Table S1. Before 6-week RC supplementation on female mice exercise performance

| Exercise type    | Vehicle  | RC-1X    | RC-2X    | RC-5X    | P-Value |
|------------------|----------|----------|----------|----------|---------|
| Swimming time (min) | 6.44 ± 0.60 | 5.61 ± 0.82 | 5.56 ± 0.77 | 5.25 ± 0.86 | 0.7305  |
| Grip strength (g/g) | 17.34 ± 1.11 | 17.19 ± 0.93 | 17.52 ± 0.85 | 16.98 ± 1.23 | 0.9859  |
| Running time (min) | 8.64 ± 1.25 | 9.63 ± 1.06 | 8.98 ± 1.65 | 9.49 ± 1.70 | 0.9589  |

Data are expressed as mean ± SEM, n = 8 mice/group. Different letters (a, b) in the same row indicate significant differences at $p < .05$ based on one-way ANOVA.