

Table S1. Details of human participants, recruited for the study and their anthropometric and clinical parameters. (M-Males, F-Females, NV- Non-vegetarian, D-Drinker, ND- Non-drinker, BMI-body mass index, GGT- Gamma-glutamyltransferase , RBS- Random blood sugar).

Sl. no.	Age	Sex	Food habit	Drinking	Height (cm)	Weight (kg)	BMI (kg/m ²)	Pulse (BPM)	Blood pressure (mmHg)	Blood group	GGT(I U/l)	Albumin (g/dl)	Total protein (g/dl)	Globulin (g/dl)	RBS (mg/dl)
1	36	M	NV	ND	164	52.6	19.6	85	132/55	B+	NA	NA	NA	NA	NA
2	50	F	NV	ND	145	33	15.7	93	117/69	O+	4.6	2.7	7.6	4.9	108.2
3	45	F	NV	ND	150	46.9	20.8	87	121/83	A+	3.8	3.3	8.7	5.4	97.5
4	28	M	NV	D	159	53	21	82	132/72	O+	2	3.5	6.7	3.2	135
5	59	M	NV	D	175	57	18.6	108	137/112	B+	5.6	3.1	6.3	3.1	68.2
6	58	M	NV	D	168	53.6	19	88	133/92	AB+	11.3	3.3	9.2	6	105.5
7	26	F	NV	D	171	53	18.1	112	137/77	B+	1	3.5	10.3	6.8	97
8	59	M	NV	D	172	48.8	16.5	92	106/38	A+	1.9	2.6	6.5	3.8	82.4
9	25	F	NV	ND	152	41.5	18	88	104/63	A+	3.1	2.9	6.9	4	114.9
10	60	M	NV	D	161	57	22	81	151/104	O+	5.8	3	8.7	5.6	106.6
11	60	M	NV	ND	152	46.4	20.1	152	154/98	A+	3.1	2.9	6.5	3.6	91.7
12	36	F	NV	ND	153	48	20.5	106	122/58	B+	1	2.8	8.4	5.6	100.8
13	34	M	NV	D	162	54	20.6	106	136/79	A+	20.7	3	8.6	5.6	115.7
14	25	M	NV	ND	165	50.7	18.6	94	160/53	B+	5.8	3.2	8.4	5.2	63.9
15	26	F	NV	D	151	48.4	21.2	120	124/94	A+	2.1	3.2	8.1	4.9	89.5
16	40	M	NV	ND	159	45.9	18.2	94	17/70	A+	10.5	3	6.6	3.6	107.9
17	40	F	NV	D	147	58.2	26.9	78	107/71	B+	2.3	3.2	7.1	3.9	149.6
18	50	F	NV	D	149	42.5	19.3	108	139/91	B+	2	3	8.5	5.5	101
19	60	M	NV	D	158	59.8	24	96	140/76	B+	7	3	7.7	4.7	102.3
20	42	M	NV	D	162	49	18.7	68	124/79	B+	22.8	3.6	9.3	5.7	101.1
21	40	F	NV	ND	149	40	18	81	126/72	O+	1.6	3.2	8.7	5.4	105.7
22	50	F	NV	ND	146	41.7	19.6	81	114/67	A+	3.8	3.1	7.8	4.7	87.3
23	27	F	NV	D	155	42	17.5	96	148/94	O+	1.8	3.4	11.4	8	107.1
24	35	F	NV	ND	146	46.7	19.4	84	115/91	B+	2.4	2.8	5.7	3	78.8
25	35	M	NV	D	173	60	20	85	132/77	B+	12.8	2.7	7.7	5	123.8
26	26	M	NV	ND	162	52.7	20.1	59	105/45	AB+	1.8	3.15	7.51	4.36	84.69
27	35	F	NV	ND	157	46.7	18.9	89	104/54	A+	NA	NA	NA	NA	NA
28	28	F	NV	ND	153	47.2	20.2	80	120/80	A+	NA	NA	NA	NA	NA
29	40	M	NV	D	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
30	40	F	NV	ND	154	55.4	23.4	96	120/83	B+	4.93	3.19	8.94	5.75	93.88
31	31	F	NV	D	152	50	21.6	83	120/84	O+	NA	NA	NA	NA	NA
32	34	F	NV	D	152	43.7	18.9	90	139/94	AB+	2.65	2.68	5.85	3.18	65.99
33	35	M	NV	D	158	64	25.6	95	138/74	O+	4.34	2.59	5.58	2.98	98.23
34	28	M	NV	D	164	57.2	21.2	98	124/68	B+	5.01	3.07	7.78	4.71	85.28
35	22	F	NV	ND	151	44	19.3	88	NA	NA	NA	NA	NA	NA	NA
36	35	F	NV	D	150	43.6	19.4	84	131/87	A+	6.55	2.65	5.1	2.45	54.88
37	46	F	NV	ND	157	53.7	21.8	75	131/76	AB+	1.88	2.53	5.53	3	70.88
38	60	M	NV	D	145	35	16.6	87	136/91	NA	NA	NA	NA	NA	NA
39	47	M	NV	D	180	63.4	19.6	105	142/88	O+	23.89	2.8	7.34	4.54	94.46
40	23	M	NV	D	162	58.4	22.3	72	108/69	AB+	1.09	2.15	3.59	1.44	51.56
41	35	M	NV	D	165	53	19.5	108	113/63	A+	6.44	2.33	5.59	3.26	70.98
42	20	F	NV	ND	154	52.3	22.1	111	117/66	B+	1.57	2.68	5.35	2.68	71.6
43	24	M	NV	ND	164	58.5	21.8	62	118/63	AB+	1.89	2.65	4.75	2.1	71.55
44	37	F	NV	D	157	56.7	23	80	110/64	O+	0.81	3.04	6.54	3.5	71.43

