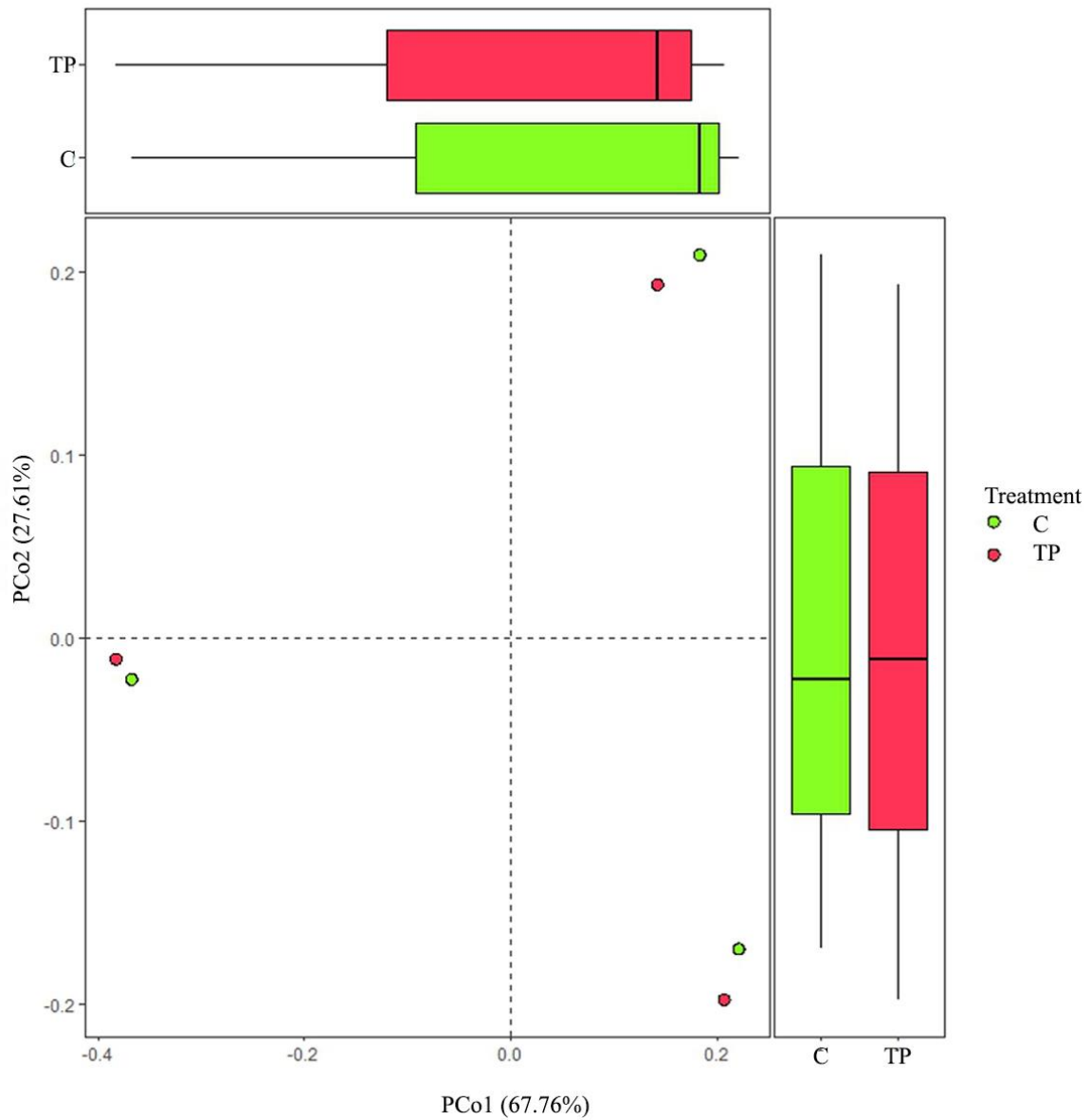
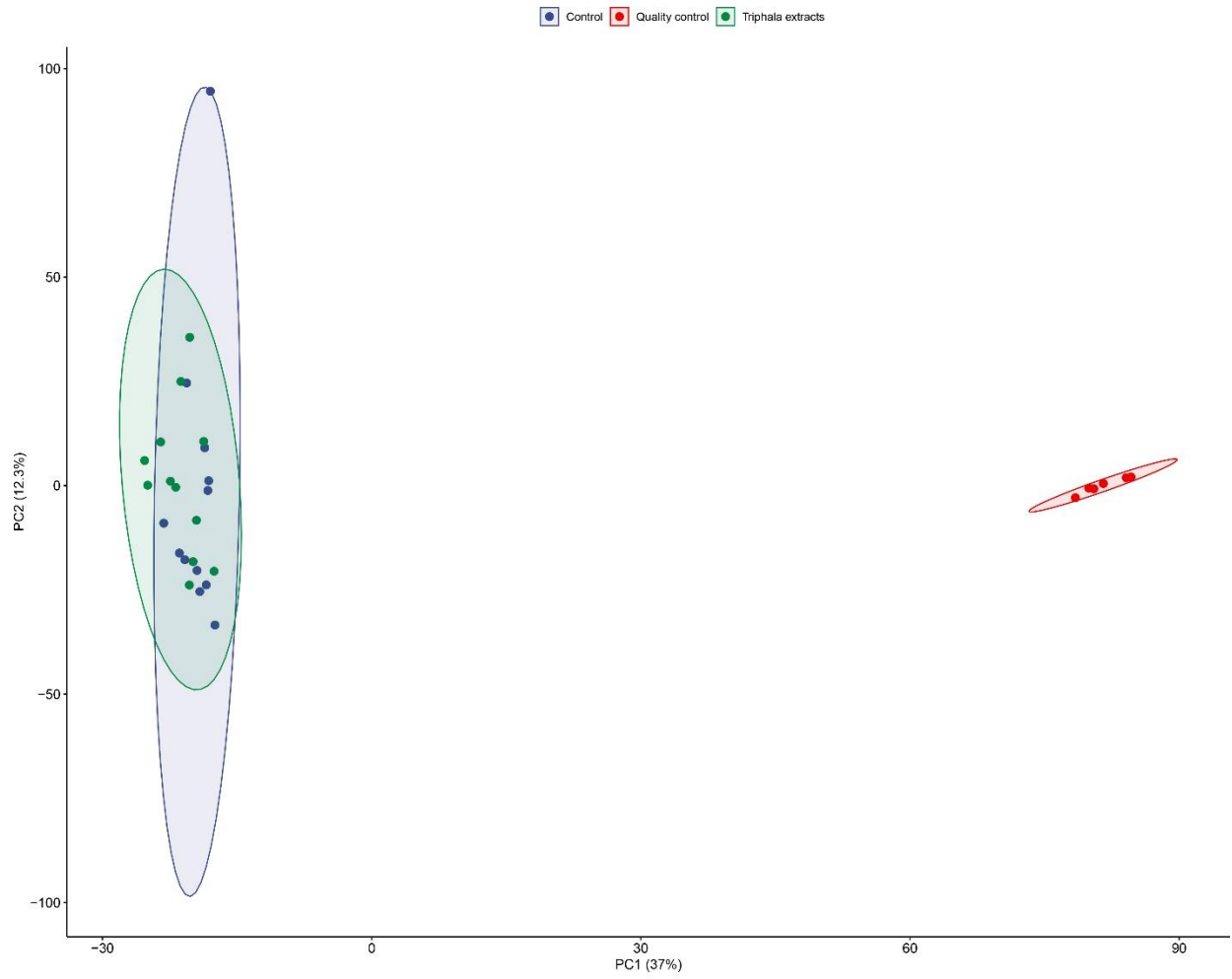


**Supplementary Fig. S1** The alpha diversity comparisons of the gut microbiome in treatment vs. control at 24 h of fermentation time in the human gut model. TP, Triphala extracts treatment; C, control group.



**Supplementary Fig. S2** The principal coordinate analysis (PCoA) plot of the gut microbiome data at 24 h of fermentation time in the human gut model. TP, Triphala extracts treatment; C, control group.



**Supplementary Fig. S3** The principal component analysis (PCA) of the metabolomic data obtained from different groups of samples including a quality control group.