

Supplementary Table S6. Stratification by sex: 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.

Sex	ETs				ANCs			
	Women		Men		Women		Men	
	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)*	-0.18 (NS, 1, 0.00)	-0.18 (NS, 1, 0.00)	-	-	+0.10 (NS, 2, 0.00)	+0.25 (NS, 2, 0.00)	-0.04 (NS, 9, 0.00)	-0.13 (NS, 9, 0.00)
WC (cm)	-	-	-	-	-0.45 (NS, 1, 0.00)	-11.5 (NS, 1, 0.00)	-0.05 (NS, 2, 0.00)	-0.7 (NS, 2, 0.00)
T-C (mmol/L)	-0.11 (NS, 1, 0.00)	-0.10 (NS, 1, 0.00)	-0.20 (NS, 3, 0.00)	-0.12 (NS, 3, 0.00)	+0.04 (NS, 6, 0.00)	+0.03 (NS, 6, 0.00)	-0.05 (NS, 17, 0.00)	-0.03 (NS, 16, 0.00)
LDL-C (mmol/L)	-0.12 (NS, 1, 0.00)	-0.06 (NS, 1, 0.00)	-0.15 (NS, 3, 0.00)	-0.12 (NS, 3, 0.00)	-0.18 (NS, 3, 0.00)	-0.14 (NS, 3, 0.00)	+0.08 (NS, 16, 0.00)	+0.17 (NS, 15, 0.00)
HDL-C (mmol/L)	-0.29 (NS, 1, 0.00)	-0.09 (NS, 1, 0.00)	-0.09 (NS, 3, 0.00)	-0.01 (NS, 3, 0.00)	-0.08 (NS, 4, 0.00)	-0.03 (NS, 4, 0.00)	-0.008 (NS, 19, 15.8)	-0.03 (NS, 18, 0.00)
TAGs (mmol/L)	+0.36 (NS, 1, 0.00)	+0.29 (NS, 1, 0.00)	+0.07 (NS, 3, 0.00)	+0.06 (NS, 3, 0.00)	+0.10 (NS, 6, 0.00)	+0.06 (NS, 6, 0.00)	+0.11 (NS, 14, 0.00)	+0.15 (NS, 13, 0.00)
SBP (mm Hg)	-	-	+0.11 (NS, 4, 61.6)	-1.40 (NS, 1, 0.00)	-0.18 (NS, 9, 26.4)	-2.47 (NS, 9, 19.1)	-0.15 (NS, 21, 0.00)	-0.40 (NS, 19, 0.00)
DBP (mm Hg)	-	-	+0.02 (NS, 2, 0.00)	-0.95 (NS, 1, 0.00)	-0.19 (0.092, 8, 7.4)	-1.81 (0.087, 8, 8.4)	-0.19 (0.017, 24, 0.00)	-1.70 (0.012, 22, 0.00)
FMD (%)	-	-	-	-	-	-	-0.24 (NS, 10, 69.6)	-0.20 (NS, 9, 69.6)
Glucose (mmol/L)	-0.02 (NS, 1, 0.00)	-0.19 (NS, 1, 0.00)	+0.08 (NS, 1, 0.00)	+0.20 (NS, 1, 0.00)	+0.14 (NS, 3, 61.9)	+0.03 (NS, 3, 58.9)	-0.21 (NS, 11, 42.5)	-0.12 (NS, 8, 0.00)
Insulin (mIU/L)	-0.04 (NS, 4, 76.1)	-0.01 (NS, 2, 0.00)	-0.16 (NS, 2, 63.7)	+0.26 (NS, 1, 0.00)	+0.06 (NS, 3, 84.1)	+0.56 (NS, 1, 0.00)	-0.16 (NS, 2, 63.7)	+0.26 (NS, 1, 0.00)
Hb1Ac	-	-	-	-	-	-	+0.16 (NS, 3, 0.00)	+0.11 (NS, 2, 0.00)
HOMA-IR	+0.47 (0.041, 1, 0.00)	+1.16 (0.038, 1, 0.00)	-	-	+0.17 (NS, 1, 0.00)	+0.18 (NS, 1, 0.00)	-0.38 (NS, 2, 43.3)	-0.12 (NS, 1, 0.00)

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.