

Supplementary Table S5. Stratification by the baseline BMI of the study participants: influence on the effect estimations (SDM) and size effect 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.

BMI	ETs				ANCs			
	< 25.0 Kg/m ²		≥ 25.0 Kg/m ²		< 25.0 Kg/m ²		≥ 25.0 Kg/m ²	
	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)
BMI (Kg/m ²)*	-	-	-0.09 (NS, 13, 0.00)	-0.003 (NS, 11, 0.00)	-0.03 (NS, 1, 0.00)	-0.10 (NS, 1, 0.00)	-0.05 (NS, 21, 0.00)	-0.008 (NS, 20, 0.00)
WC (cm)	-	-	-0.70 (NS, 4, 88.8)	-1.71 (0.047, 3, 46.6)	-	-	-0.11 (NS, 10, 0.00)	-0.70 (NS, 10, 0.00)
T-C (mmol/L)	-0.34 (NS, 1, 0.00)	-0.13 (NS, 1, 0.00)	-0.12 (NS, 20, 33.8)	-0.08 (0.000, 18, 0.00)	+0.14 (NS, 6, 0.00)	+0.14 (NS, 6, 0.00)	-0.34 (0.003, 35, 74.1)	-0.23 (0.009, 35, 81.3)
LDL-C (mmol/L)	-0.38 (NS, 1, 0.00)	-0.16 (NS, 1, 0.00)	-0.15 (NS, 20, 56.9)	-0.11, (0.000, 18, 0.00)	-0.10 (NS, 5, 0.00)	-0.11 (NS, 5, 0.00)	-0.13 (NS, 30, 69.7)	-0.11 (NS, 29, 82.7)
HDL-C (mmol/L)	-0.06 (NS, 1, 0.00)	-0.01 (NS, 1, 0.00)	+0.06 (NS, 17, 36.2)	+0.008 (NS, 15, 0.00)	+0.10 (NS, 5, 0.00)	+0.02 (NS, 5, 0.00)	+0.02 (NS, 31, 72.5)	+0.02 (NS, 30, 82.0)
TAGs (mmol/L)	+0.13 (NS, 1, 0.00)	+0.10 (NS, 1, 0.00)	-0.21 (NS, 19, 70.2)	-0.11 (0.000, 17, 0.00)	+0.14 (NS, 5, 0.00)	+0.06 (NS, 5, 0.00)	-0.05 (NS, 28, 65.6)	-0.05 (NS, 27, 60.0)
SBP (mm Hg)	+0.18 (NS, 3, 72.6)	-	-0.26 (0.012, 14, 35.2)	-3.10 (0.033, 11, 39.6)	+0.03 (NS, 13, 45.1)	+1.38 (NS, 9, 0.00)	-0.25 (0.000, 43, 0.58)	-1.54 (0.000, 38, 0.00)
DBP (mm Hg)	-	-	-0.08 (NS, 15, 38.5)	-0.55 (NS, 14, 31.1)	+0.01 (NS, 12, 0.00)	+0.33 (NS, 11, 0.00)	-0.22 (0.002, 30, 22.9)	-1.62 (0.000, 29, 21.9)
FMD (%)	-	-	+0.62 (0.014, 3, 0.00)	+0.39 (NS, 3, 40.8)	+0.14 (NS, 8, 66.5)	+0.75 (NS, 7, 50.0)	-0.20 (NS, 6, 89.5)	-0.65 (NS, 6, 89.7)
Glucose (mmol/L)	-	-	-0.19 (0.058, 14, 11.0)	-0.18 (0.017, 13, 9.2)	-0.14 (NS, 5, 0.00)	-0.08 (NS, 5, 0.00)	-0.13 (NS, 22, 45.1)	-0.02 (NS, 20, 44.8)
Insulin (mIU/L)	-	-	-0.17 (NS, 10, 45.5)	-1.03 (NS, 8, 19.5)	-	-	+0.14 (NS, 9, 65.3)	+0.06 (NS, 7, 44.5)
Hb1Ac	-	-	+0.03 (NS, 5, 25.3)	+0.06 (NS, 5, 26.7)	-	-	-0.55 (NS, 7, 83.3)	-0.12 (NS, 7, 68.9)
HOMA-IR	-	-	-0.14 (NS, 6, 72.3)	-0.08 (NS, 6, 64.0)	-	-	-0.35 (NS, 4, 86.5)	-0.10 (NS, 4, 72.7)

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; *P*: 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.