

Supplementary Table S8. Stratification by the background diet during supplementation: influence on the effects estimations (SDM, DM) of the impact of ellagitannins (ETs: pomegranate, nuts) and of anthocyanins (ANCs: berries, red grapes, red wine) containing foods and products on a range of cardiovascular risk associated biomarkers.

Diet followed during supplementation	ETs				ANCs			
	Usual		Controlled		Usual		Controlled	
	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)
BMI (Kg/m ²)*	-0.01 (NS, 11, 0.00)	-0.01 (NS, 11, 0.00)	-0.27 (0.076, 4, 0.00)	-0.70 (NS, 1, 0.00)	-0.03 (NS, 21, 0.00)	-0.02 (NS, 20, 0.00)	-0.02 (NS, 12, 0.00)	-0.01 (NS, 12, 0.00)
WC (cm)	-0.26 (NS, 4, 0.00)	-0.60 (0.060, 3, 0.00)	-1.89 (0.000, 3, 79.1)	-2.63 (0.000, 2, 0.00)	-0.15 (0.088, 10, 5.27)	-1.27 (NS, 10, 8.21)	-0.04 (NS, 4, 0.00)	-0.15 (NS, 4, 0.00)
T-C (mmol/L)	-0.18 (0.028, 15, 0.00)	-0.13 (0.026, 14, 0.00)	-0.27 (0.057, 10, 44.32)	-0.08 (0.000, 9, 0.00)	-0.13 (0.096, 53, 55.11)	-0.06 (NS, 51, 76.81)	-0.32 (0.073 19, 79.38)	-0.22 (NS, 19, 80.41)
LDL-C (mmol/L)	-0.12 (NS, 13, 0.00)	-0.06 (NS, 12, 0.00)	-0.30 (NS, 10, 71.56)	-0.11 (0.000, 9, 0.00)	0.06 (NS, 45, 75.23)	0.03 (NS, 44, 88.83)	-0.31 (0.027, 17, 58.41)	-0.22 (0.016, 16, 63.19)
HDL-C (mmol/L)	+0.02 (NS, 11, 0.00)	+0.01 (NS, 10, 0.00)	+0.13 (NS, 9, 61.64)	+0.04 (0.056, 8, 0.00)	+0.10 (NS, 51, 56.37)	+0.03 (NS, 48, 58.33)	+0.18 (NS, 16, 73.13)	+0.04 (NS, 16, 83.56)
TAGs (mmol/L)	-0.03 (NS, 13, 0.00)	+0.01 (NS, 12, 0.00)	-0.47 (0.000, 10, 76.15)	-0.11 (0.000, 9, 0.00)	0.08 (NS, 45, 61.74)	0.04 (NS, 40, 80.39)	-0.10 (NS, 17, 40.13)	-0.04 (NS, 17, 46.76)
SBP (mm Hg)	-0.01 (NS, 11, 13.89)	-0.34 (NS, 9, 4.99)	-0.27 (NS, 6, 63.42)	-3.20 (NS, 2, 56.16)	-0.19 (0.000, 42, 0.00)	-1.90 (0.001, 39, 0.00)	-0.30 (0.002, 27, 36.02)	-2.57 (0.003, 25, 0.00)
DBP (mm Hg)	-0.17 (NS, 11, 6.89)	-1.62 (NS, 9, 38.90)	+0.16 (NS, 4, 52.52)	+0.75 (NS, 4, 11.51)	-0.17 (0.002, 42, 18.13)	-1.30 (0.001, 38, 15.22)	-0.24 (0.024, 31, 32.59)	-2.09 (0.000, 28, 0.00)
FMD (%)	+0.62 (0.014, 3, 0.00)	+0.39 (NS, 3, 40.84)	-	-	+0.44 (NS, 5, 83.06)	+1.23 (0.084, 5, 69.65)	+0.08 (NS, 13, 66.35)	+0.55 (NS, 12, 62.56)
Glucose (mmol/L)	-0.06 (NS, 6, 0.00)	-0.04 (NS, 5, 0.00)	-0.38 (NS, 8, 67.16)	-0.15 (0.038, 8, 30.32)	-0.06 (NS, 31, 39.00)	-0.01 (NS, 29, 53.56)	-0.16 (NS, 14, 52.01)	-0.02 (NS, 12, 0.00)
Insulin (mIU/L)	-0.29 (NS, 7, 57.58)	-0.76 (NS, 5, 44.81)	0.00 (NS, 6, 22.84)	+0.34 (NS, 5, 35.83)	+0.25 (NS, 13, 66.29)	+0.45 (NS, 6, 55.05)	-0.61 (NS, 5, 85.96)	-0.80 (NS, 5, 75.50)
Hb1Ac	+0.13 (NS, 3, 0.00)	+0.06 (NS, 3, 0.00)	-0.15 (NS, 1, 0.00)	-0.07 (NS, 1, 0.00)	-0.21 (NS, 11, 81.41)	-0.03 (NS, 11, 75.94)	+2.56 (NS, 2, 97.75)	+0.32 (NS, 2, 86.80)
HOMA-IR	-0.04 (NS, 5, 75.75)	0.08 (NS, 5, 69.32)	-0.47 (NS, 1, 0.00)	-0.37 (NS, 1, 0.00)	-0.23 (NS, 8, 66.60)	-0.32 (NS, 6, 38.36)	+0.07 (NS, 2, 73.40)	-0.27 (NS, 2, 64.73)

BMI: Body Mass Index; WC: Waist Circumference; T-C: Total Cholesterol; LDL-C: Low density Lipoprotein Cholesterol; HDL-C: High Density Lipoprotein Cholesterol; TAGs: Triacylglycerols; SBP: Systolic Blood Pressure; DBP: Diastolic Blood Pressure; FMD: Flow Mediated Dilation; Hb1Ac: Glycated Haemoglobin; HOMA-IR: Homeostatic Model Assessment of Insulin Resistance; SDM: standardized difference in means; DM: Difference in means; n: total number of studies included in the analysis; *I*²: heterogeneity index; Q-value: between-categories Q statistic. *: Units refer to the size effect estimation (DM); S: Significance of the analysis; NS: not significant, *P*-values < 0.05 were significant and indicated. *P*-values: 0.05 ≤ *P*-value < 0.1 were considered marginally significant and are also indicated.