

Table. S10 Effect of different brewing temperature and duration on dissolution rate (%) of soluble sugar in Se-BF and Se-YL.

| Time (min) | Se-BF | | | | Se-YL | | | |
|------------|-------|-------|-------|--------|-------|-------|-------|--------|
| | 65 °C | 75 °C | 85 °C | 100 °C | 65 °C | 75 °C | 85 °C | 100 °C |
| 1 | 9.23 | 16.41 | 16.98 | 20.08 | 10.35 | 15.26 | 16.96 | 19.16 |
| 3 | 30.59 | 33.06 | 37.38 | 39.21 | 29.24 | 34.03 | 37.54 | 39.48 |
| 5 | 36.96 | 41.04 | 48.89 | 50.59 | 34.91 | 41.42 | 49.77 | 51.57 |
| 7 | 42.73 | 44.10 | 55.50 | 57.44 | 44.31 | 43.59 | 56.78 | 57.39 |
| 9 | 45.38 | 46.15 | 61.76 | 69.63 | 47.13 | 45.77 | 63.44 | 70.71 |
| 15 | 48.89 | 56.41 | 71.11 | 74.31 | 46.50 | 56.66 | 73.37 | 77.86 |
| 30 | 55.15 | 64.27 | 77.84 | 91.17 | 56.41 | 66.10 | 79.43 | 91.41 |
| 40 | 66.67 | 76.92 | 92.31 | 100.00 | 65.38 | 79.55 | 95.29 | 100.00 |