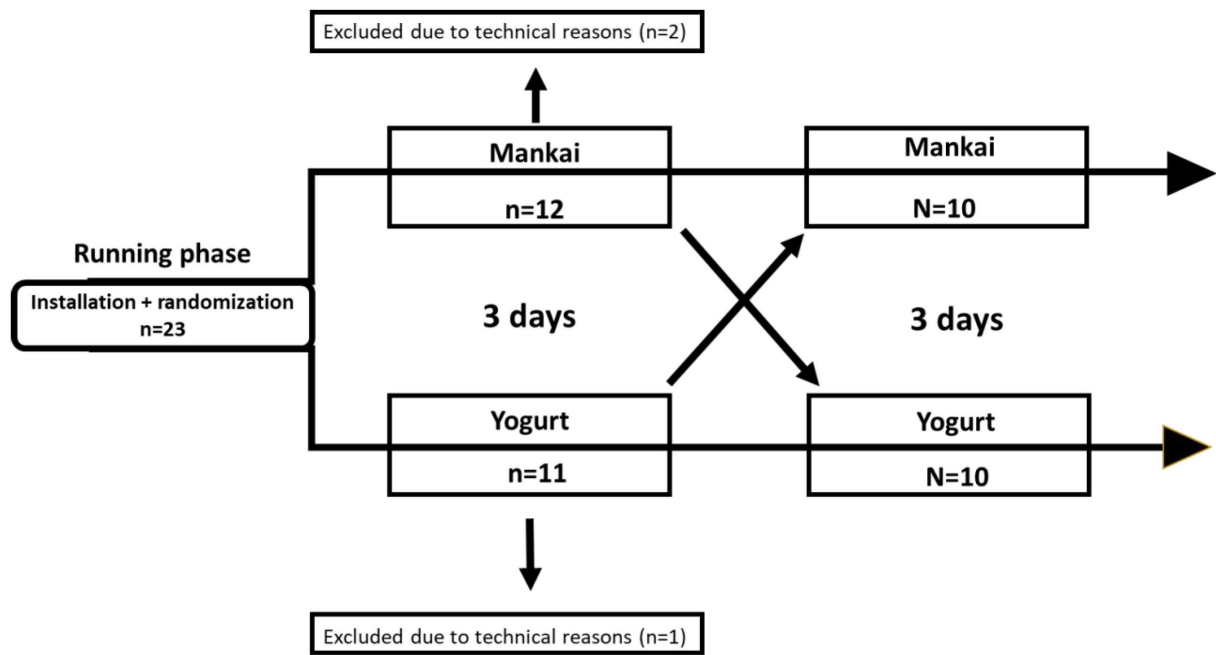


SUPPLEMENTARY DATA

Supplementary 1. Schematic diagram of the crossover study protocol.



SUPPLEMENTARY DATA

Supplementary 2. The sensor is factory-calibrated, and does not require further calibration during the 14-day wearing period. The data is transferred to a reader when brought into proximity of the sensor. The reader then display the current glucose level, a glucose trend arrow, and glucose readings over the previous 8 hours. Glucose data are automatically captured each minute and stored.

SUPPLEMENTARY DATA

Supplementary 3. Baseline characteristics of the study population across groups in the continuous glucose crossover trial after initial randomization (n=23)

	Group 1 order*, (n=11)	Group 2 order† (n=12)	Entire n=23	<i>p</i> between groups
Age, years	50.9±8.8	50.9±12.2	50.9±10.5	0.83
Weight, kg	91.6±13.5	91.6±15.9	91.6±14.5	0.49
Waist circumference, cm	109.1±8.8	108.1±9.7	108.6±9.1	0.83
Fasting plasma glucose, mg/dL	112.1±20.2	110.7±17.0	111.4±18.3	0.90
HbA1c				
%	5.7±0.8	5.4±0.5	5.5±0.7	0.21
mmol/mol	39.1±8.5	35.2±6.0	37.0±7.4	0.21
Insulin, µIU/ml	15.8±9.3	15.9±8.6	15.8±8.8	0.93
Systolic Blood pressure, mm Hg	129.1±12.6	136.3±15.9	132.8±14.5	0.12
Diastolic Blood pressure, mm Hg	82.4±13.2	80.8±11.6	81.5±12.1	0.83
Triglyceride, mg/dL	130.1±36.2	143.4±77.8	137.1±60.6	0.98
HDL, mg/dL	44.4±8.5	46.6±16.7	45.6±13.2	0.98
Alanine aminotransferase (ALT), unit/L	34.5±14.7	33.3±17.7	33.9±16.0	0.74
Aspartate transaminase (AST), units/L	26.4±8.3	23.8±7.7	25.1±7.9	0.83

Values are presented as mean±standard deviation for continuous variables. *p* value according to an Mann-Whitney test for continuous variables

*, group 1 started with yogurt shake; †, group 2 started with Mankai shake.

