

Supplementary Table S2. Overall effect estimations (SDM) of the impact of ellagitannins and (or) anthocyanins containing foods and products on a range of cardiovascular risk associated biomarkers.

	n	N _T	N _S	N _C	SDM	95% CI	Z	P-value	Tau ²	Q	df (P-value)	I ² (%)	Egger's regression	
													Intercept	P-value (2-tailed)
BMI	51	2343	1194	1149	-0.042	-0.123, 0.040	-1.005	NS	0.000	14.7	50 (1.000)	0.000	0.203	NS
WC	23	1026	528	498	-0.296	-0.515, -0.078	-2.659	0.008	0.167	60.1	22 (0.000)	63.4	-0.707	NS
T-C	109	3991	2060	1931	-0.173	-0.272, -0.074	-3.421	0.001	0.139	237.4	108 (0.000)	54.5	0.389	NS
LDL-C	97	3492	1811	1681	-0.099	-0.220, 0.021	-1.620	NS	0.217	270.6	96 (0.000)	64.5	2.637	0.000
HDL-C	99	3581	1858	1723	0.111	0.009, 0.214	2.124	0.034	0.133	208.9	98 (0.000)	53.1	-1.698	0.000
TAGs	97	3602	1859	1743	-0.065	-0.174, 0.043	-1.182	NS	0.157	227.7	96 (0.000)	57.8	1.560	0.002
SBP	95	3539	1812	1717	-0.204	-0.284, -0.124	-5.013	0.000	0.037	125.3	94 (0.017)	25.0	0.005	NS
DBP	99	3790	1959	1831	-0.185	-0.264, -0.106	-4.600	0.000	0.042	135.8	98 (0.007)	27.9	-0.579	NS
FMD	22	563	278	285	0.204	-0.166, 0.574	1.080	NS	0.520	80.1	21 (0.000)	73.8	-2.820	0.004
Glucose	67	2369	1236	1133	-0.101	-0.219, 0.017	-1.671	0.095	0.103	122.3	66 (0.000)	46.1	-0.427	NS
Insulin	34	1236	612	624	-0.042	-0.248, 0.164	-0.402	NS	0.229	97.3	33 (0.000)	66.1	0.527	NS
Hb1Ac	20	732	387	345	0.121	-0.275, 0.517	0.600	NS	0.668	120.6	19 (0.000)	82.2	2.513	NS
HOMA-IR	18	840	428	412	-0.172	-0.411, 0.066	-1.416	NS	0.158	46.5	17 (0.000)	63.4	-1.892	NS

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; n: total number of studies included in the analysis; N_T: number of total participants; N_S: number of participants in the supplemented group; N_C: number of participants in the control group; SDM: standardized difference in means; 95% CI: lower and upper confidence limits for the average SDM; df: degrees of freedom; Z: statistic for testing the significance of the average SDM; Tau²: between-studies variance; Q: heterogeneity statistic; I²: heterogeneity index. 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.