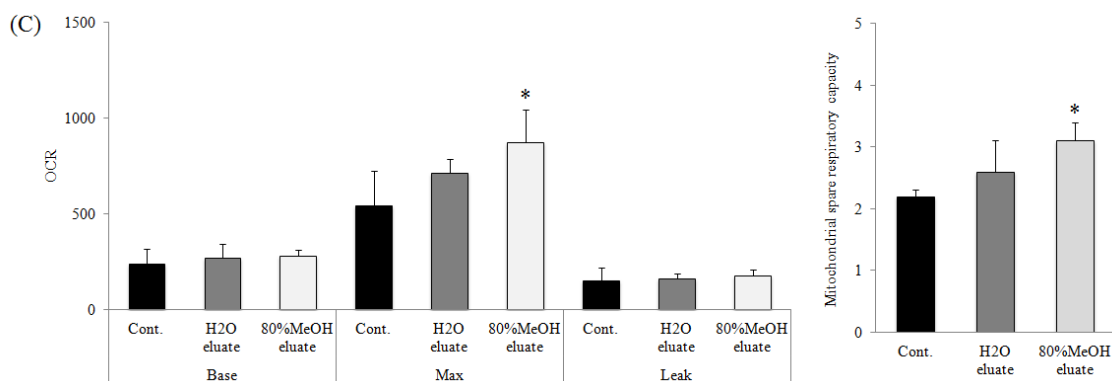


(B)

	Content %	
	H ₂ O eluate	80%MeOH eluate
polyphenol	5.0	54.7
vitamin C	nd	3.1
Glucose	5.6	nd
Fructose	6.6	nd



Supplemental Figure 1. Analysis of Amla functional components. Amla extract (50 g) was separated by Diaion HP-20 column chromatography (Mitsubishi Chemical Corporation, Tokyo, Japan) using H₂O as an eluant, followed by elution with 80% MeOH. Each eluate was lyophilized to retrieve the H₂O eluate (30.2 g, 60.4%) and the 80% MeOH eluate (14.6 g, 29.2%). These products were then applied to component and mitochondrial function analyses as described in Section 2 of the manuscript. (A) Schematic figure describing Amla fractionation. (B) Component analysis of the two Amla fractions. (C) The effects of the Amla fractions on mitochondrial function in C2C12 myotubes. The fractions were treated in equivalent doses to Amla extract (200 μ g/mL). * $p < 0.05$, as compared with control ($n=5$ or 6).