

Supplementary Material

Effects of Extraction and Evaporation Methods on Physico-chemical, Functional, and Nutritional Properties of Syrups from Barhi Dates (*Phoenix dactylifera* L.)

Table S1. Characteristics of subjects participating in *in vivo* study

Characteristics	Value [†]
Gender [‡]	
Male	4 (36.36)
Female	7 (63.64)
Age (yr)	28.73 ± 3.50 (23, 34)
Weight (kg)	54.93 ± 6.86 (45.70, 67.00)
Height (m)	1.62 ± 0.06 (1.55, 1.72)
Body mass index (kg/m ²)	20.87 ± 1.32 (18.54, 22.65)
Fasting blood glucose (mg/dL)	91.55 ± 3.72 (84, 97)

[†]Means ± standard deviations of 11 subjects (n = 11) with minimum and maximum in parentheses;

[‡]Frequency with percentage in parentheses