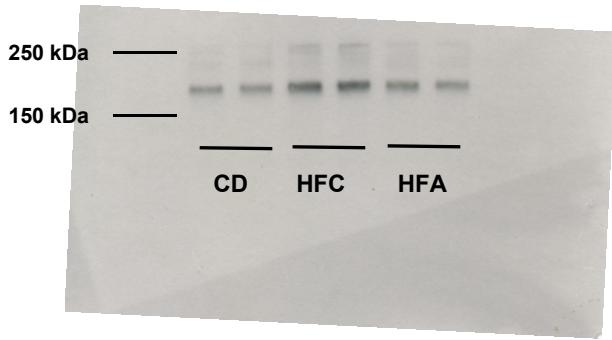
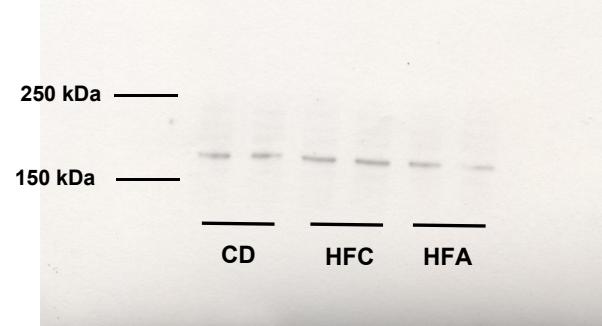


