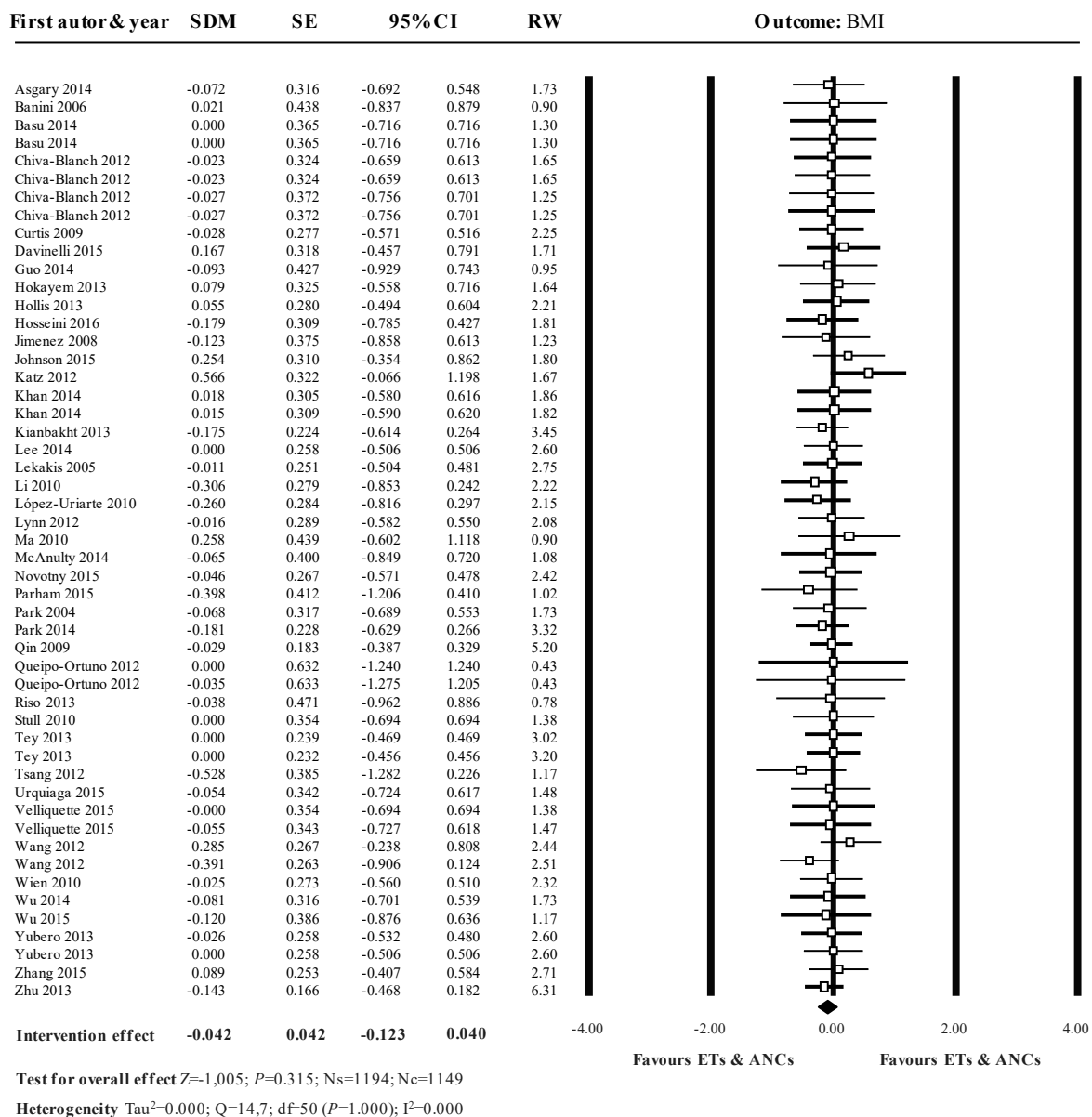
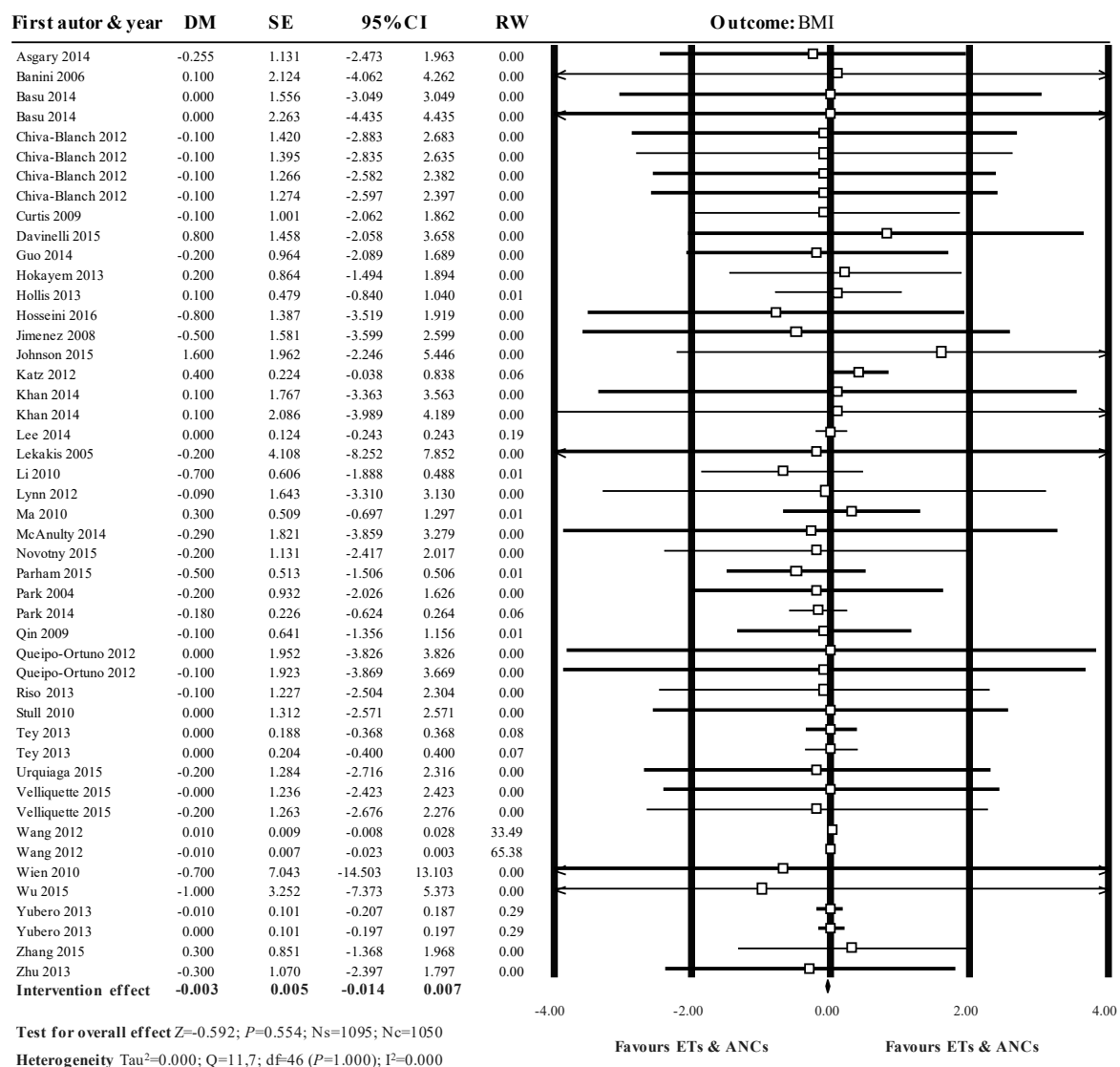


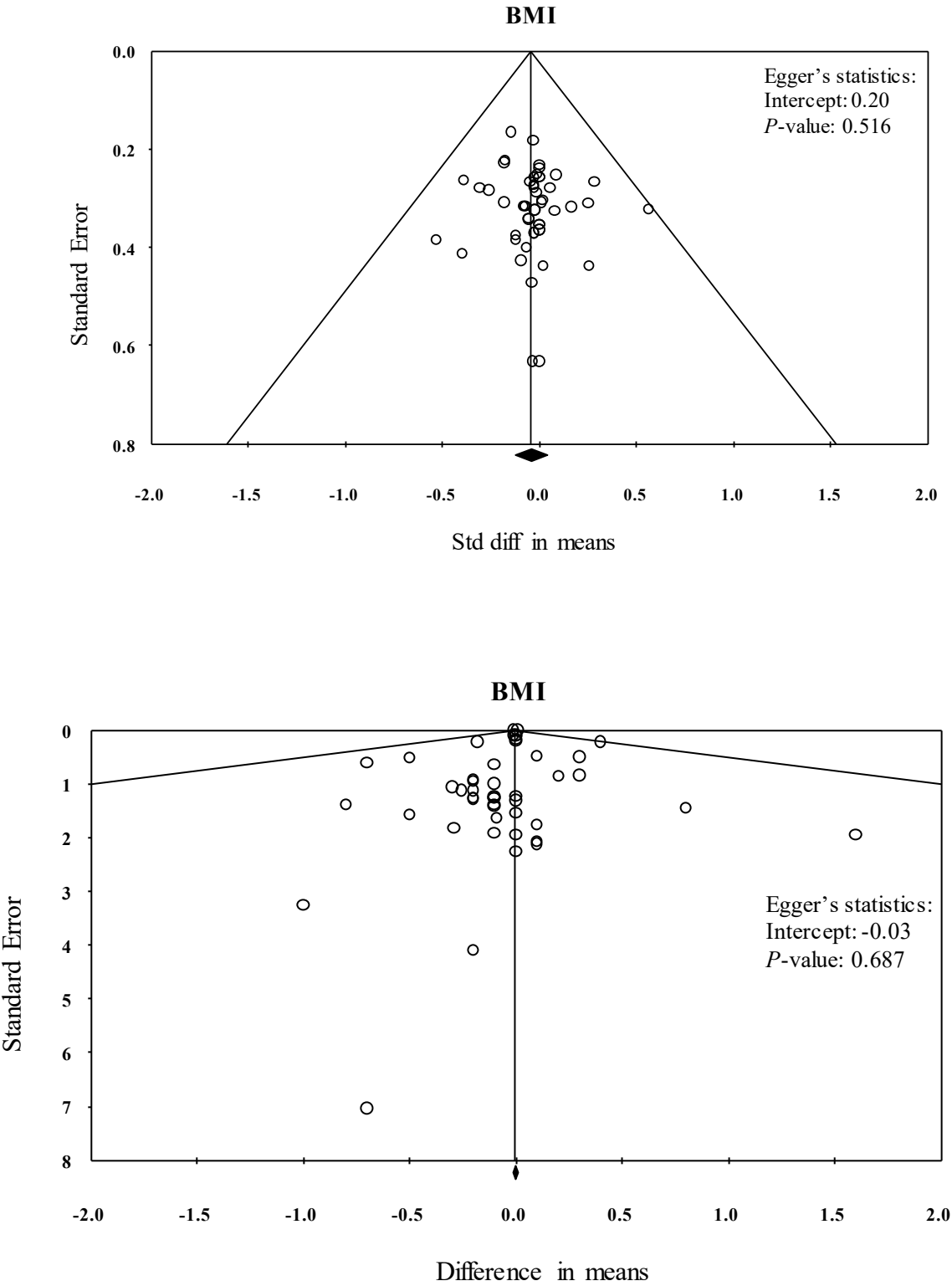
Supplementary Figure S1.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on human BMI. A total of 51 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



