

**Supplementary Table S1.** Nutrition facts of Dydo-MIU, hardness, 88 (100mL).

Composition (mg)			
Sodium (1.4)	Calcium (0.6)	Magnesium (1.8)	Potassium (0.9)
Total fat (0)	Protein (0)	Sugar (0)	Carbohydrate (0)
Calories (0)			
Ca:Mg = 1:3			