Supplementary Table 1. The categories, types and distance of interaction of molecular docking of the *β*-sitosterol molecule with urease

No	Name	Distance	Category	Type	From	From chemistry	To	To chemistry
1	A:ARG439 - :[021	5.22	Hydrophobic	Alkyl	A:ARG439	Alkyl	:[021	Alkyl
2	A:ALA440 - :[021	4.33	Hydrophobic	Alkyl	A:ALA440	Alkyl	:[021	Alkyl
3	A:MET588 - :[021	5.17	Hydrophobic	Alkyl	A:MET588	Alkyl	:[021	Alkyl
4	:[021:C23 - A:MET637	4.44	Hydrophobic	Alkyl	:[021:C23	Alkyl	A:MET637	Alkyl
5	:[021:C28 - A:MET588	5.25	Hydrophobic	Alkyl	:[021:C28	Alkyl	A:MET588	Alkyl
6	A:HIS492 - :[021:C23	5.45	Hydrophobic	Pi-alkyl	A:HIS492	Pi-orbitals	:[021:C23	Alkyl
7	A:HIS492 - :[021:C24	4.69	Hydrophobic	Pi-alkyl	A:HIS492	Pi-orbitals	:[021:C24	Alkyl
8	A:HIS519 - :[021:C23	5.17	Hydrophobic	Pi-alkyl	A:HIS519	Pi-orbitals	:[021:C23	Alkyl
9	A:HIS519 - :[021:C24	3.76	Hydrophobic	Pi-alkyl	A:HIS519	Pi-orbitals	:[021:C24	Alkyl

Supplementary Table 2. The categories, types and distance of interaction of molecular docking of the *β*-sitosterol molecule with CA

No	Name	Distance	Category	Type	From	From chemistry	To	To chemistry
1	A:ALA65 - :[001:C23	3.53	Hydrophobic	Alkyl	A:ALA65	Alkyl	:[001:C23	Alkyl
2	A:ALA65 - :[001:C24	4.25	Hydrophobic	Alkyl	A:ALA65	Alkyl	:[001:C24	Alkyl
3	A:ILE91 - :[001	5.04	Hydrophobic	Alkyl	A:ILE91	Alkyl	:[001	Alkyl
4	A:ILE91 - :[001	5.21	Hydrophobic	Alkyl	A:ILE91	Alkyl	:[001	Alkyl
5	A:VAL121 - :[001	3.81	Hydrophobic	Alkyl	A:VAL121	Alkyl	:[001	Alkyl
6	A:VAL121 - :[001	4.10	Hydrophobic	Alkyl	A:VAL121	Alkyl	:[001	Alkyl
7	A:LEU198 - :[001	5.03	Hydrophobic	Alkyl	A:LEU198	Alkyl	:[001	Alkyl
8	:[001:C19 - A:LEU198	3.94	Hydrophobic	Alkyl	:[001:C19	Alkyl	A:LEU198	Alkyl
9	A:HIS94 - :[001	4.52	Hydrophobic	Pi-alkyl	A:HIS94	Pi-orbitals	:[001	Alkyl
10	A:HIS94 - :[001:C23	3.85	Hydrophobic	Pi-alkyl	A:HIS94	Pi-orbitals	:[001:C23	Alkyl
11	A:HIS96 - :[001:C24	4.53	Hydrophobic	Pi-alkyl	A:HIS96	Pi-orbitals	:[001:C24	Alkyl
12	A:PHE131 - :[001	4.53	Hydrophobic	Pi-alkyl	A:PHE131	Pi-orbitals	:[001	Alkyl
13	A:PHE131 - :[001	4.23	Hydrophobic	Pi-alkyl	A:PHE131	Pi-orbitals	:[001	Alkyl
14	A:PHE131 - :[001:C28	3.59	Hydrophobic	Pi-alkyl	A:PHE131	Pi-orbitals	:[001:C28	Alkyl

Supplementary Table 3. The categories, types and distance of interaction of molecular docking of the *β*-sitosterol molecule with lipase

No	Name	Distance	Category	Type	From	From chemistry	To	To chemistry
1	:[011:H44 - B:ASP272:OD1	1.66	Hydrogen bond	Conventional hydrogen bond	:[011:H44	H-Donor	B:ASP272:OD1	H-acceptor
2	:[011:H9 - B:LYS268:O	3.09	Hydrogen bond	Carbon hydrogen bond	:[011:H9	H-Donor	B:LYS268:O	H-acceptor
3	:[011:H9 - B:ASP272:OD1	2.81	Hydrogen bond	Carbon hydrogen bond	:[011:H9	H-Donor	B:ASP272:OD1	H-acceptor
4	B:LYS268 - :[011	4.36	Hydrophobic	Alkyl	B:LYS268	Alkyl	:[011	Alkyl
5	B:LYS268 - :[011	4.95	Hydrophobic	Alkyl	B:LYS268	Alkyl	:[011	Alkyl
6	:[011:C23 - A:LEU356	4.25	Hydrophobic	Alkyl	:[011:C23	Alkyl	A:LEU356	Alkyl
7	:[011:C24 - A:LEU356	4.85	Hydrophobic	Alkyl	:[011:C24	Alkyl	A:LEU356	Alkyl
8	A:HIS354 - :[011:C24	4.84	Hydrophobic	Pi-alkyl	A:HIS354	Pi-orbitals	:[011:C24	Alkyl