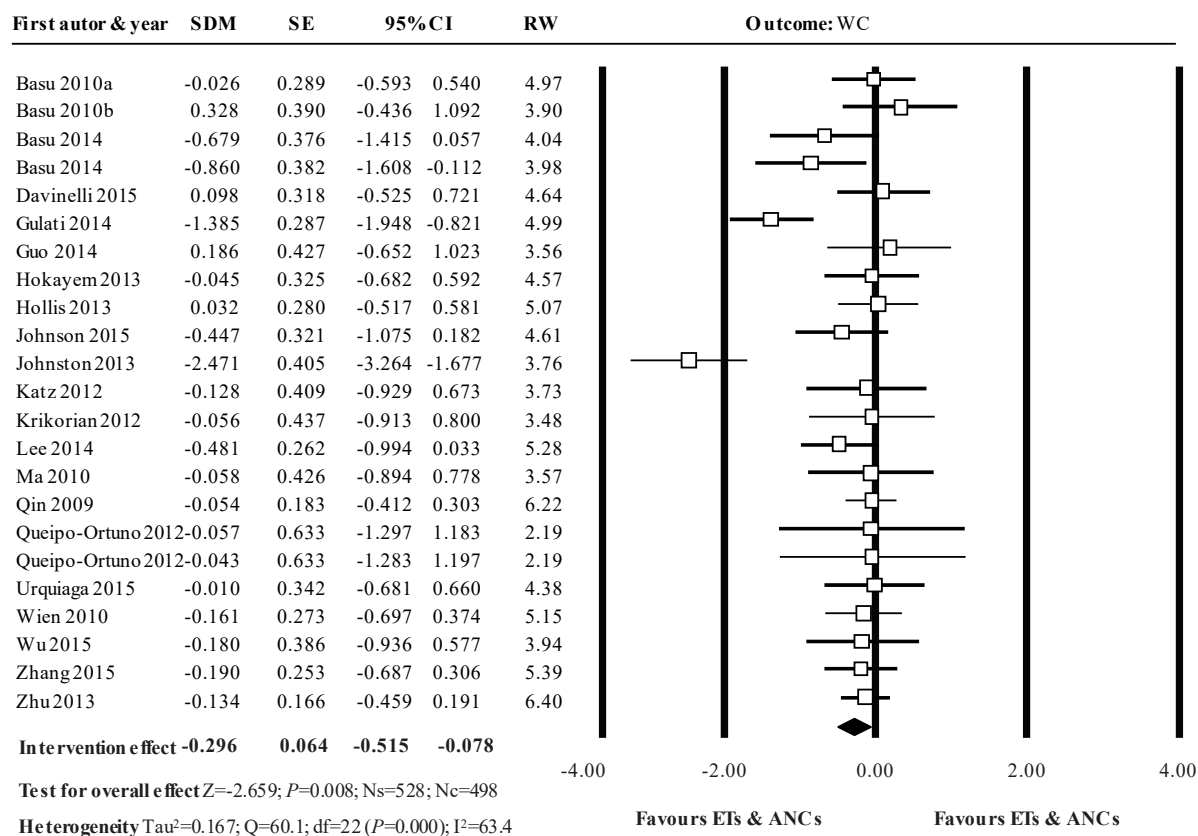
Supplementary Figure S2.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on human BMI. A total of 47 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



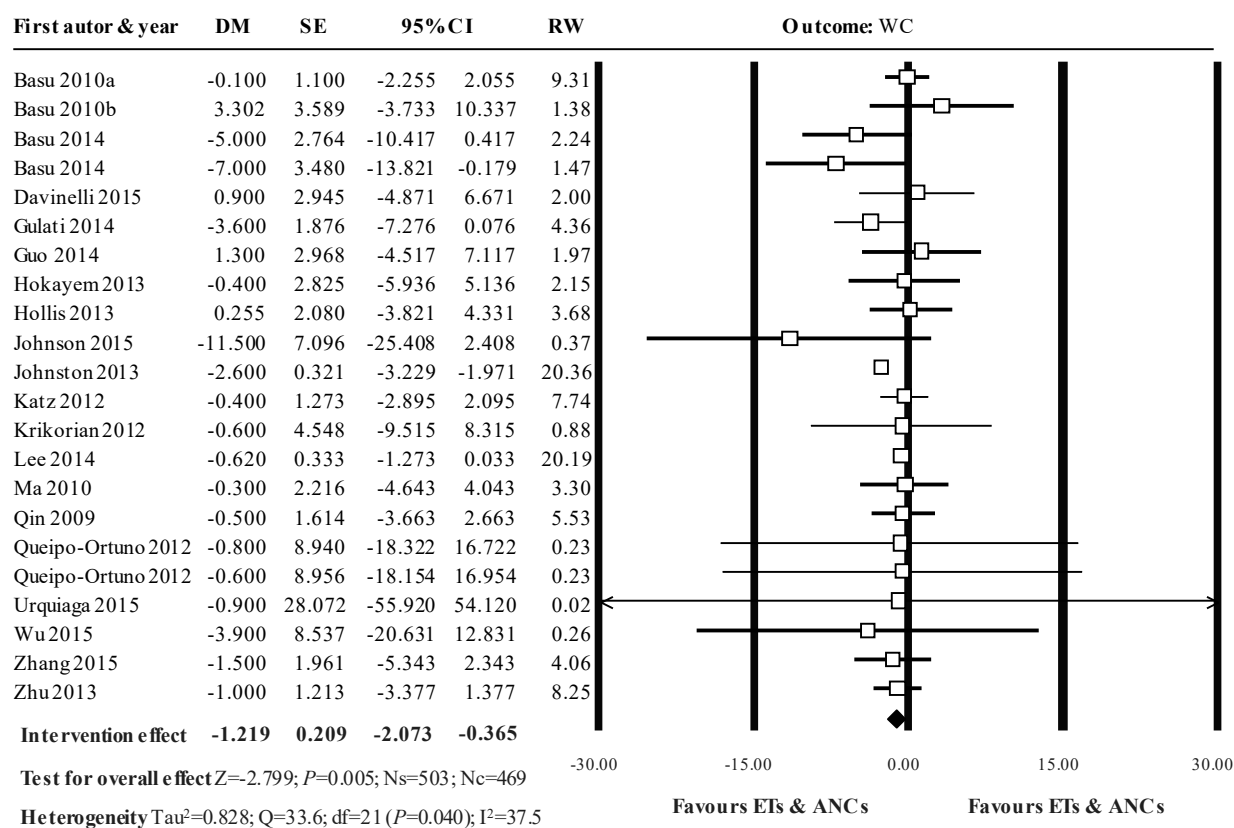
Supplementary Figure S3. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on human BMI.



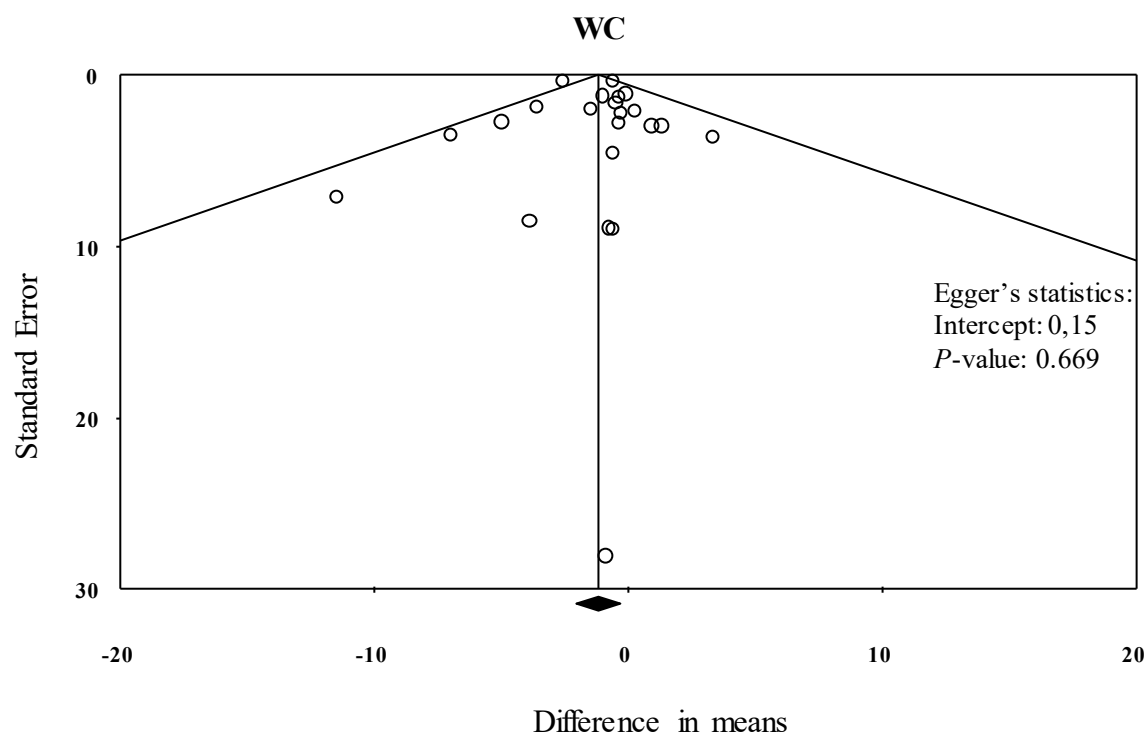
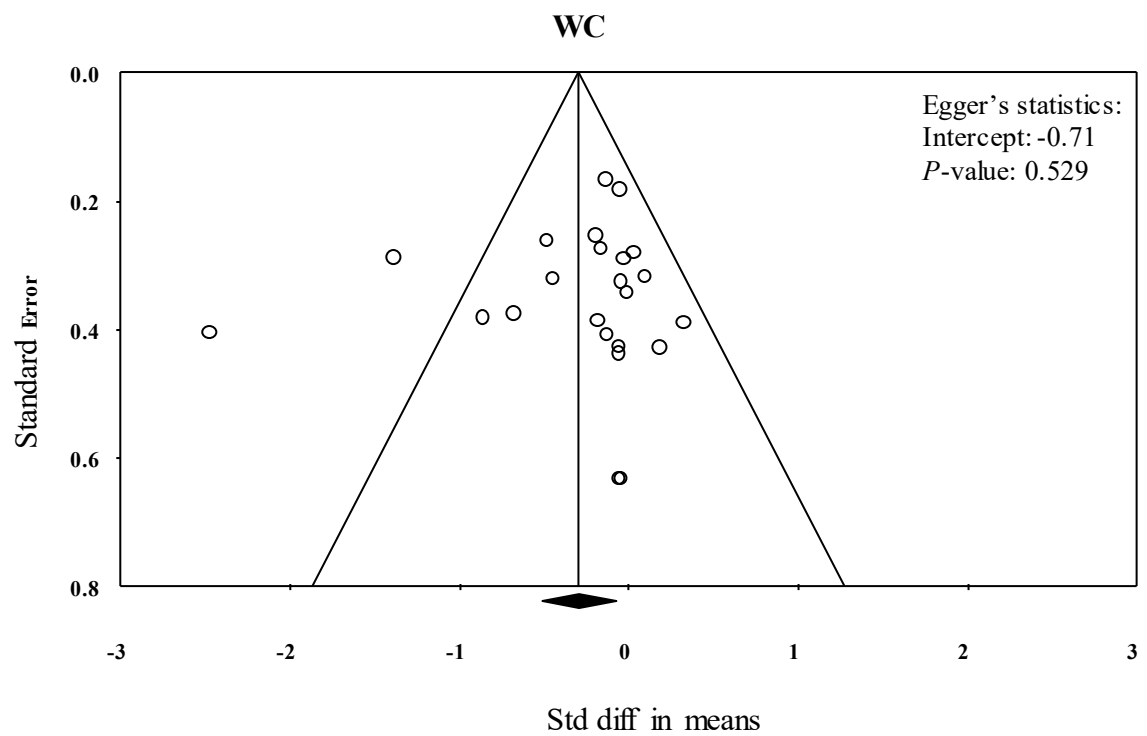
Supplementary Figure S4. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on WC. A total of 23 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



