

Supplementary Table S4. Effect estimations (SDM) and effect size estimations (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.

	SDM	<i>P</i> -value	n	<i>I</i> ²	Q-value	<i>P</i> -value	DM	<i>P</i> -value	n	<i>I</i> ²	Q-value	<i>P</i> -value
BMI (Kg/m ²)*												
ETs	-0.076	NS	17	0.00	0.358	NS	-0.003	NS	14	0.00	0.001	NS
ANCS	-0.023	NS	34	0.00			-0.006	NS	33	0.00		
WC (cm)												
ETs	-0.693	0.025	7	83.0	6.696	0.010	-1.527	0.031	6	75.9	0.663	NS
ANCS	-0.118	NS	16	0.00			-0.749	NS	16	0.00		
T-C (mmol/L)												
ETs	-0.184	0.006	28	18.1	0.005	NS	-0.087	0.000	26	0.00	0.131	NS
ANCS	-0.172	0.008	81	60.9			-0.102	0.094	77	76.6		
LDL-C (mmol/L)												
ETs	-0.188	0.031	26	46.9	0.700	NS	-0.107	0.000	24	0.00	0.062	NS
ANCS	0.054	NS	71	68.7			-0.029	NS	68	85.7		
HDL-C (mmol/L)												
ETs	0.104	NS	23	24.9	0.111	NS	0.026	0.066	21	0.00	0.191	NS
ANCS	0.117	0.073	76	58.0			0.027	NS	71	68.5		
TAGs (mmol/L)												
ETs	-0.235	0.025	26	63.0	4.061	0.044	-0.106	0.000	24	0.00	1.443	NS
ANCS	0.004	NS	71	54.2			0.016	NS	64	75.6		
SBP (mm Hg)												
ETs	-0.114	NS	21	51.1	1.191	NS	-1.855	NS	15	38.1	2.854	0.091
ANCS	-0.228	0.000	74	12.4			-2.188	0.000	68	0.00		
DBP (mm Hg)												
ETs	-0.141	NS	20	38.0	0.410	NS	-1.282	NS	18	46.2	0.962	NS
ANCS	-0.199	0.000	79	25.2			-1.580	0.000	72	9.3		
FMD (%)												
ETs	0.619	0.014	3	0.00	0.836	NS	0.388	NS	3	40.8	0.011	NS
ANCS	0.123	NS	19	77.4			0.530	NS	18	81.4		
Glucose (mmol/L)												
ETs	-0.241	0.052	16	52.0	1.922	NS	-0.121	0.010	15	14.2	3.100	0.078
ANCS	-0.051	NS	51	42.7			0.001	NS	45	39.6		
Insulin (mIU/L)												
ETs	-0.128	NS	12	48.5	0.320	NS	-0.214	NS	10	45.8	0.003	NS
ANCS	0.006	NS	22	72.1			-0.364	NS	14	55.2		
Hb1Ac												
ETs	0.105	NS	6	24.5	0.060	NS	0.071	NS	6	9.10	0.001	NS
ANCS	0.127	NS	14	88.6			0.040	NS	13	94.9		
HOMA-IR												
ETs	-0.114	NS	7	66.8	0.149	NS	-0.077	NS	7	56.8	0.017	NS
ANCS	-0.208	NS	11	64.3			-0.148	NS	8	50.9		

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); 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.