Supplementary Figure S1

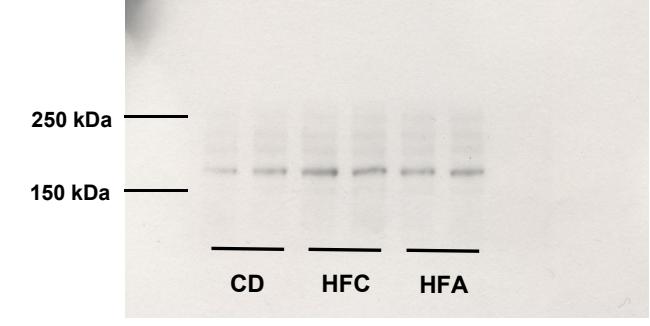
p-IRS-1 Serine 307



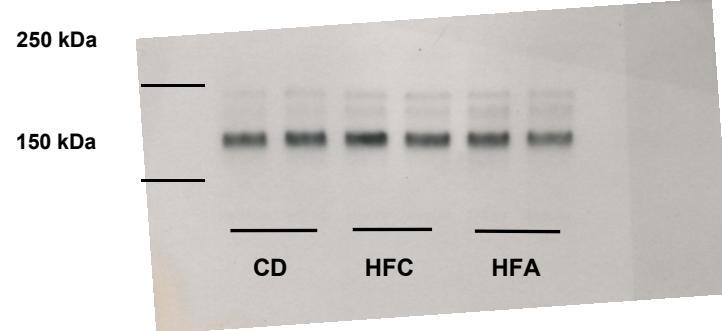
p-IRS-1 Serine 307



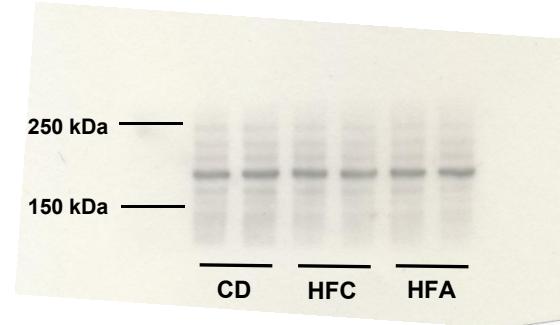
p-IRS-1 Serine 307



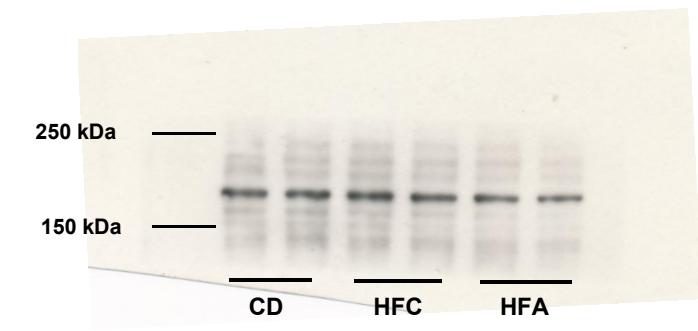
IRS-1



IRS-1



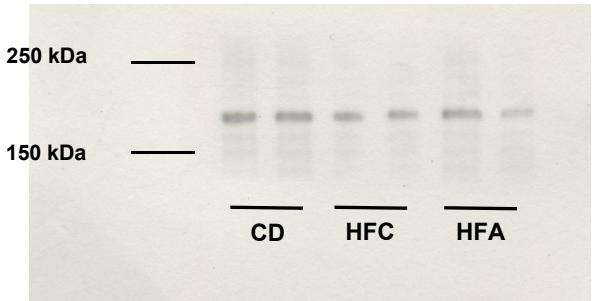
IRS-1



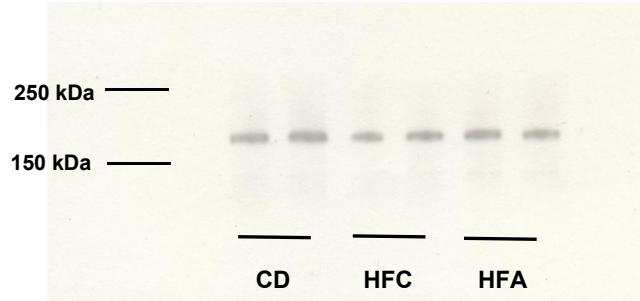
The western blot used for display and the quantitative analysis in Figure 5A are shown.

Supplementary Figure 1

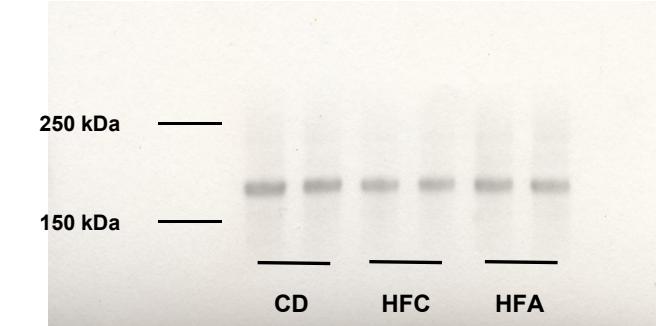
p-IRS-1 tyrosine



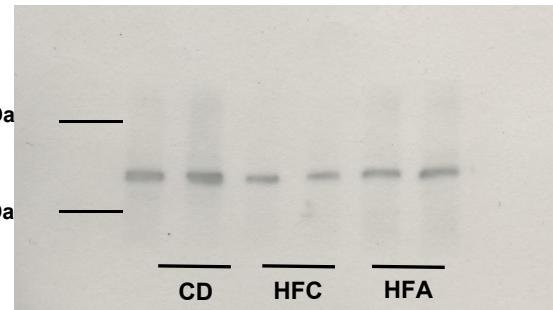
p-IRS-1 tyrosine



p-IRS-1 tyrosine



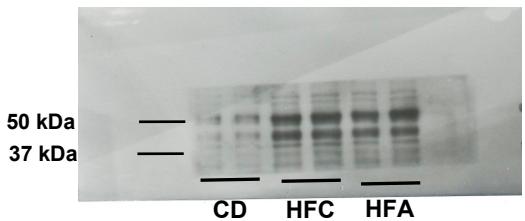
p-IRS-1 tyrosine



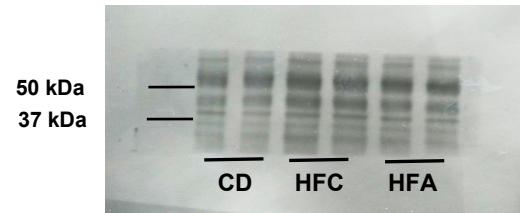
The western blot used for display and the quantitative analysis in Figure 5A are shown.