45	45	M	NV	ND	164	53.1	19.7	64	107/63	A+	5.24	2.86	5.91	3.05	66.39
46	43	F	NV	ND	152	42.7	18.5	93	101/57	A+	14.64	2.63	4.8	2.18	77
47	27	F	NV	D	153	48.2	20.6	75	108/82	A+	2.4	3.21	9.37	6.16	84.13
48	50	F	NV	D	150	43.2	19.2	95	84/48	A+	3.16	1.25	2.37	1.11	77.1

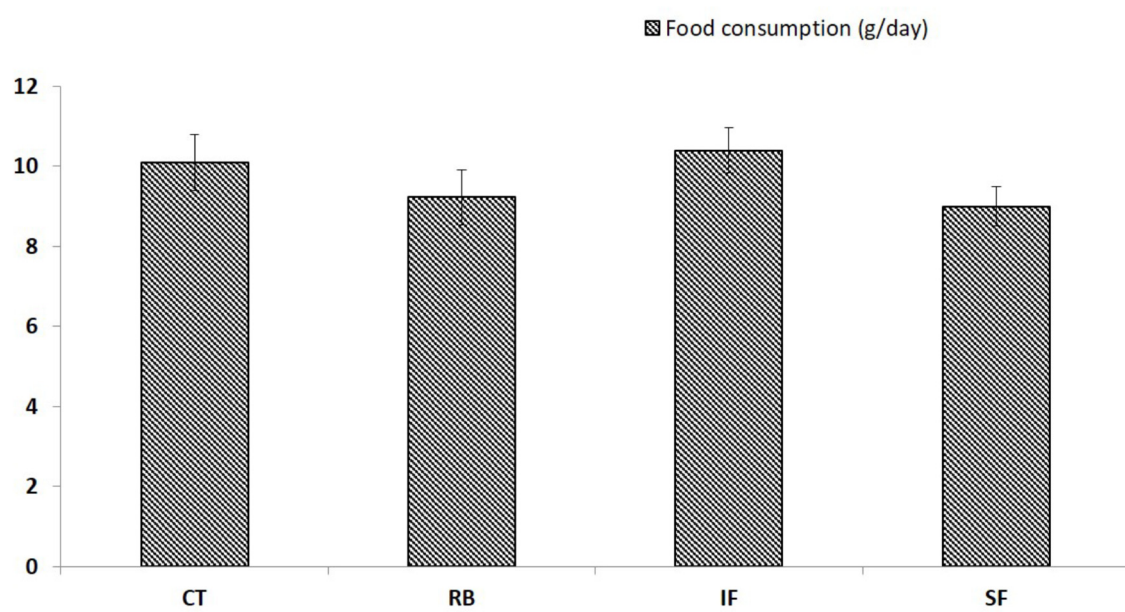


Figure S1. Daily diet intake of animals during the experimental period.

