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| **Supplementary Table 3.** 39 metabolites identified in the rice bran metabolome of Dixiebell and Neptune varieties also detected in stool of participants consuming rice bran. |
| Super Pathway | Metabolic Pathway | Metabolite | Dixiebell Scaled Relative Abundance | Neptune Scaled Relative Abundance |
| Amino Acid | Glutathione Metabolism | S-methylglutathione | 0.0008 | 0.0006 |
| Leucine, Isoleucine and Valine Metabolism | 4-methyl-2-oxopentanoate | 33.2 | 0.0 |
| allo-isoleucine | 42.0 | 30.9 |
| beta-hydroxyisovalerate | 19.6 | 60.1 |
| ethylmalonate | 0.008 | 0.7 |
| isovalerylglycine | 27.3 | 48.8 |
| N-acetylleucine | 0.0004 | 0.0009 |
| Lysine Metabolism | N6-carboxyethyllysine | 0.3 | 25.3 |
| pipecolate | 0.03 | 0.05 |
| Methionine, Cysteine, SAM and Taurine Metabolism | cystathionine | 17.1 | 2.4 |
| N-acetylmethionine | 87.3 | 9.5 |
| Phenylalanine and Tyrosine Metabolism | phenylpyruvate | 0.0 | 6.9 |
| Tryptophan Metabolism | xanthurenate | 0.0 | 4.2 |
| Urea cycle; Arginine and Proline Metabolism | citrulline | 77.7 | 0.0 |
| homocitrulline | 3.2 | 0.005 |
| N-methylproline | 0.01 | 0.01 |
| Carbohydrate | Advanced Glycation End-product | N6-carboxymethyllysine | 170.2 | 164.5 |
| Pentose Metabolism | xylitol | 30.7 | 49.1 |
| Cofactors and Vitamins | Vitamin B6 Metabolism | pyridoxine (Vitamin B6) | 0.01 | 1.1 |
| Energy | TCA Cycle | aconitate [cis or trans] | 0.2 | 0.2 |
| Lipid | Fatty Acid Metabolism(Acyl Carnitine) | hexanoylcarnitine | 32.1 | 0.0 |
| Fatty Acid, Dicarboxylate | azelate (nonanedioate) | 0.07 | 0.2 |
| hexadecanedioate | 0.5 | 36.0 |
| sebacate (decanedioate) | 5.2 | 0.01 |
| Fatty Acid, Monohydroxy | 2-hydroxyoctanoate | 0.0006 | 107.5 |
| alpha-hydroxycaproate | 73.9 | 175.0 |
| Inositol Metabolism | chiro-inositol | 0.000315 | 0.0002 |
| Medium Chain Fatty Acid | 5-dodecenoate (12:1n7) | 0.008 | 0.9 |
| pelargonate (9:0) | 0.9 | 0.02 |
| Phospholipid Metabolism | ethanolamine | 6.2 | 4.9 |
| Steroid | 5alpha-pregnan-3beta,20beta-diol monosulfate (1) | 82.8 | 65.3 |
| Sterol | 4-cholesten-3-one | 1.7 | 0.0 |
| Peptide | Gamma-glutamyl Amino Acid | gamma-glutamylphenylalanine | 95.9 | 16.2 |
| Other | Xenobiotics | 2-hydroxyhippurate (salicylurate) | 18.9 | 15.3 |
| p-aminobenzoate (PABA) | 5.9 | 15.0 |
| 2-oxo-1-pyrrolidinepropionate | 67.5 | 1.4 |
| salicylate | 110.0 | 0.005 |
| Phytochemicals | abscisate | 71.0 | 92.3 |
| apigenin | 18.0 | 10.5 |