

Supporting Information

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***Allium hookeri* Enhances Muscular Endurance of Mice by Increasing Muscle Cross-Sectional Area**

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Video Url;

<https://www.youtube.com/watch?v=Q9T3K7-DRMA>

Supplementary video 1. Live imaging of treadmill endurance tests.

Mice were provided with WEAH containing 2% or 10% of total feed for 8 weeks. Treadmill endurance tests were performed with progressively increasing speed and time. From the left: control, WEAH 2%, and WEAH10%. The frequency and intensity of the electric shock were set to 2 hertz and 1.22 milliamps, respectively.

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