

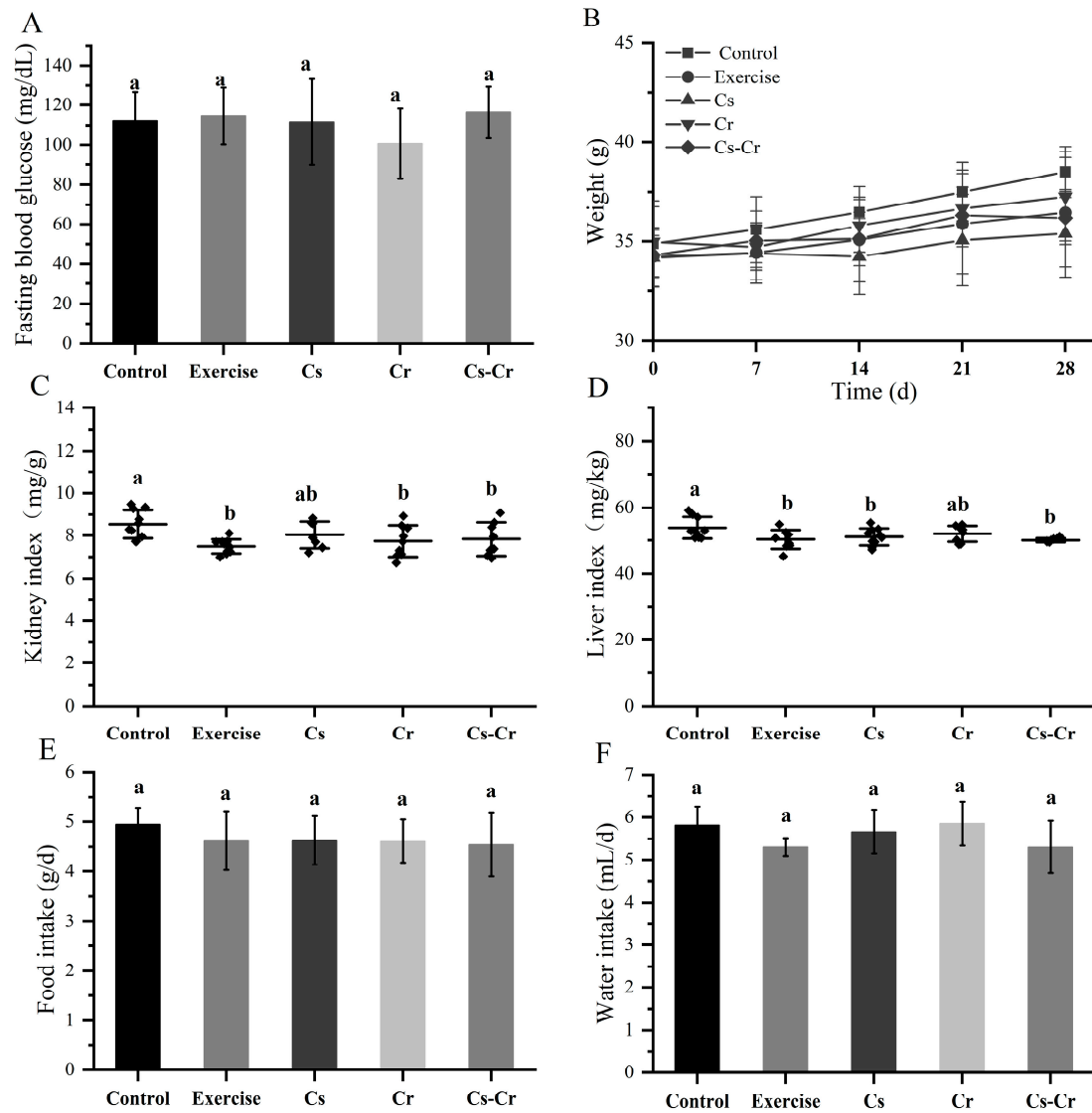


Figure S1. Effects of co-ingestion on fasting blood glucose (A), body weight (B), kidney index (C), liver index (D), food intake (E), and water intake (F) of mice. Note: Different lowercase letters mean significant differences among the same sample of different times ($p < 0.05$). $n=10$. Cs-Cr: combined supplementation of sugar and creatine; Cs: compound sugars; Cr: creatine.