SUPPLEMENTARY DATA

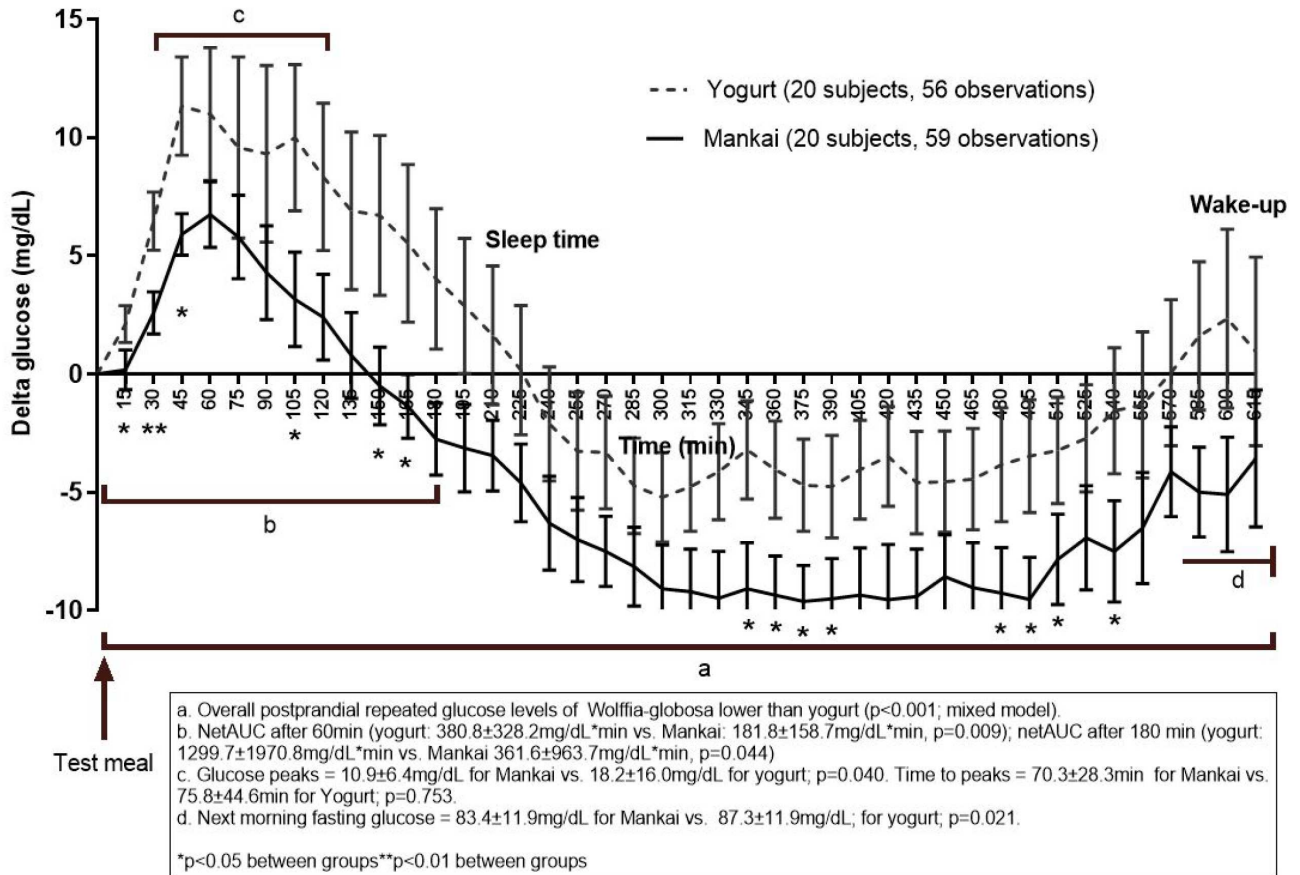
Supplementary 4. Glycemic profile after *Wolffia Globosa* (Mankai) and yogurt intake

	<i>Wolffia Globosa</i> (Mankai)	Yogurt	<i>p</i> -value
Glucose peak, Δ from baseline, mg/dL	13.4±9.2	19.3±15.1	0.044
Next morning fasting glucose, mg/dL	83.2±0.8	86.6±13.0	0.041
Time to peak, min	77.5±29.2	59.2±28.4	0.037
NetAUC (0-60min), mg/dL*min	185.1±340.1	441.4±336.5	0.005
NetAUC (0-180min), mg/dL*min	707.9±1428.5	1576.6±1810.1	0.037

SUPPLEMENTARY DATA

Supplementary 5. Glucose trajectory overnight and glycemic profile after *Wolffia globosa* (Mankai) or yogurt intake with inclusion of all observations.

* $p < 0.05$ differences between groups, ** $p < 0.01$ differences between groups.

