

Supplementary Table S1. The components for each package (10g)of supplements

	WP	WPH
Protein (g)	7.6	8.4
Carbohydrate (g)	0.46	0.20
Fat (g)	0.77	0.01
Saturated fat (g)	0.49	0.01
Trans fat (g)	0.03	0.01
Cholesterol (g)	0.015	0
Energy (kcal)	165.5	146.9