

Supplementary Data

The weight of feces (gram) of subjects

Weeks	Placebo	PEC I	PEC II
Initial	115.49±39.62 ^a	111.08±52.99 ^a	101.84±37.93 ^a
2 nd week	117.20±38.96 ^a	171.93±76.31 ^b	167.00±45.79 ^b
4 th week	117.68±61.56 ^a	173.99±92.77 ^{b**}	220.83±76.17 ^{c**}
6 th week	116.60±45.23 ^a	130.81±57.29 ^{ab}	138.47±53.72 ^{ab}

Data are expressed as mean ± SD. Data within the same column bearing different superscript letters were significantly different ($P < 0.05$). * $P < 0.05$, ** $P < 0.01$ (Placebo vs PEC I and II in 4th week).

The time (min) for passing through intestine/ Bowel transit time

Weeks	Placebo	PEC I	PEC II
Initial	117.80±48.83 ^a	118.15±29.06 ^a	118.25±27.98 ^a
4 th week	115.70±51.72 ^a	91.80±26.26 ^b	81.35±19.78 ^b
6 th week	116.45±24.67 ^a	98.56±15.35 ^b	87.13±14.45 ^b

Data are expressed as mean ± SD. Data within the same column bearing different superscript letters were significantly different ($P < 0.05$). * $P < 0.05$, ** $P < 0.01$ (Placebo vs PEC I and II in 4th week).