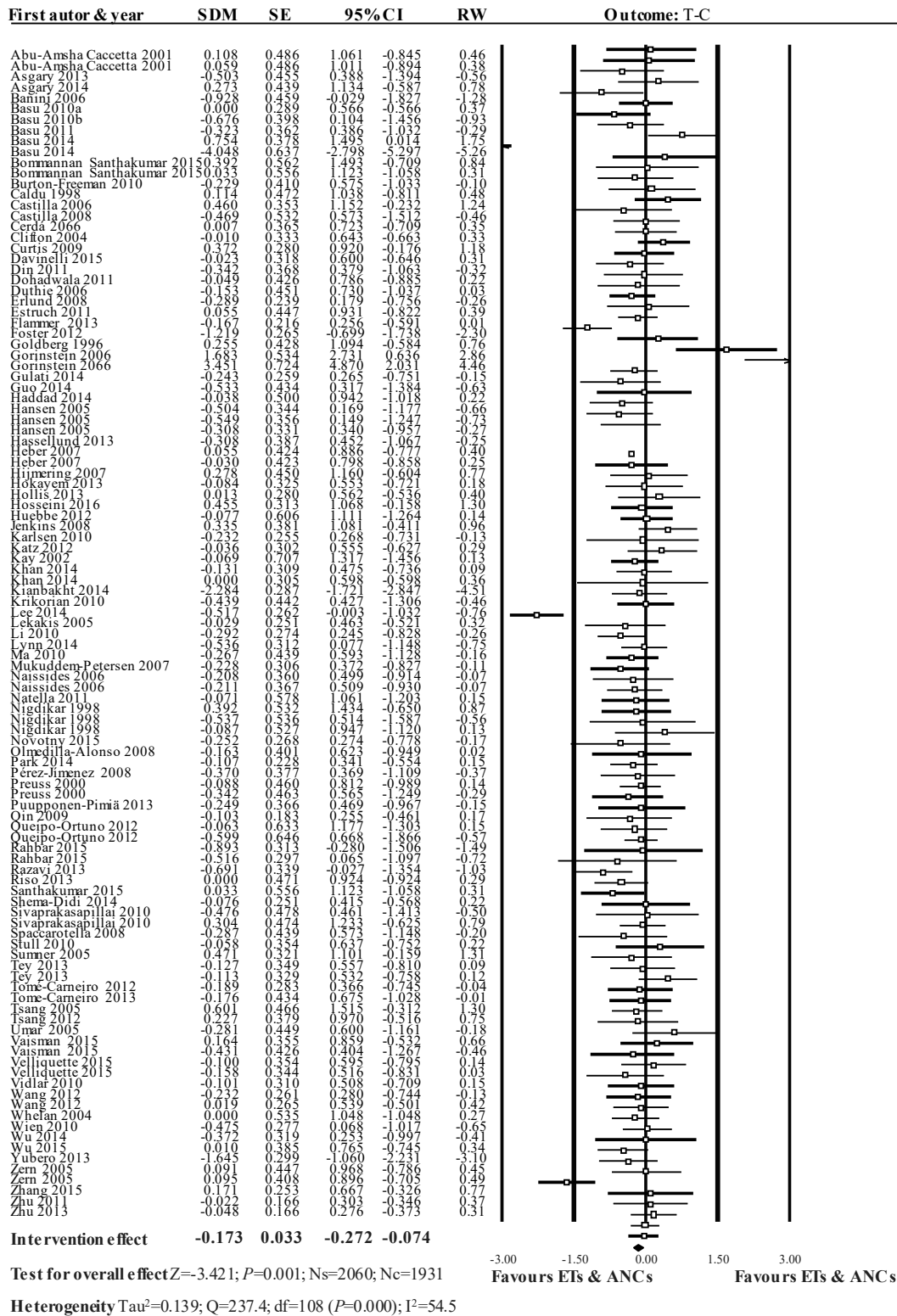
Supplementary Figure S5.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on human WC. A total of 22 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



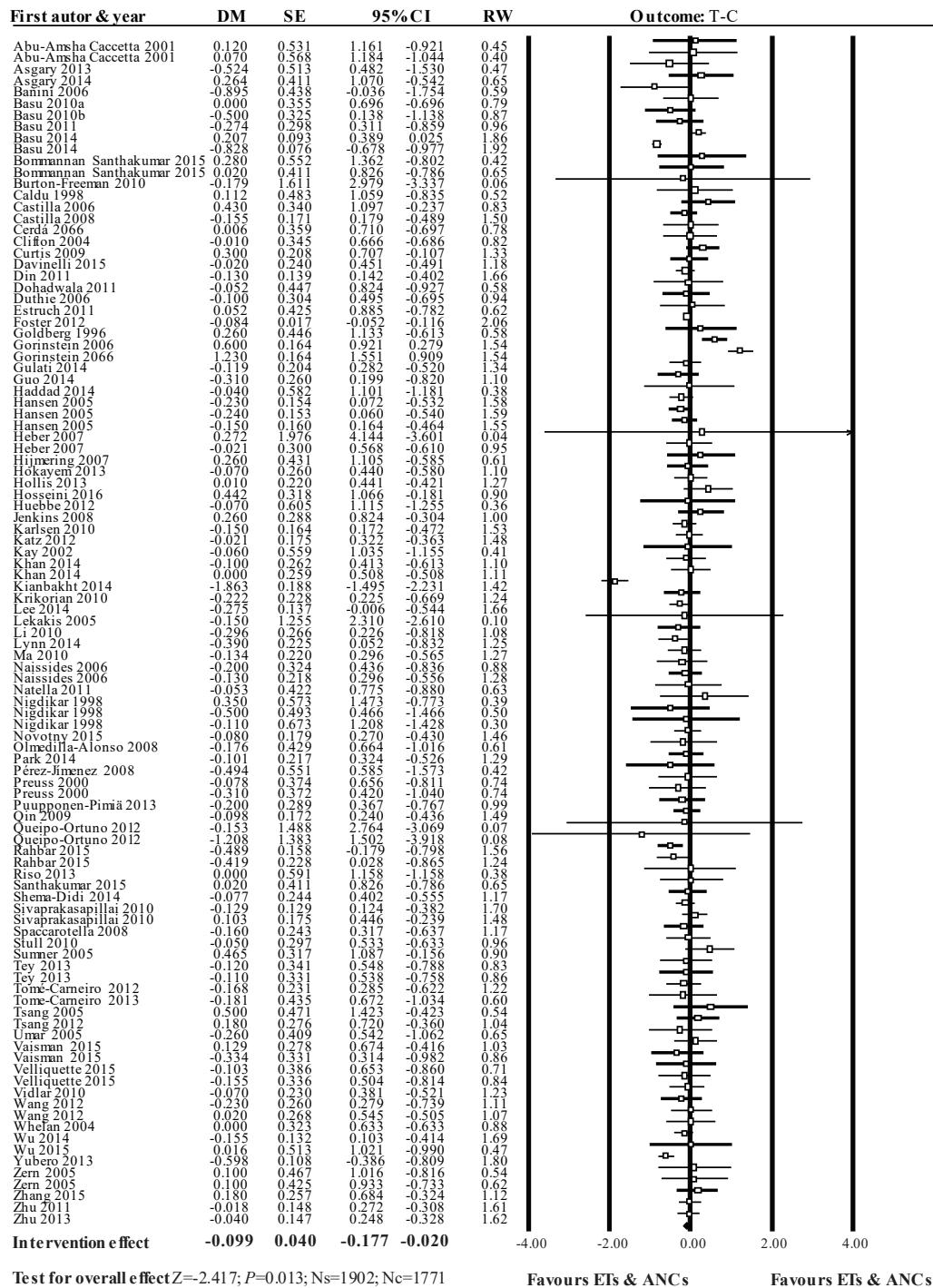
Supplementary Figure S6. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on waist circumference (WC).