Supplementary Figure 1

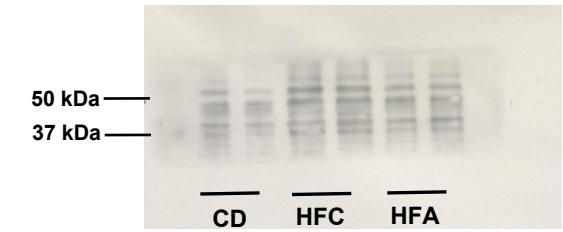
p-SAPK/JNK



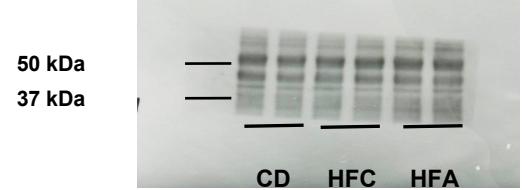
p-SAPK/JNK



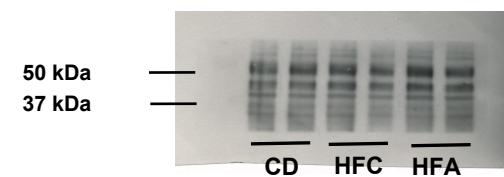
p-SAPK/JNK



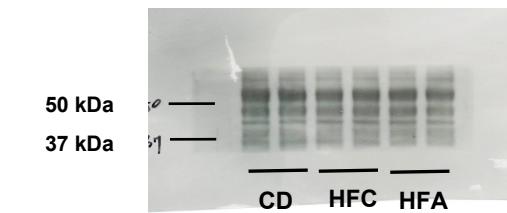
SAPK/JNK



SAPK/JNK



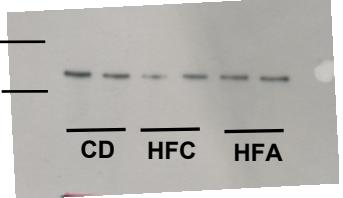
SAPK/JNK



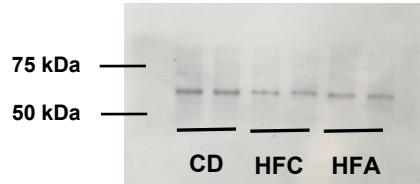
The western blot used for display and the quantitative analysis in Figure 4D are shown.

Supplementary Figure 1

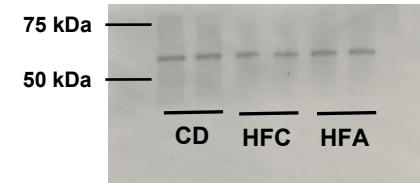
p-Akt (Ser473)



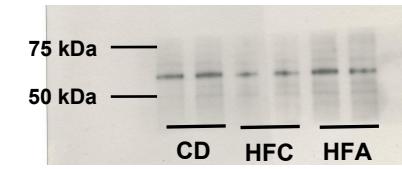
p-Akt (Ser473)



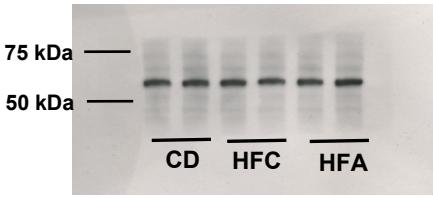
p-Akt (Ser473)



p-Akt (Ser473)