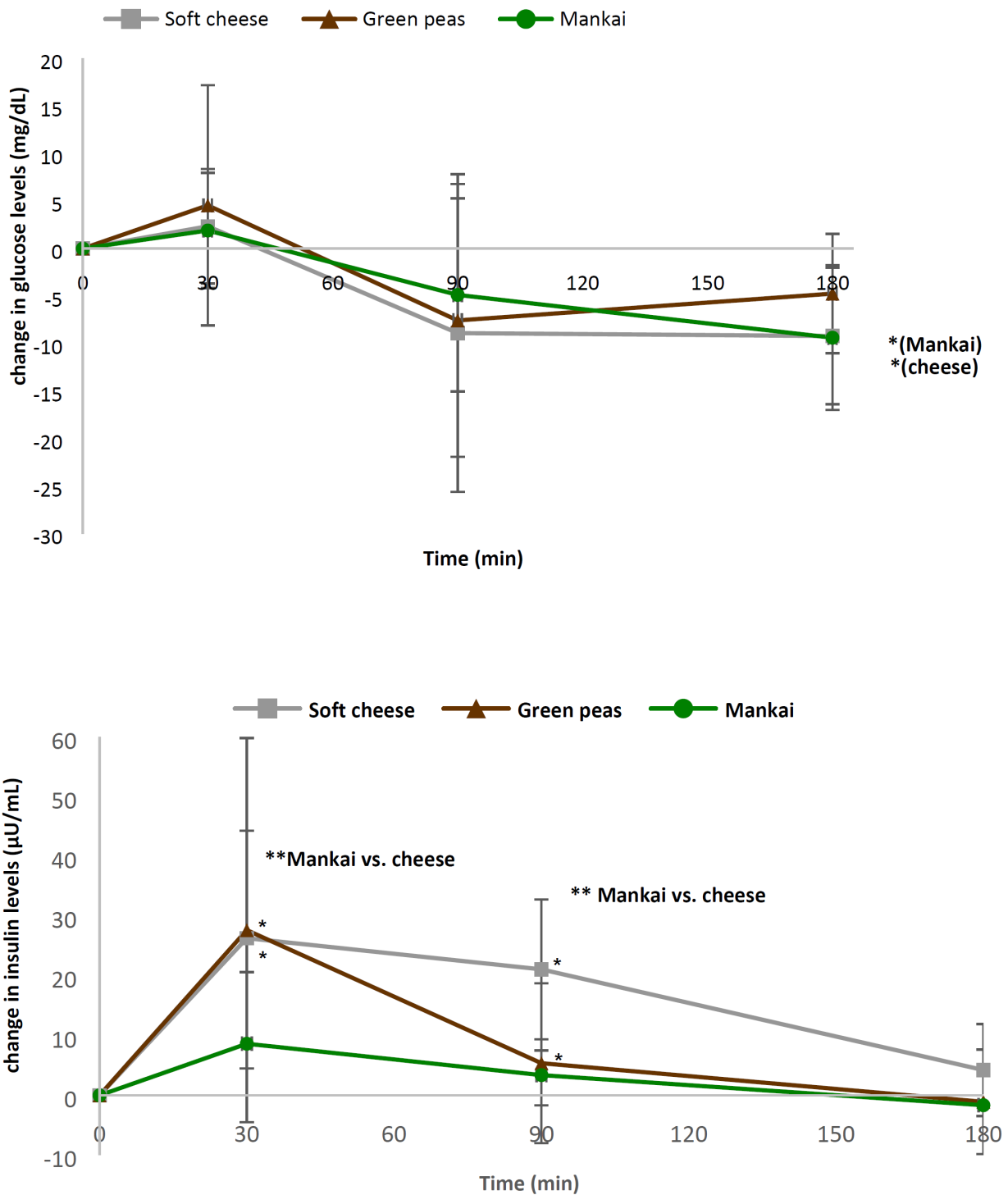


Glycemic profile after *Wolffia Globosa* (Mankai) and yogurt intake including all observations

	<i>Wolffia Globosa</i> (Mankai)	Yogurt	p-value
Glucose peak, Δ from baseline, mg/dL	10.9 \pm 6.4	18.2 \pm 16	0.04
Next morning fasting glucose, mg/dL	83.4 \pm 11.9	87.3 \pm 11.9	0.021
Time to peak, min	70.3 \pm 28.3	75.8 \pm 44.6	0.753
NetAUC (0-60min), mg/dL*min	181.2 \pm 158.7	380.8 \pm 328.2	0.009
NetAUC (0-180min), mg/dL*min	361.6 \pm 963.7	1299.7 \pm 1970.8	0.044

SUPPLEMENTARY DATA

Supplementary 6. Changes in insulin and glucose blood levels at 30, 90 and 180min after administration of the test meal, as part of the bioavailability test(1)



Vertical bars indicate ±1 SD; * indicates p<0.05 vs. baseline; ** indicates p<0.05 for difference between

SUPPLEMENTARY DATA

the intervention groups. Values were analyzed as repeated measurements by using the Friedman test. Differences between groups were analyzed by using the Kruskal-Wallis test, in case of significance, by using the Mann-Whitney test.

1. Kaplan A, Zelicha H, Tsaban G, Yaskolka Meir A, Rinott E, Kovsky J, et al. Protein bioavailability of *Wolffia globosa* duckweed, a novel aquatic plant, – a randomized controlled trial. *Clin Nutr*; 2018;pii S0261-5614(18)32577-9.