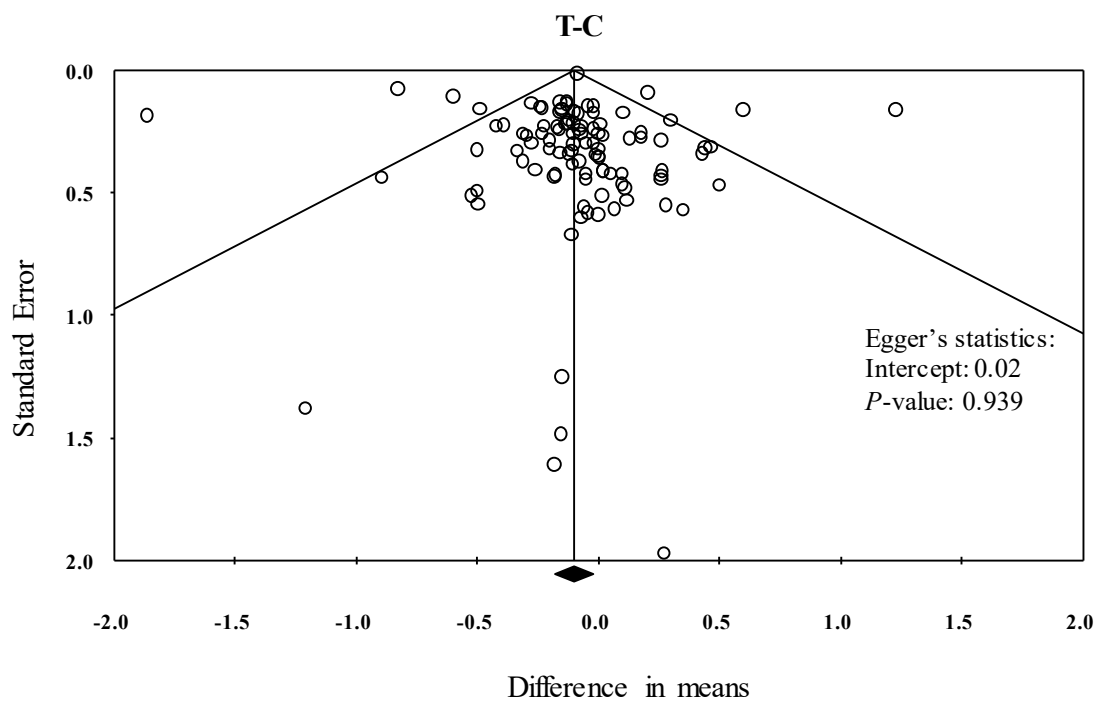
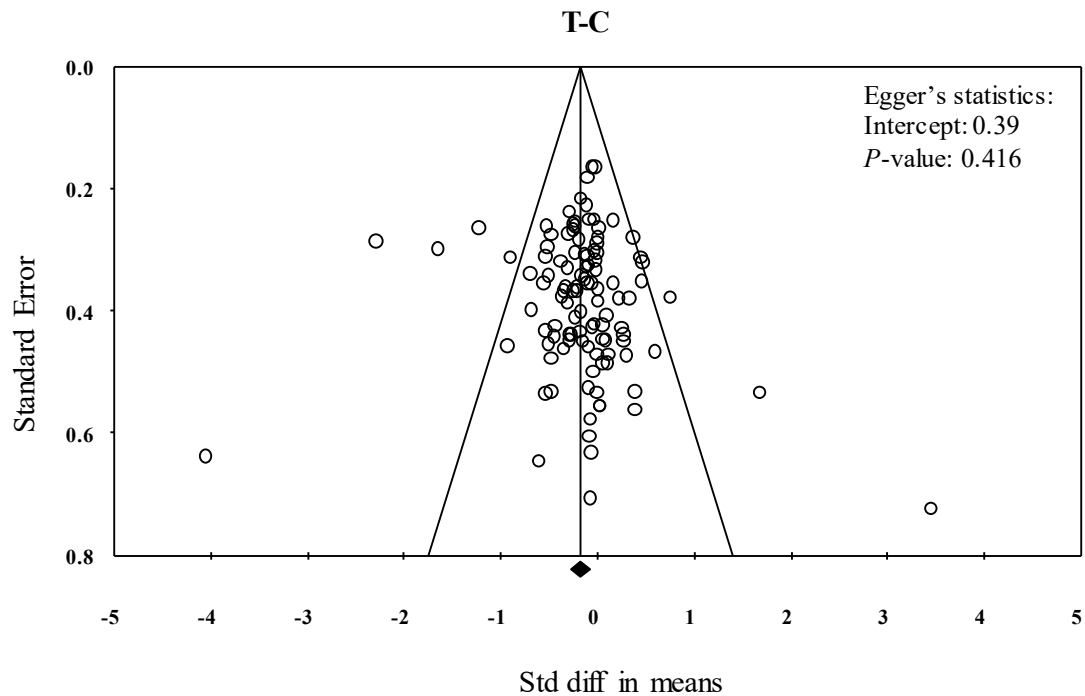
Supplementary Figure S7. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on T-C. A total of 109 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



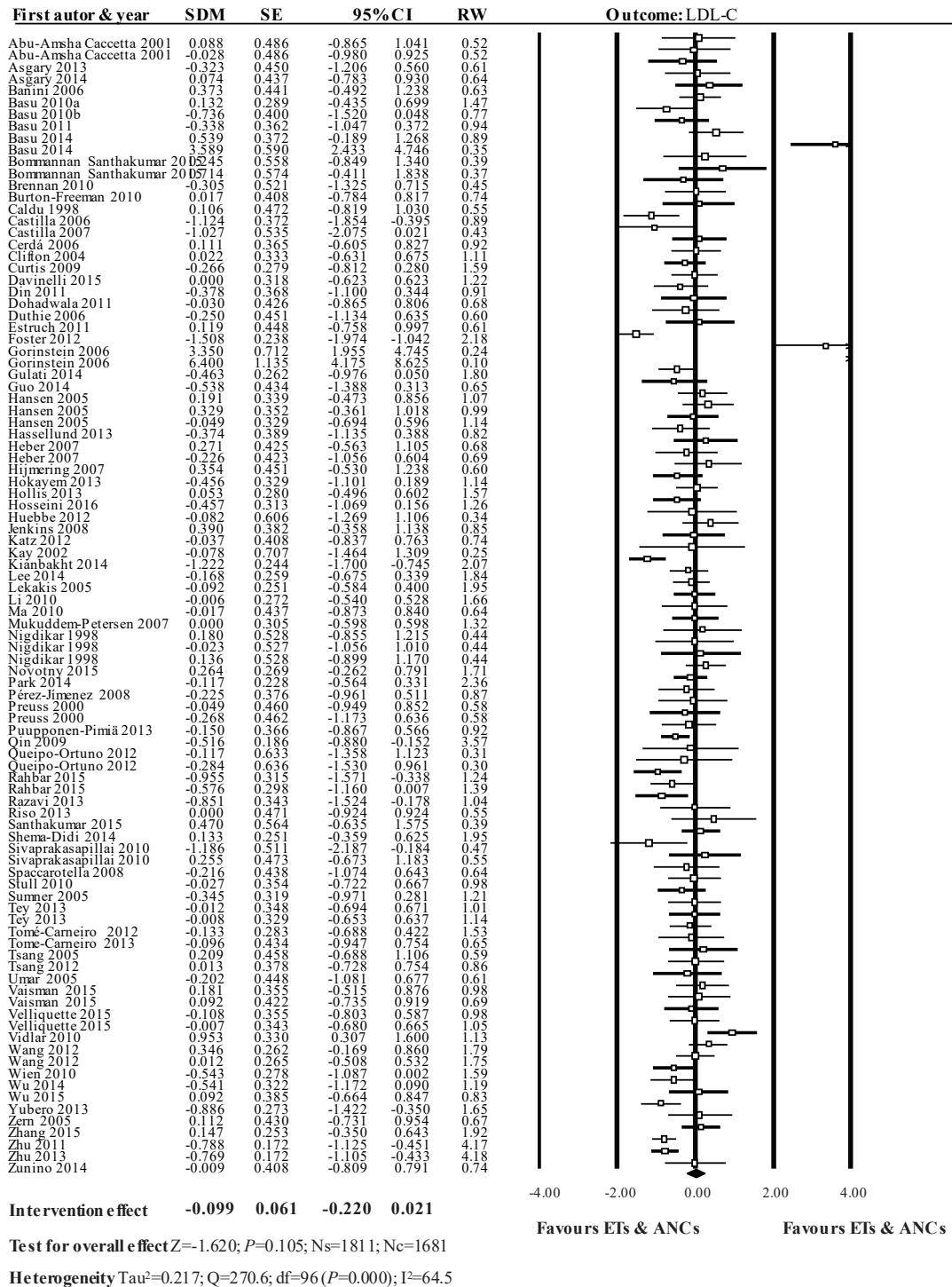
Supplementary Figure S8.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on T-C. A total of 103 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



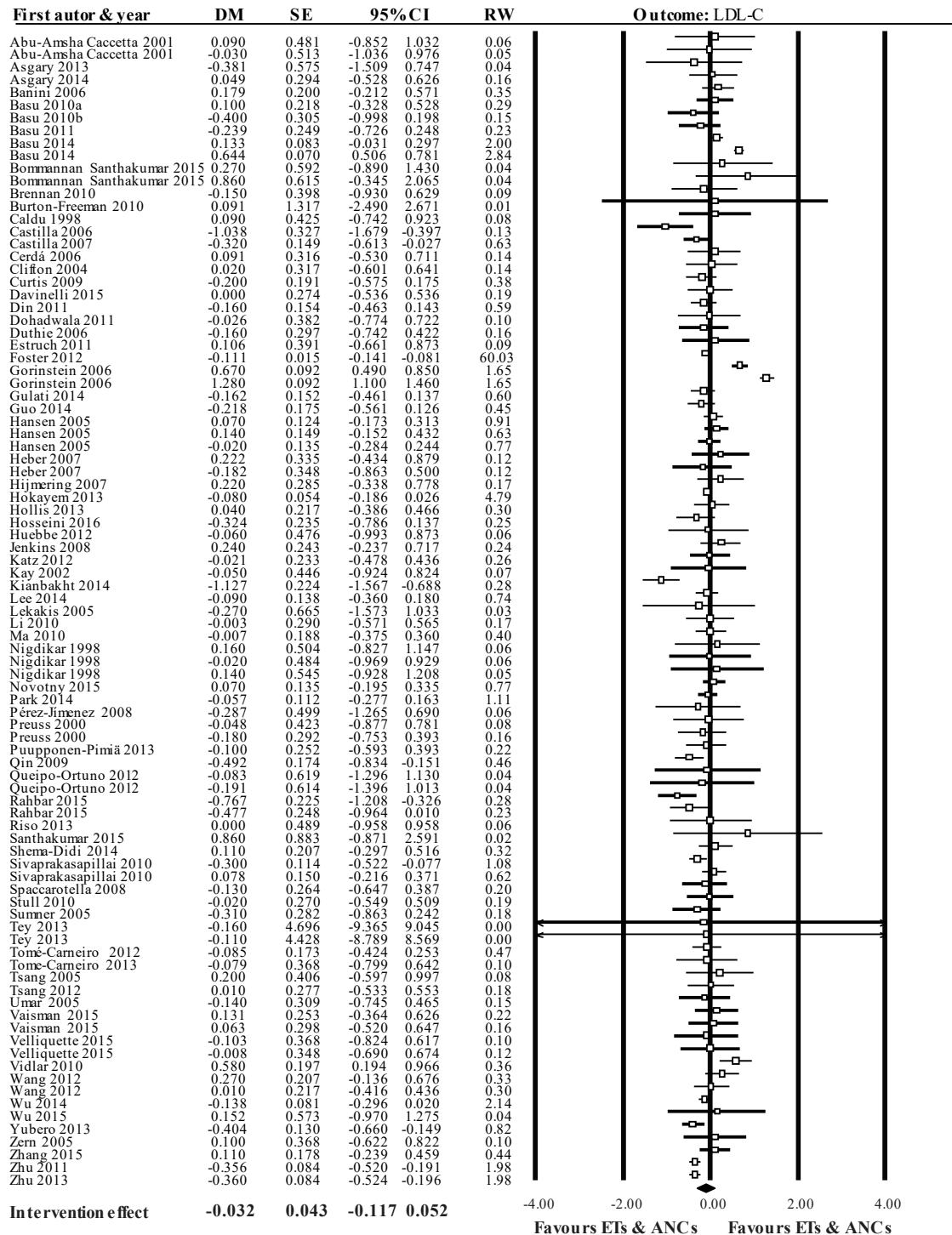
Supplementary Figure S9. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on Total Cholesterol (T-C).



