

**S1 Table.** The effect of broccoli sprouts intake on plasma androgen levels. Plasma androgen levels were analyzed before and after intervention. There were no differences between alfalfa and broccoli sprouts groups in plasma testosterone and free testosterone. However, plasma DHT levels tended to decrease with broccoli sprouts intake, with the exception of participants who were presumed to show evidence of alcohol-impacted liver function ( $\gamma$ -GTP < 50 IU/L and ALP < 260 IU/L); n=20 and n=19 participants per alfalfa and broccoli sprouts groups, respectively. \*p<0.05, \*\*p<0.01 vs. baseline

	Alfalfa sprouts group (n=20/34)		Broccoli sprouts group (n=19/34)	
	Before	After	Before	After
Testosterone (pg/ml)	583.1 (443.9-721.7)	590.5 (506.2-782.2)	604.3 (344.6-894.0)	567.1 (421.8-794.9)
Free testosterone (pg/ml)	10.5 (8.7-12.7)	12.1 (10.5-12.7)*	10.6 (8.0-14.0)	10.1 (7.7-12.8)
DHT (pg/ml)	573.9 (452.1-729.5)	656.1 (539.2-806.8)**	613.3 (485.5-748.4)	576.2 (473.1-752.7)

\*Values with continuous values are expressed as median (interquartile range). Differences in each parameter of the same group were evaluated by a two-tailed, Wilcoxon signed-rank test and those between groups were evaluated by a two-tailed, Mann-Whitney U test

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