

Supplementary information

Effects of hydrogen-rich water on aging periodontal tissues in rats

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Table. Nutrient composition of the experimental diet (Oriental MF diet) per 100 g

Nutrient composition	Moisture (g)	7.9
	Crude protein (g)	23.1
	Crude fat (g)	5.1
	Crude ash (g)	5.8
	Crude fiber (g)	2.8
	Nitrogen free extract (g)	55.3
	Calories (kcal)	359
Vitamins	Vitamin A (IU)*	1283
	Vitamin D ₃ (IU)	137
	Vitamin E (mg)	9.1
	Vitamin K ₃ (mg)†	0.04
	Vitamin B ₁ (mg)	2.05
	Vitamin B ₂ (mg)	1.1
	Vitamin C (mg)	4
	Vitamin B ₆ (mg)	0.87
	Vitamin B ₁₂ (µg)	5.5
	Inositol (mg)	439
	Biotin (µg)	27
	Panthenic acid (mg)	2.45
	Niacin (mg)	10.61
Choline (g)	0.18	
Folic acid (mg)	0.17	

Minerals	Calcium (g)	1.07
	Phosphorous (g)	0.83
	Magnesium (g)	0.24
	Sodium (g)	0.19
	Potassium (g)	0.90
	Iron (mg)	10.6
	Aluminum (mg)	2.1
	Copper (mg)	0.78
	Zinc (mg)	4.89
	Cobalt (mg)	0.10
	Manganese (mg)	4.84
	Ca/P	1.29
	Ca/Mg	4.50
K/Na	4.77	
Amino acids	Isoleucine (g)	0.89
	Leucine (g)	1.74
	Lysin (g)	1.24
	Methionine (g)	0.44
	Cystein (g)	0.36
	Phenylalanine (g)	1.04
	Tyrosine (g)	0.68
	Threonine (g)	0.89
	Tryptophan (g)	0.28
	Valine (g)	1.08
	Arginine (g)	1.42
	Histidine (g)	0.60
	Alanine (g)	1.20
	Aspartic acid (g)	2.14
	Glutamic acid (g)	3.99
	Glycine (g)	1.18
Proline (g)	1.31	
Serine (g)	1.11	

3-year average (January 2007-December 2009)

* Retinol

† Amount added

Values are an average of detected lot.