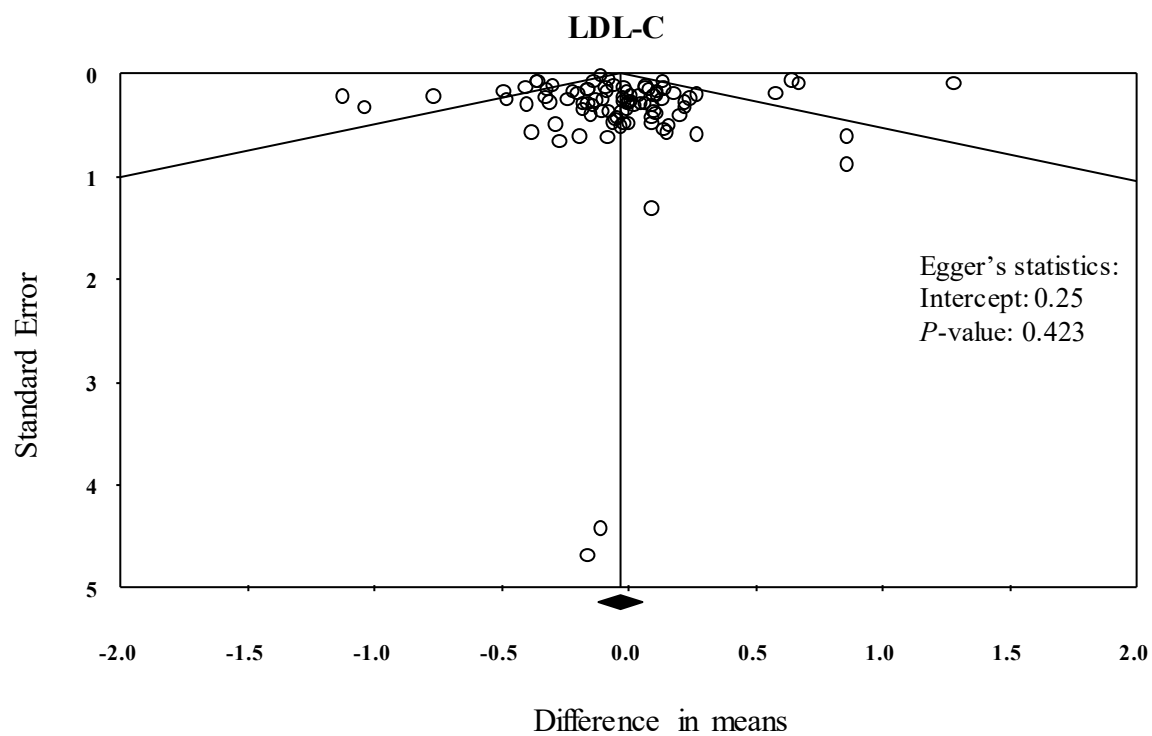
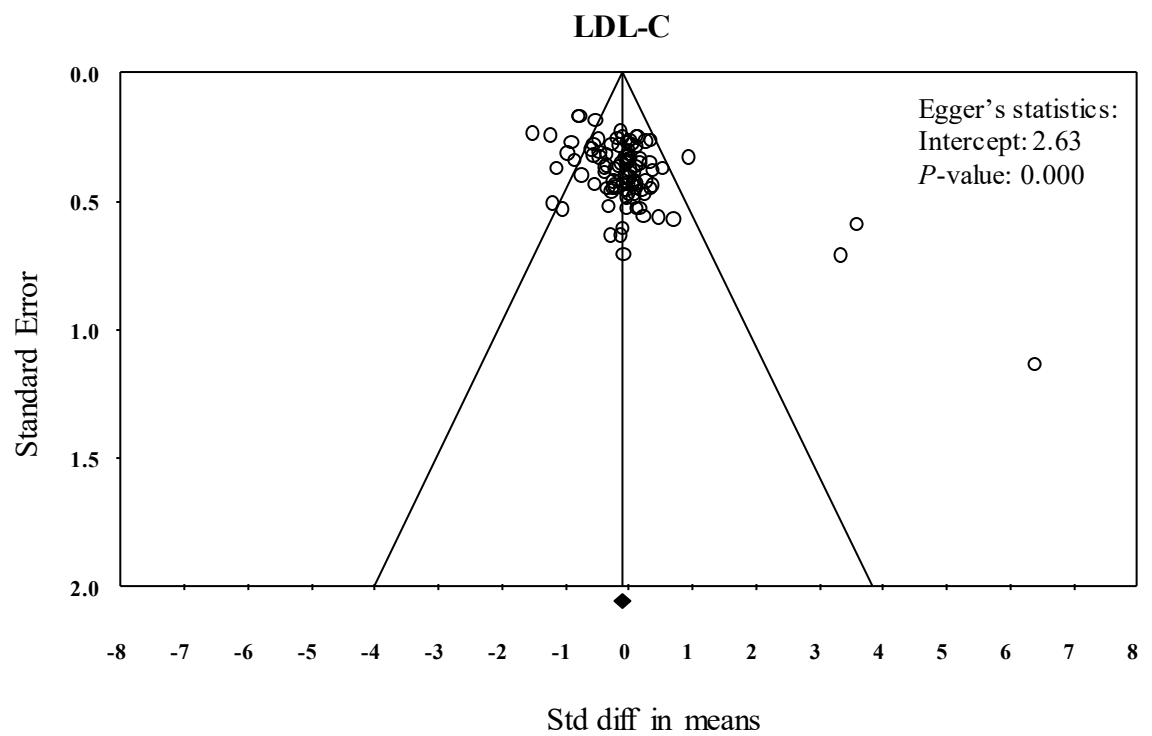
Supplementary Figure S10. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on LDL-C. A total of 97 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



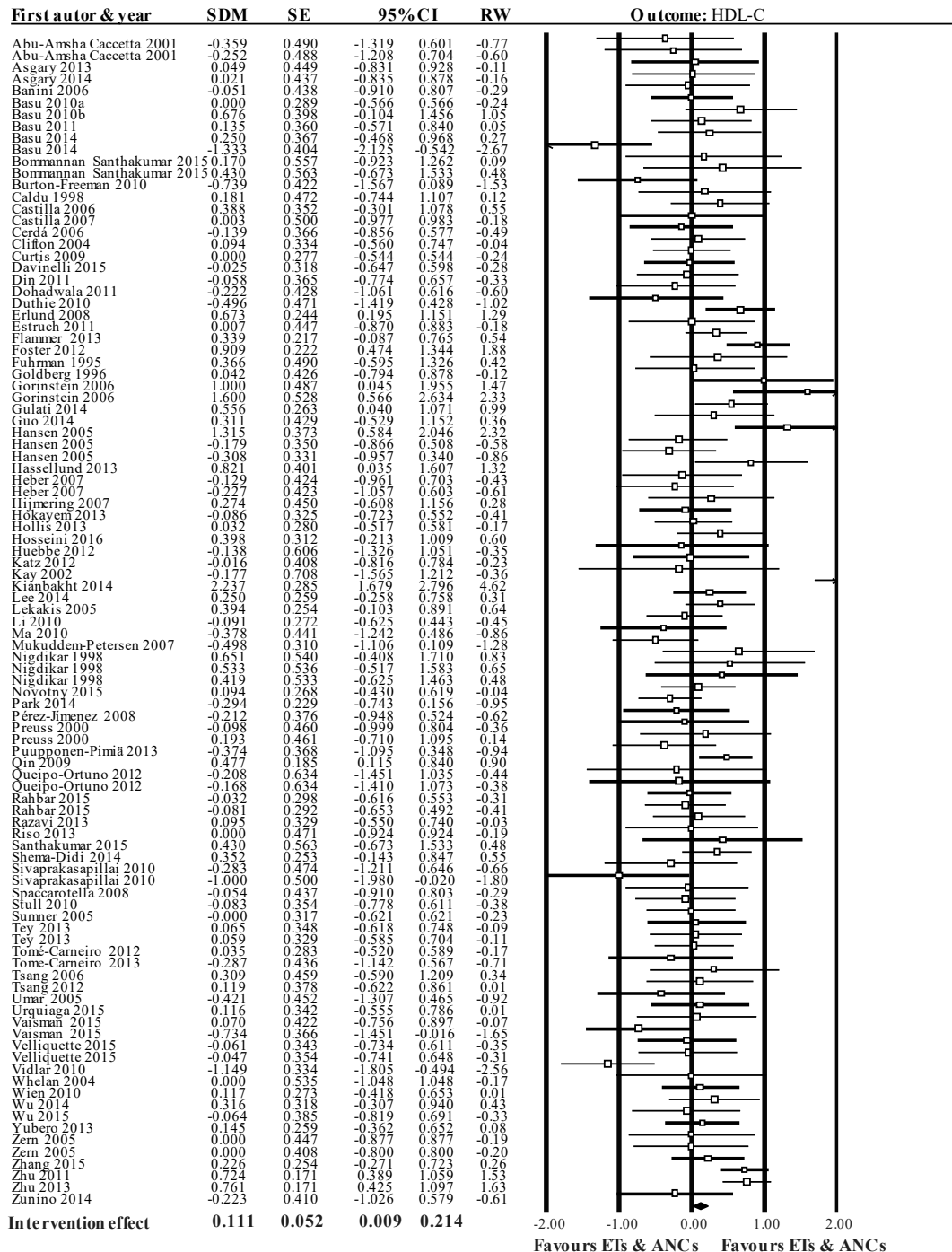
Supplementary Figure S11.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on LDL-C. A total of 92 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



