**Supplementary Table 1**. Effects of BGXZW and PPC on body weight in MCD diet-fed rats

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| Groups | Body weight (g) | |
| Day 1 | Day 28 |
| Ctrl group | 185.9 ± 2.8a | 219.6 ± 4.8 |
| Model group | 195.0 ± 3.4a | 158.7 ± 1.6b, # |
| PPC group | 183.5 ± 2.4a | 152.4 ± 2.5b |
| BG-L group | 192.6 ± 3.2a | 158.8 ± 3.9b |
| BG-H group | 187.8 ± 2.5a | 155.7 ± 1.5b |
| SW group | 193.8 ± 2.5a | 159.4 ± 3.5b |

Results are expressed as the mean ± SEM (n = 8 rats in each group). Significant differences *(p* < 0.05) between means are indicated by different letters above the histogram bars. The same letters indicate no significant difference among the different groups. #*p* < 0.05 compared with the control group. Ctrl group, MCS diet and fed with pure water; group; Model group, MCD diet and fed with pure water; PPC group, MCD diet and fed with PPC (120 mg/kg/d); BG-L group, MCD diet and fed with low-dose BGXZW (1.67 g/kg/d); BG-H group, MCD diet and fed with high-dose BGXZW (5 g/kg/d); SW group, MCD diet and fed with SWQGT (3 g/kg/d). MCD, methionine choline deficiency; MCS, methionine and choline-sufficient; BGXZW, Bao-Gan-Xiao-Zhi-Wan; SWQGT, Si-Wei-Qing-Gan-Tang.