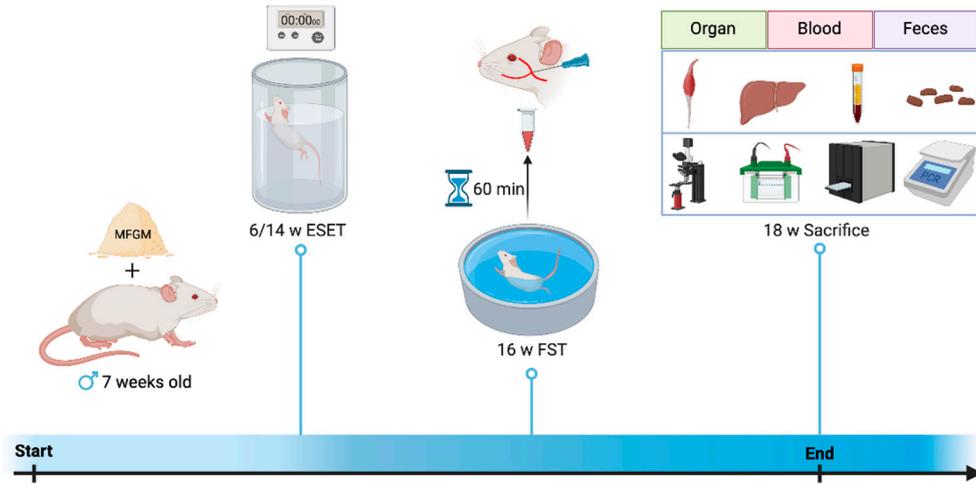


Figure S2. Detailed steps of the animal experiment. MFGM, milk fat globule membrane; ESET, exhaustive swimming exercise test; FST, free swimming test.