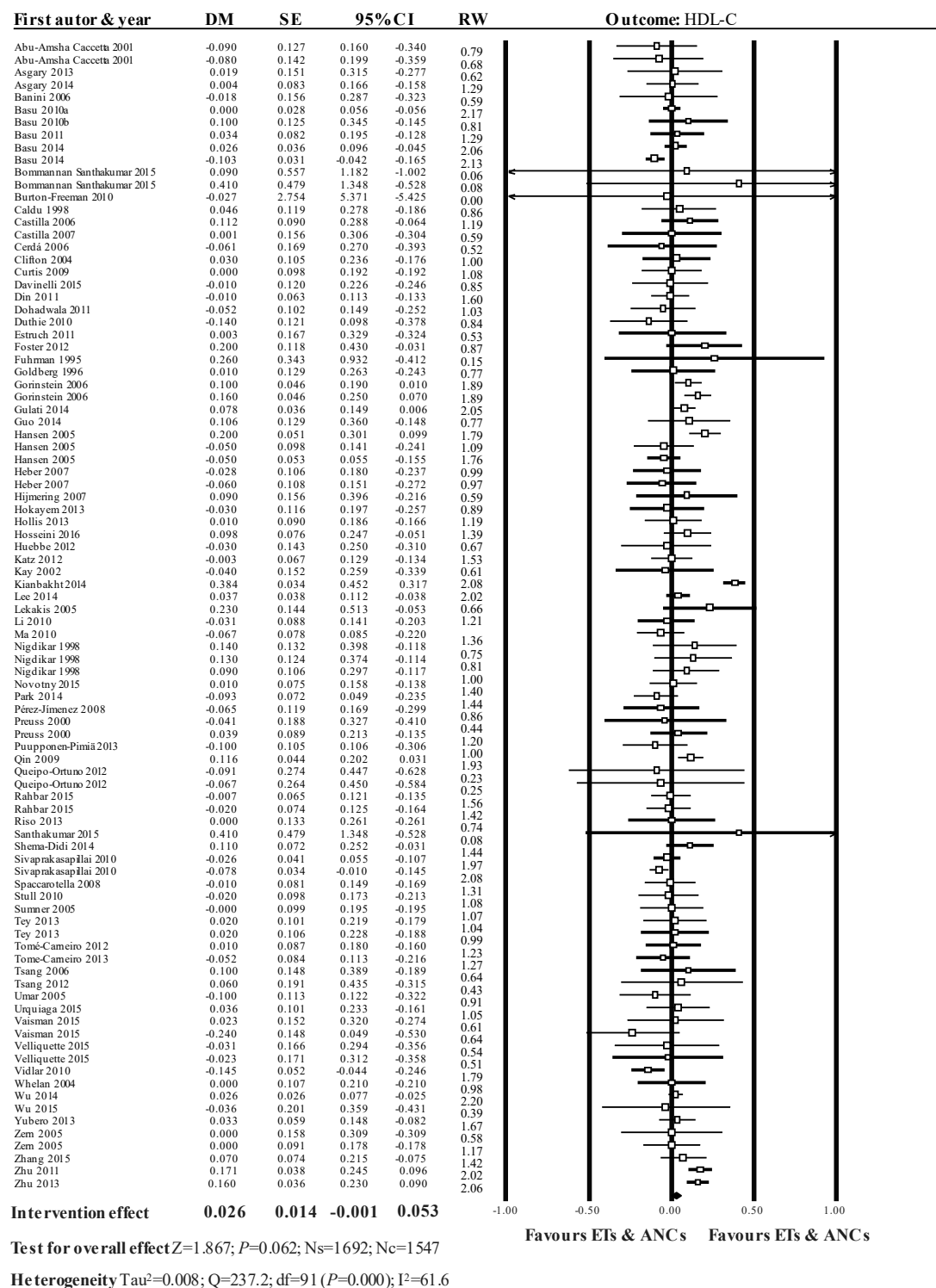
Supplementary Figure S12. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on low density lipoprotein- cholesterol (LDL-C).



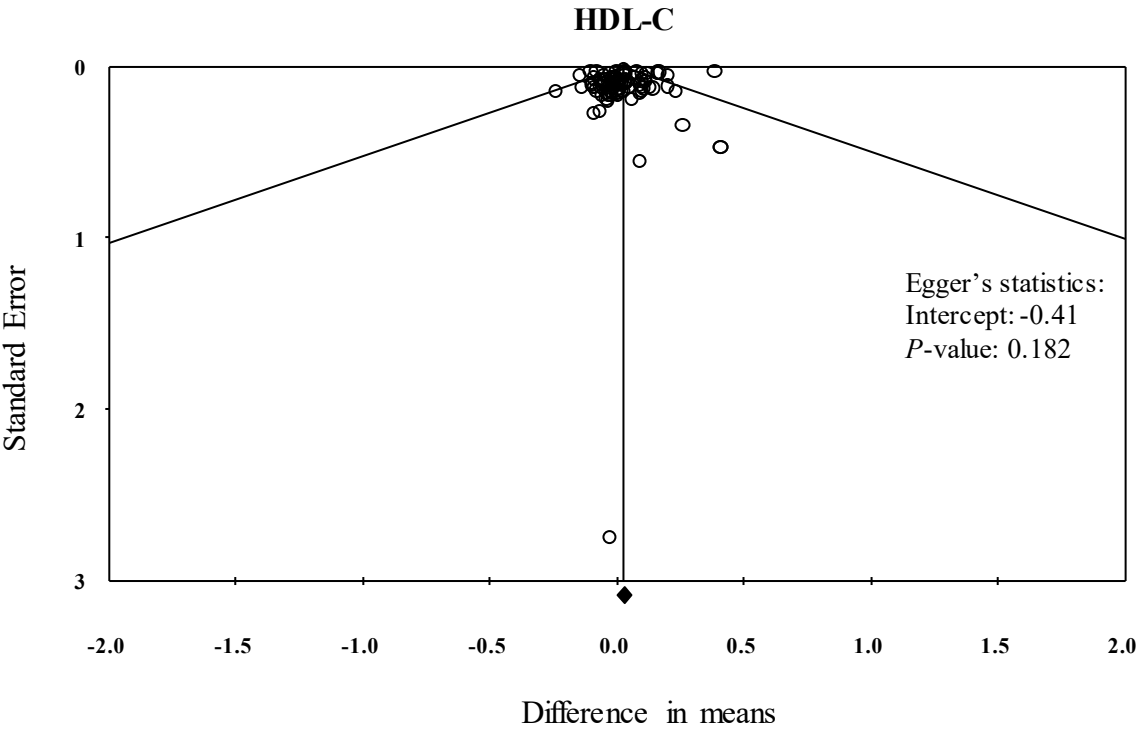
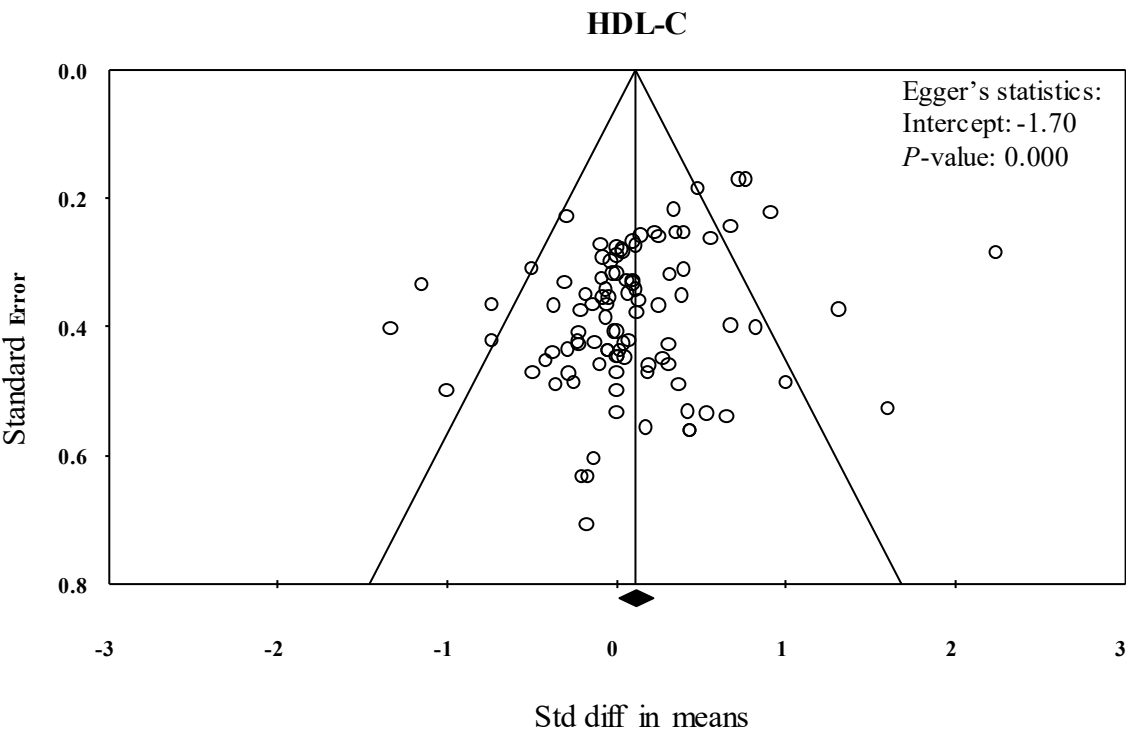
Supplementary Figure S13. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on HDL-C. A total of 99 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



