

**Table S3.** Effects of supplementation of basal diet (CTRL) with 40% isoflavone extract (EXP) on average milk yield, milk contents, yield of milk components and isoflavones, and isoflavone carry-over rate from feed to milk.

|                     |          | CTRL    | EXP     | SEM     | P      |
|---------------------|----------|---------|---------|---------|--------|
| Milk yield          | kg/d     | 25.08   | 22.36   | 1.084   | 0.090  |
| Fat                 | g/100 g  | 6.19    | 5.98    | 0.277   | 0.600  |
| Protein             | g/100 g  | 2.95    | 2.93    | 0.092   | 0.847  |
| Lactose             | g/100 g  | 4.60    | 4.56    | 0.048   | 0.629  |
| Urea                | mg/100mL | 27.42   | 29.92   | 1.545   | 0.265  |
| Daidzein            | µg/L     | 11.78   | 47.85   | 5.354   | <0.001 |
| Genistein           | µg/L     | 4.63    | 9.99    | 1.827   | 0.051  |
| Glycitein           | µg/L     | 2.69    | 31.94   | 11.114  | 0.077  |
| Equol               | µg/L     | 77.78   | 186.30  | 19.290  | <0.001 |
| Total isoflavones   | µg/L     | 96.89   | 276.07  | 25.376  | <0.001 |
| Isoflavone yield    |          |         |         |         |        |
| Daidzein            | µg/d     | 286.50  | 1094.14 | 134.240 | <0.001 |
| Genistein           | µg/d     | 113.58  | 230.67  | 44.086  | 0.074  |
| Glycitein           | µg/d     | 64.67   | 742.36  | 261.454 | 0.081  |
| Equol               | µg/d     | 1931.13 | 4235.89 | 463.607 | 0.002  |
| Total isoflavones   | µg/d     | 2395.89 | 6303.06 | 640.388 | <0.001 |
| Carry-over rate of: |          |         |         |         |        |
| Daidzein            | µg/mg    | 0.65    | 0.50    | 0.067   | 0.122  |
| Genistein           | µg/mg    | 0.03    | 0.05    | 0.010   | 0.095  |
| Glycitein           | µg/mg    | 0.11    | 0.94    | 0.336   | 0.094  |
| Total isoflavones   | µg/mg    | 0.29    | 0.39    | 0.043   | 0.100  |