Supplementary Table 4. The categories, types and distance of interaction of molecular docking of the *β*-sitosterol molecule with tyrosinase

No	Name	Distance	Category	Type	From	From chemistry	To	To chemistry
1	B:ALA228 - :[001	3.16	Hydrophobic	Alkyl	B:ALA228	Alkyl	:[001	Alkyl
2	B:ALA228 - :[001	4.25	Hydrophobic	Alkyl	B:ALA228	Alkyl	:[001	Alkyl
3	B:ALA228 - :[001	3.81	Hydrophobic	Alkyl	B:ALA228	Alkyl	:[001	Alkyl
4	:[001:C19 - B:VAL300	4.56	Hydrophobic	Alkyl	:[001:C19	Alkyl	B:VAL300	Alkyl
5	:[001:C23 - A:VAL300	4.29	Hydrophobic	Alkyl	:[001:C23	Alkyl	A:VAL300	Alkyl
6	:[001:C23 - B:VAL300	4.18	Hydrophobic	Alkyl	:[001:C23	Alkyl	B:VAL300	Alkyl
7	:[001:C24 - A:VAL300	4.61	Hydrophobic	Alkyl	:[001:C24	Alkyl	A:VAL300	Alkyl
8	:[001:C24 - B:VAL300	5.26	Hydrophobic	Alkyl	:[001:C24	Alkyl	B:VAL300	Alkyl
9	A:PHE239 - :[001	4.98	Hydrophobic	Pi-alkyl	A:PHE239	Pi-orbitals	:[001	Alkyl
10	A:PHE239 - :[001:C28	5.34	Hydrophobic	Pi-alkyl	A:PHE239	Pi-orbitals	:[001:C28	Alkyl
11	B:TYR297 - :[001	4.81	Hydrophobic	Pi-alkyl	B:TYR297	Pi-orbitals	:[001	Alkyl
12	B:TYR297 - :[001	4.83	Hydrophobic	Pi-alkyl	B:TYR297	Pi-orbitals	:[001	Alkyl
13	B:PHE537 - :[001	5.47	Hydrophobic	Pi-alkyl	B:PHE537	Pi-orbitals	:[001	Alkyl

Supplementary Table 5. The categories, types and distance of interaction of molecular docking of the *β*-sitosterol molecule with α-amylase

No	Name	Distance	Category	Type	From	From chemistry	To	To chemistry
1	A:ALA3:HN - :[001:O1	2.60	Hydrogen bond	Conventional	A:ALA3:HN	H-donor	:[001:O1	H-Acceptor
2	A:ALA3 - :[001	4.68	Hydrophobic	Alkyl	A:ALA3	Alkyl	:[001	Alkyl
3	A:LEU211 - :[001	5.10	Hydrophobic	Alkyl	A:LEU211	Alkyl	:[001	Alkyl
4	A:ARG227 - :[001	4.72	Hydrophobic	Alkyl	A:ARG227	Alkyl	:[001	Alkyl
5	A:ARG227 - :[001	3.55	Hydrophobic	Alkyl	A:ARG227	Alkyl	:[001	Alkyl
6	A:ARG227 - :[001	4.20	Hydrophobic	Alkyl	A:ARG227	Alkyl	:[001	Alkyl
7	A:PRO228 - :[001	5.03	Hydrophobic	Alkyl	A:PRO228	Alkyl	:[001	Alkyl
8	A:ILE230 - :[001	4.84	Hydrophobic	Alkyl	A:ILE230	Alkyl	:[001	Alkyl
9	:[001:C19 - A:LYS208	4.80	Hydrophobic	Alkyl	:[001:C19	Alkyl	A:LYS208	Alkyl
10	:[001:C19 - A:LEU211	3.79	Hydrophobic	Alkyl	:[001:C19	Alkyl	A:LEU211	Alkyl
11	A:TYR2 - :[001:C28	3.90	Hydrophobic	Pi-alkyl	A:TYR2	Pi-orbitals	:[001:C28	Alkyl

Supplementary Table 6. The categories, types and distance of interaction of molecular docking of the β-sitosterol molecule with α-glucosidase

No	Name	Distance	Category	Type	From	From chemistry	To	To chemistry
1	:[001:C23 - A:PRO82	4.00	Hydrophobic	Alkyl	:[001:C23	Alkyl	A:PRO82	Alkyl
2	A:TRP81 - :[001:C23	4.98	Hydrophobic	Pi-alkyl	A:TRP81	Pi-orbitals	:[001:C23	Alkyl