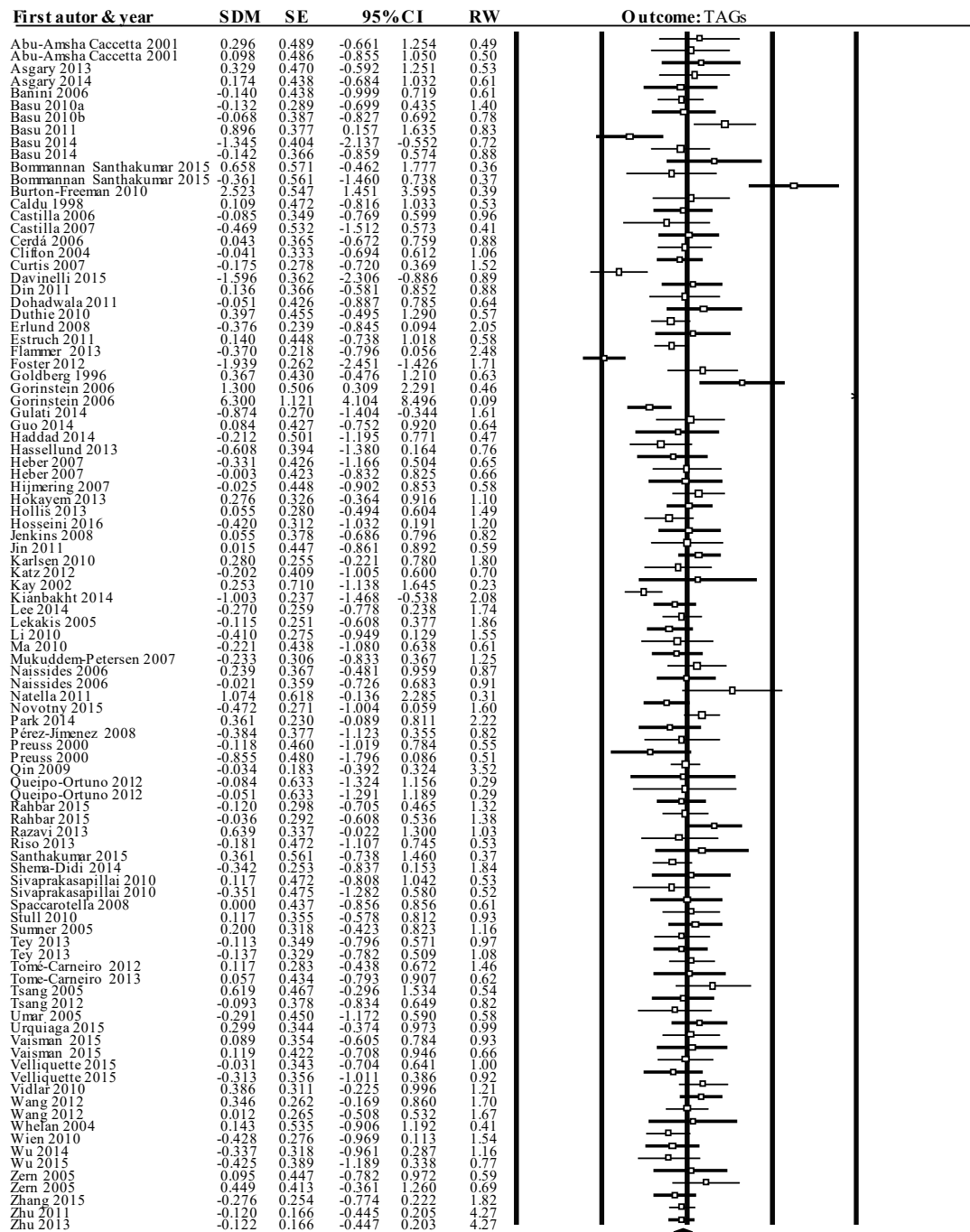
Supplementary Figure S14.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on HDL-C. A total of 92 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



Supplementary Figure S15. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on high density lipoprotein- cholesterol (HDL-C).



Supplementary Figure S16. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on TAGs. A total of 97 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



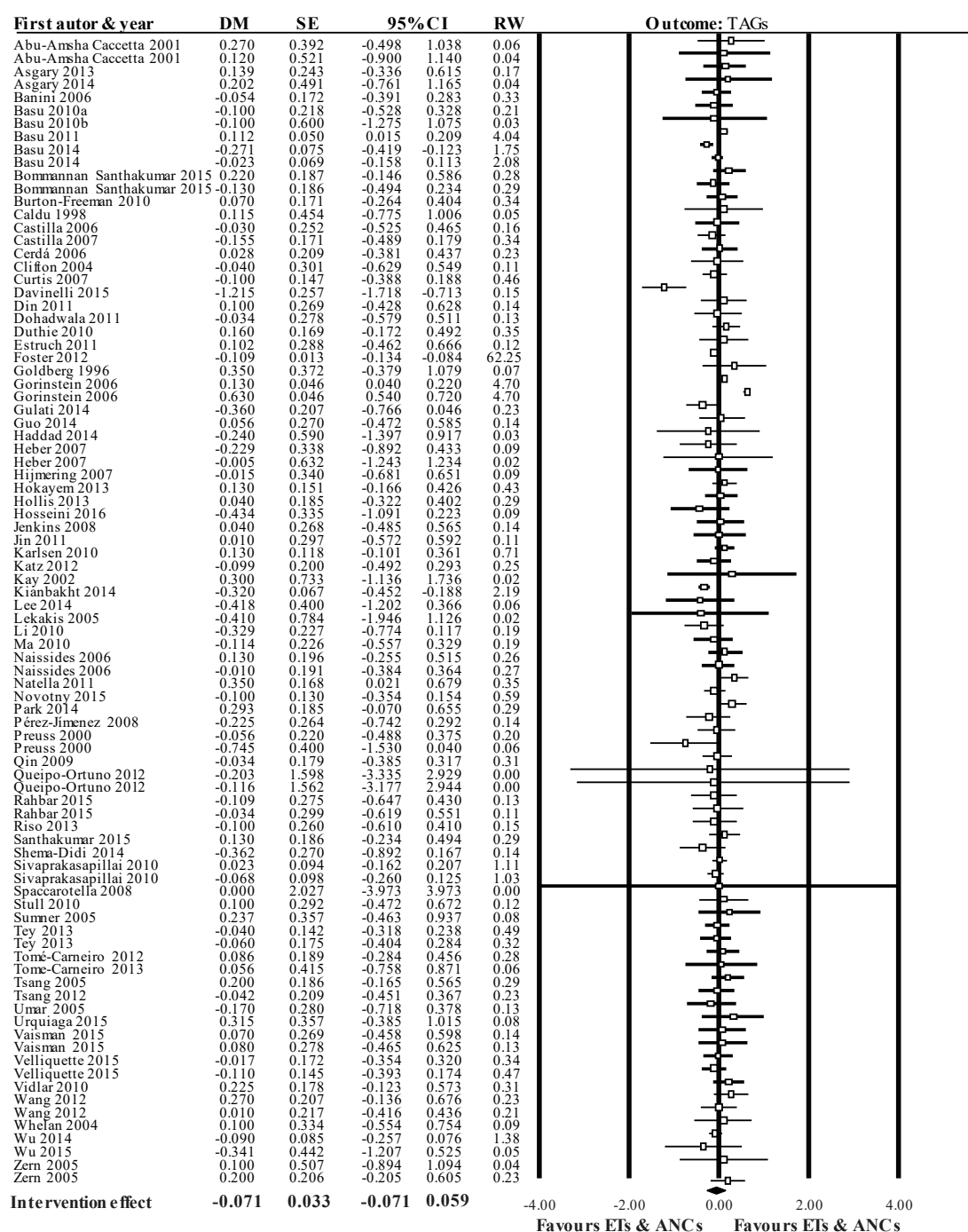
Intervention effect -0.065 0.055 -0.174 0.043

-4.00 -2.00 0.00 2.00 4.00
Favours ETs & ANCs Favours ETs & ANCs

Test for overall effect $Z=-1.182$; $P=0.237$; $Ns=1859$; $Nc=1743$

Heterogeneity $\tau^2=0.157$; $Q=227.7$; $df=96$ ($P=0.000$); $I^2=57.8$

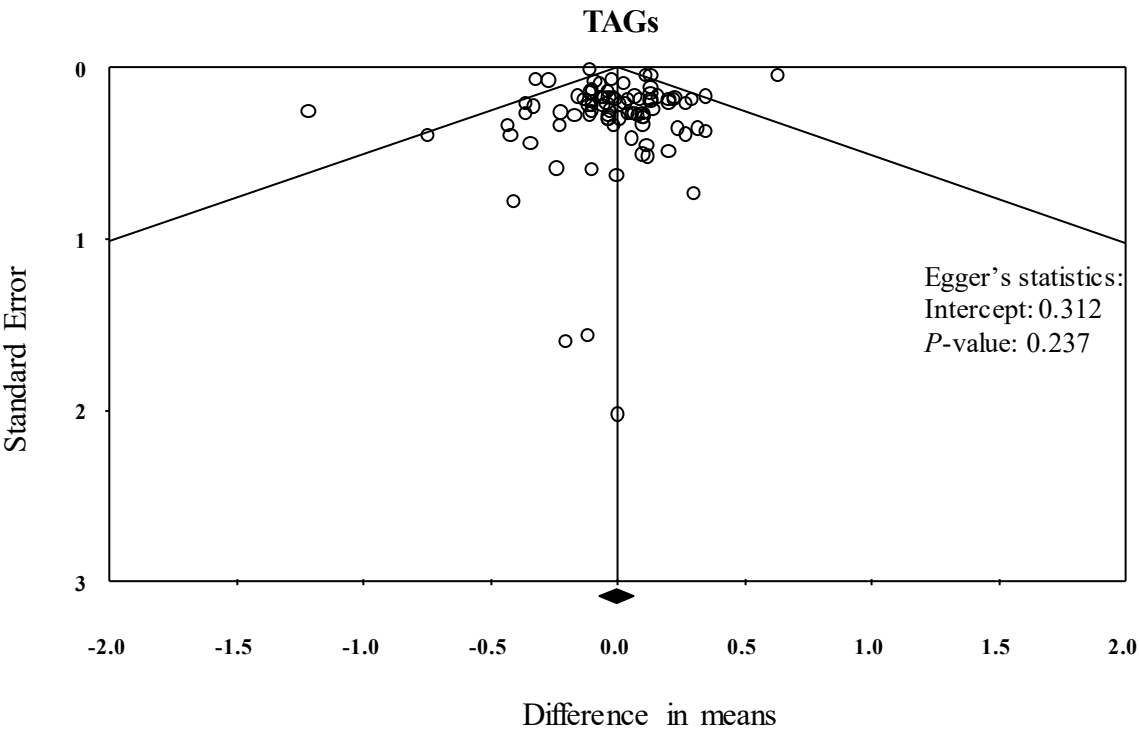
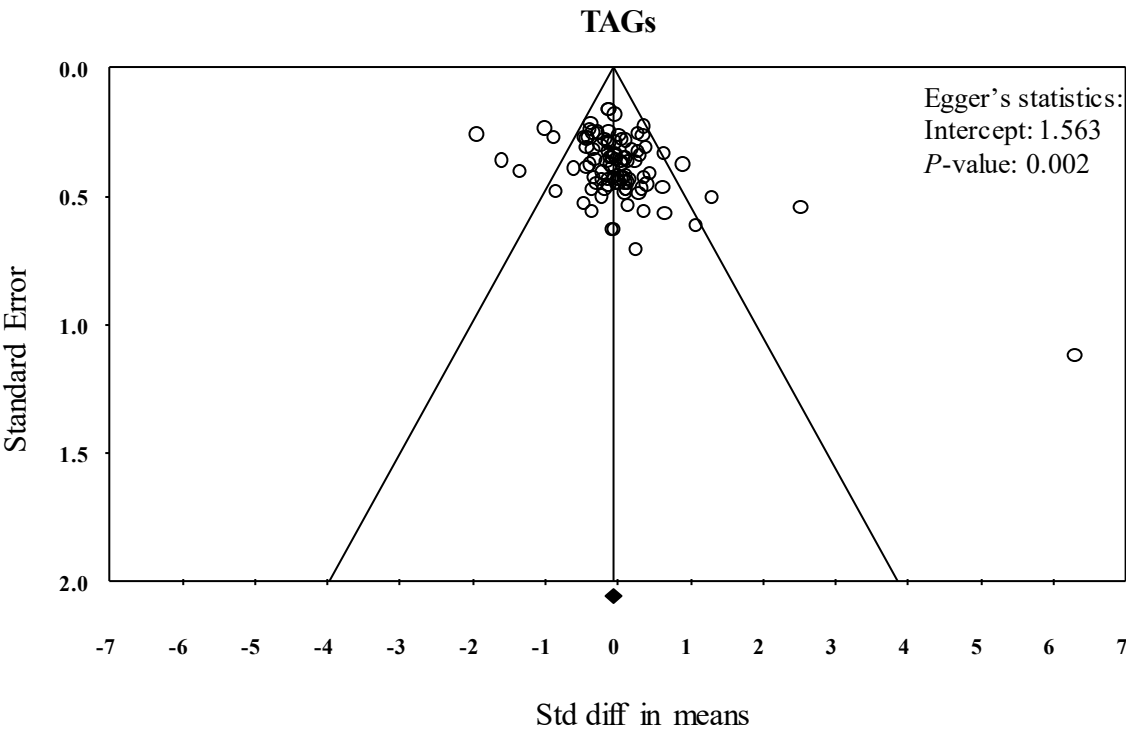
Supplementary Figure S17.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on TAGs. A total of 88 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



