

**Supplemental table 1.** The number of subjects in each component of metabolic syndrome risk factors in each group N (%)

Type of risk factors	RC+F	RC+FP	Total
WC	24 (24.5)	35 (30.7)	59 (73.7)
Triglyceride	13 (13.3)	18 (15.8)	31 (38.8)
HDL-C	2 (2.0)	3 (2.6)	5 (6.3)
FBG	27 (27.6)	30 (26.3)	57 (71.3)
SBP	22 (22.4)	19 (16.7)	41 (51.2)
DBP	10 (10.2)	9 (7.9)	19 (23.7)
Total	97 (100)	114 (100)	

RC+F: rice cake containing dietary fibers, RC+FP: rice cake containing dietary fibers and *Artemisia annua* and *Gynura procumbens* Merr., WC: waist circumference, HDL-C: HDL-cholesterol, FBG: fasting blood glucose, SBP: systolic blood pressure, DBP: diastolic blood pressure.