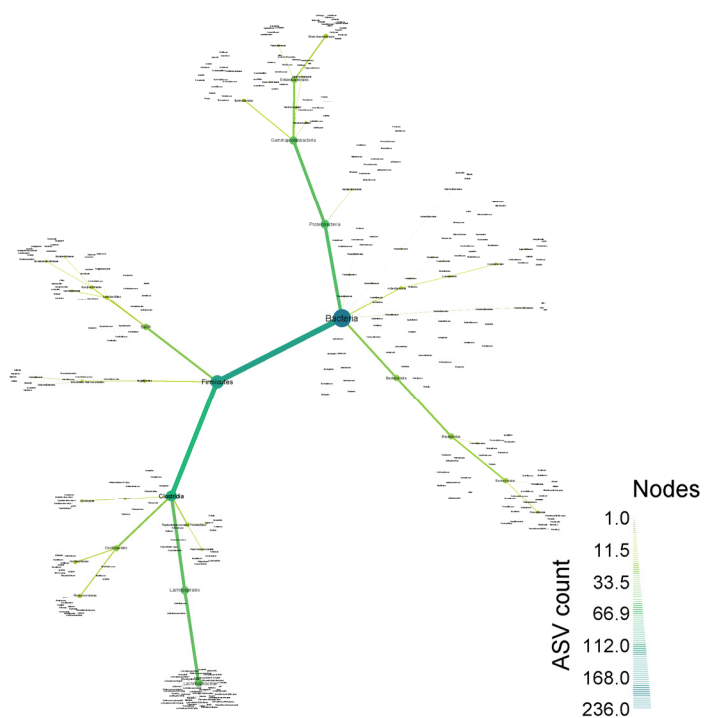
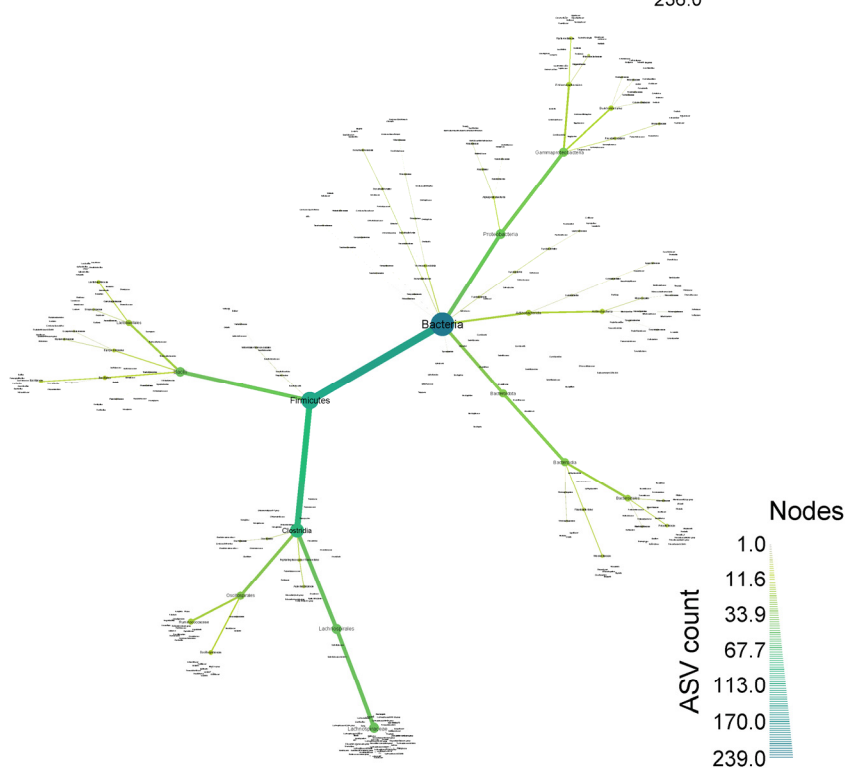
A**B**

Figure S2. Overall diversity of bacterial genera observed in the fecal samples of (A) human, and (B) mouse fecal microbiota.