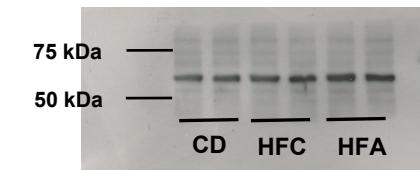
Akt



Akt



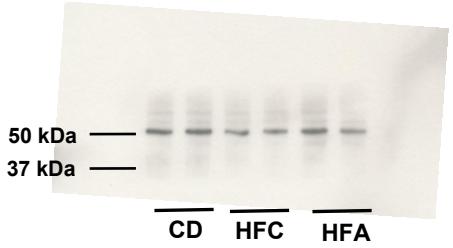
Akt



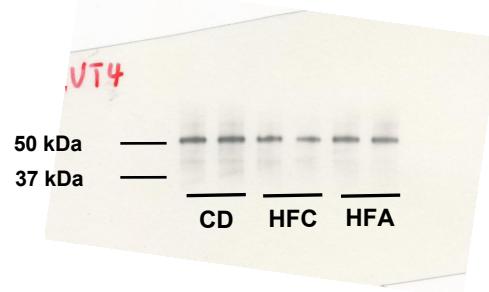
The western blot used for display and the quantitative analysis in Figure 5D are shown.

Supplementary Figure 1

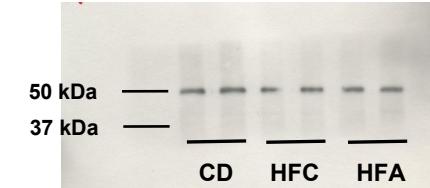
Glut-4



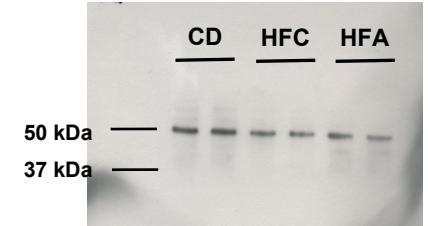
Glut-4



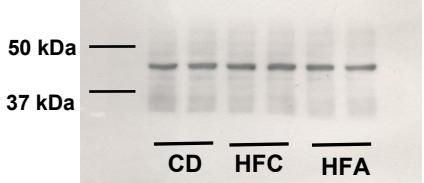
Glut-4



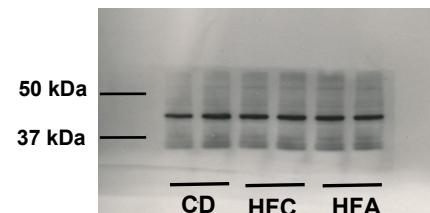
Glut-4



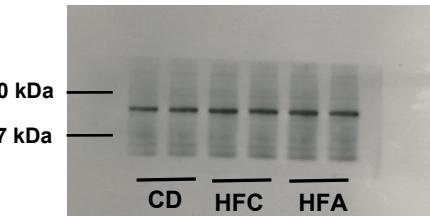
β -actin



β -actin



β -actin



The western blot used for display and the quantitative analysis in Figure 5E are shown.

Supplementary Table S1

Muscle mass (g)	CD	HFC	HFA
Gastrocnemius	2.024 ± 0.433	1.894 ± 0.286	1.931 ± 0.182
Plantaris	0.375 ± 0.070	0.392 ± 0.051	0.394 ± 0.059
Soleus	0.128 ± 0.011	0.104 ± 0.016@	0.119 ± 0.018
Tibialis anterior muscle	0.591 ± 0.069	0.539 ± 0.080	0.590 ± 0.160
Extensor digitorium longus	0.229 ± 0.027	0.231 ± 0.043	0.220 ± 0.026

Table S1. Effects of D-allulose supplementation for 4 weeks on skeletal muscle mass. Results are expressed as mean ± SD; n = 6 per group, @: CD vs. HFC. CD: chow diet, HFC: HFD + cellulose, HFA: HFD + D-allulose.