**Supplemental Data**

Title: Moringa induces its beneficial effect via hormesis (Calabrese et al. 2023)

Figure S1. Effects of quercetin on the proliferation (BrdU) of Caco-2 cells at 96 hours (modified from: Dihal et al.(1)). \*P=< 0.05

Figure S2. Effects of quercetin on the toxicity (cell viability, CCK-8 assay) of cisplatin when administered at the same time (modified from: Li et al.(2)). \*P=< 0.05

Figure S3. Effects of kaempferol on β-amyloid toxicity on PC12 cells (modified from: Roth et al.(3)). \*P=< 0.05

Figure S4. Effects of kaempferol on the proliferation of human periodontal ligament stem cells (modified from: Nie et al.(4)). \*P=< 0.05

Figure S5. Effects of caffeic acid supplementation freezing on the total motility, progressive motility, and viability of frozen-thawed boar spermatozoa (at 3 hours) (modified from: Namula et al.(5)). \*P=< 0.05

Figure S6. Effects of pretreatment time with caffeic acid (2.5 mg/ml) on the proliferation response (MTT assay) of mouse 3T3-L1 fibroblasts (modified from: Tsuruya et al.(6)). \*P=< 0.05

Figure S7. Effects of gallic acid pretreatment (1 hour) on the cell viability (MTT assay) by Aβ(25-35) on rat PC12 cells (modified from: Hong et al.(7)). \*P=< 0.05

Figure S8. Effects of cotreatment of gallic acid on the toxicity (cell viability, MTT assay) of pyrogallol, a superoxide radical generator, on human umbilical vein endothelial cells (modified from: Goszcz et al.(8)). \*P=< 0.05

Figure S9. Effect of rutin in drinking water on longevity in *Canton-S* flies (modified from: Chattopadhyay et al.(9)). \*P=< 0.05

Figure S10. Effects of rutin on cell proliferation (CCK-8 assay) and cell differentiation [alkaline phosphatase (ALP) activity] on human periodontal ligament stem cells that had been stressed with lipopolysaccharide (modified from: Zhao et al.(10)). \*P=< 0.05

Figure S11. Effects of rosmarinic acid on cultured hippocampal neural stem cells (WST assay) (modified from: Nie et al.(11)). \*P=< 0.05

Figure S12. Effects of rosmarinic acid on memory in male ICR mice in the Morris water maze after 3 weeks. Drug administered 60 minutes before training trial. Platform crossings (measure of spatial memory performances) (modified from: Park et al.(12)). \*P=< 0.05

Figure S13. Effects of chlorogenic acid on chilled ram semen (day 3) (modified from: Wang et al.(13)). SOD: superoxide dismutase, ATP: adenosine triphosphate. \*P=< 0.05

Figure S14. Effects of chlorogenic acid on the viability of granulosa cells (MTT assay) (modified from: Yi et al.(14)). \*P=< 0.05

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