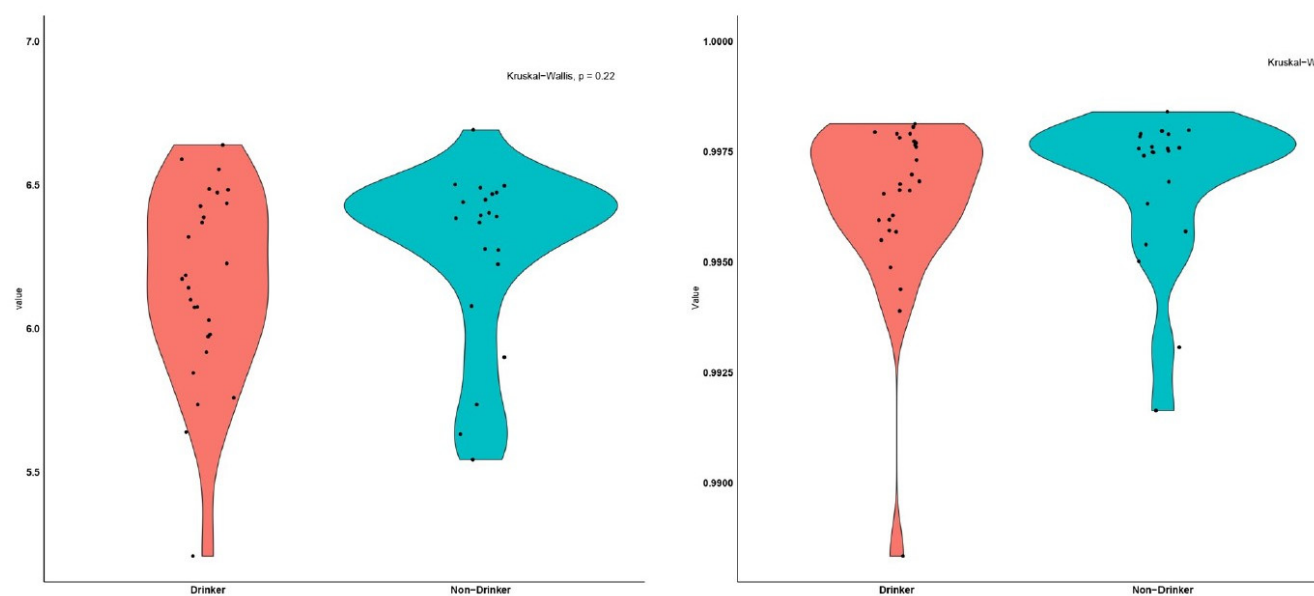


Figure S3. Treatment wise comparison of alpha diversity indices (A) Shannon, and (B) Simpson in human fecal samples.

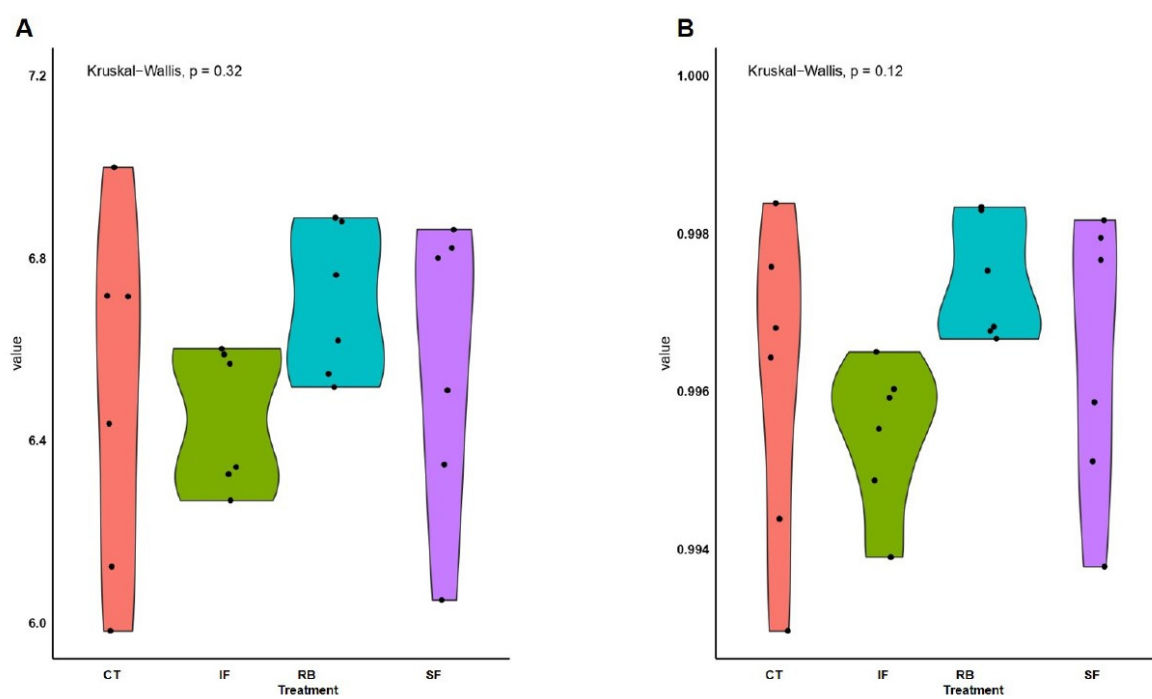


Figure S4. Treatment wise comparison of alpha diversity indices (A) Shannon, and (B) Simpson in mice fecal samples.