**Table S1 Preparation of simulated digestion solution.**

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| --- | --- | --- |
|  | **Simulated gastric buffer (mmol/L)** | **Simulated small intestinal buffer (mmol/L)** |
| KCl | 6.9 | 6.8 |
| KH2PO4 | 0.9 | 0.8 |
| NaHCO3 | 25 | 85 |
| NaCl | 47.2 | 38.4 |
| MgCl2·6H2O | 0.1 | 0.33 |
| (NH4)2CO3 | 0.5 | - |
| pH | 3 | 7 |