

**Table S2 Design and results of the Box-Behnken test**

Groups	A: ball milling time (h)	B: ball milling speed (r/min)	C: time (min)	Y: Extraction yield (%)
1	1	400	40	4.30
2	1	400	40	4.28
3	1.5	500	40	3.00
4	1.5	400	30	2.53
5	1.5	300	40	1.72
6	0.5	400	50	1.81
7	1	500	50	2.37
8	0.5	500	40	2.27
9	1	400	40	4.40
10	1	400	40	4.67
11	1	300	30	2.61
12	0.5	400	30	2.71
13	1.5	400	50	1.50
14	0.5	300	40	3.05
15	1	400	40	4.34
16	1	300	50	1.47
17	1	500	30	1.80