

Table S3 The effect of cell disruption extraction time on the extraction efficiency

No.	First cell disruption extraction time (min)	Second cell disruption extraction time (min)	Extraction efficiency of flavonoids (EE ₁ mg·g ⁻¹)	Extraction efficiency of corn silk polysaccharide (EE ₂ mg·g ⁻¹)
A1	20	0	16.78	73.53
A2	20	20	17.37	74.62
A3	20	30	18.10	78.99
A4	20	40	18.30	79.18
B1	30	0	18.02	74.81
B2	30	20	19.21	76.15
B3	30	30	19.32	84.28
B4	30	40	19.33	86.29
C1	40	0	18.51	75.09
C2	40	20	19.24	79.18
C3	40	30	19.32	86.27
C4	40	40	19.33	89.30