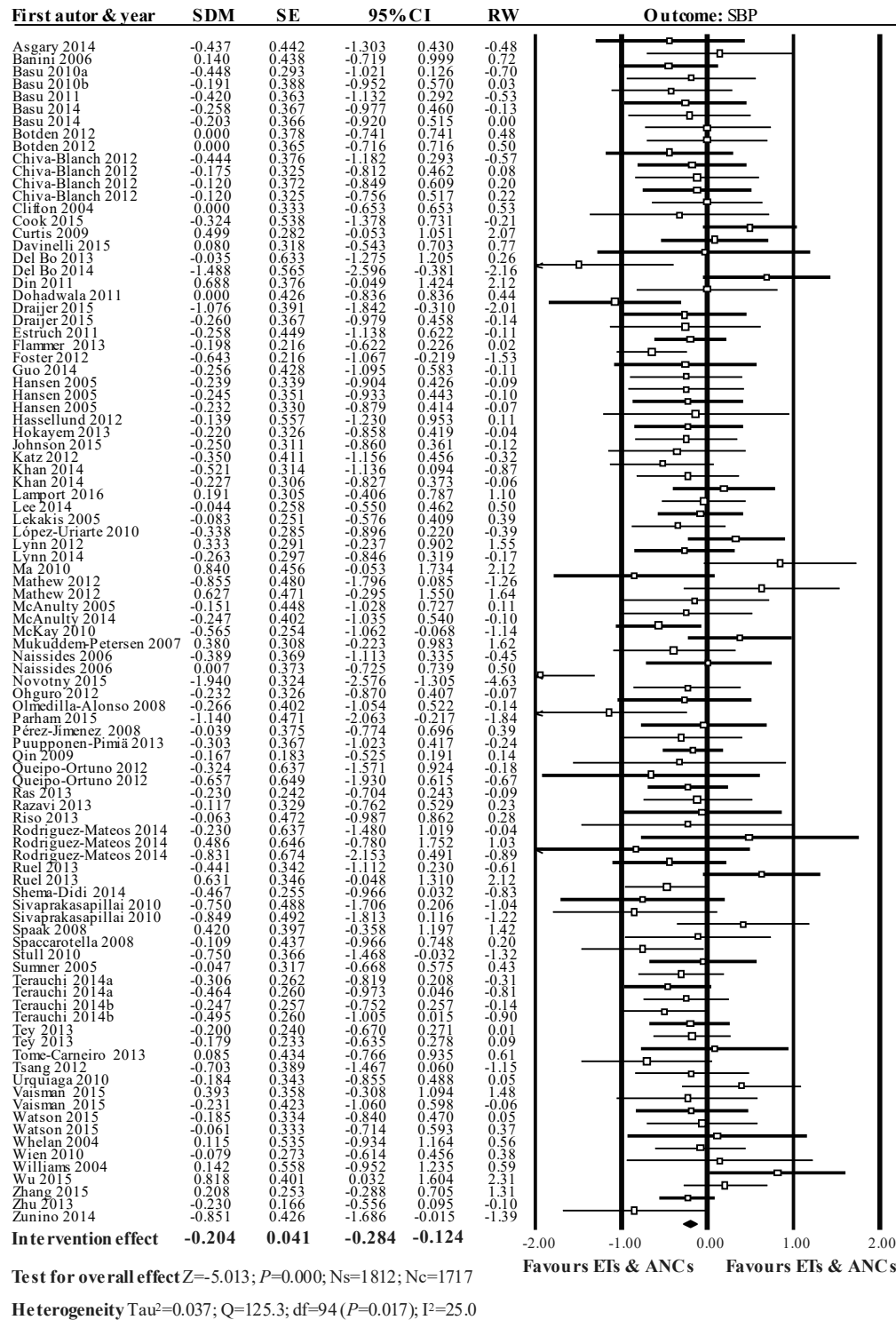
Test for overall effect $Z=-0.177$; $P=0.086$; $Ns=1525$; $Nc=1404$

Heterogeneity $\text{Tau}^2=0.045$; $Q=360.4$; $df=87$ ($P=0.000$); $I^2=75.9$

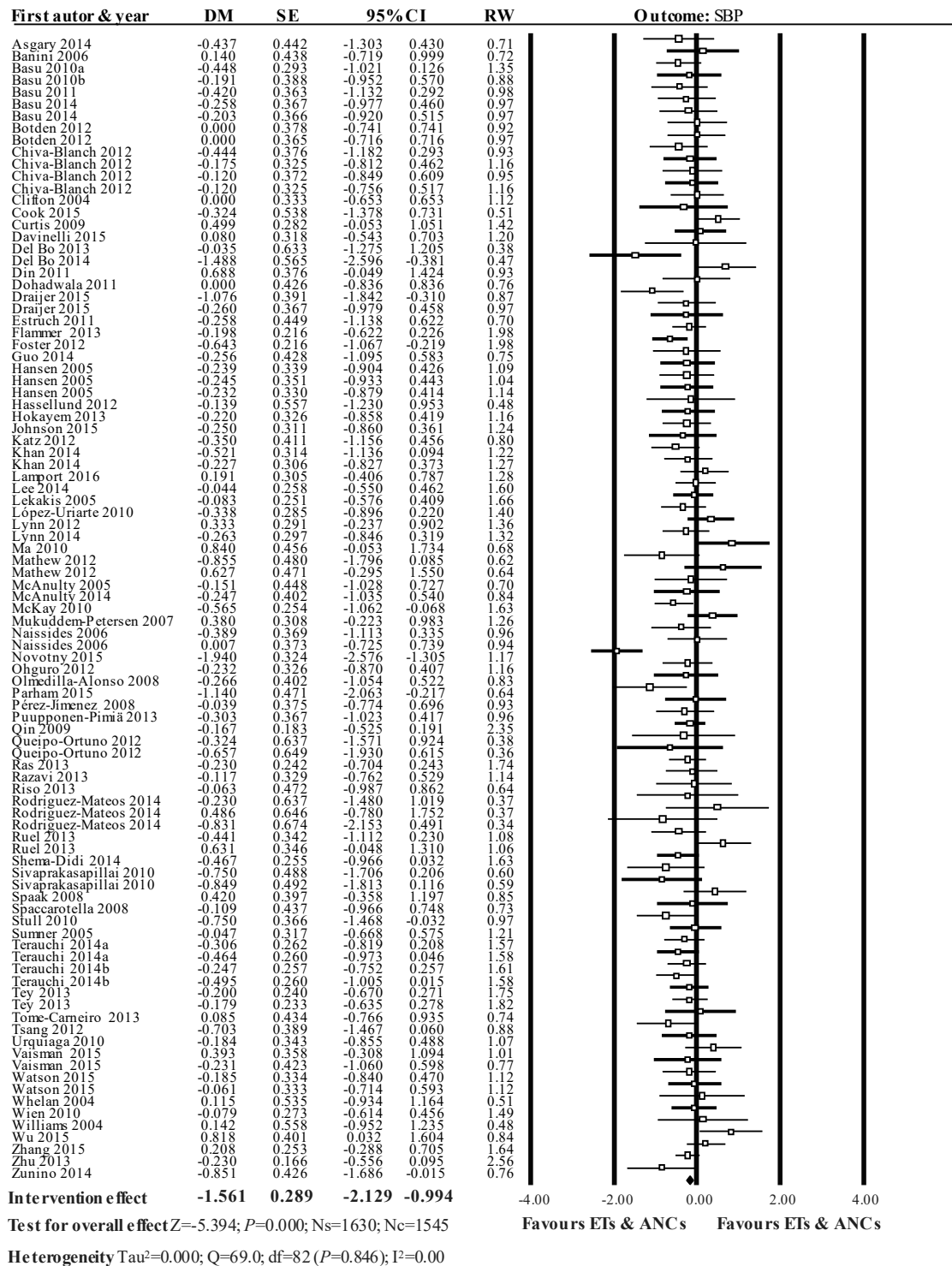
Supplementary Figure S18. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on triacylglycerols (TAGs).



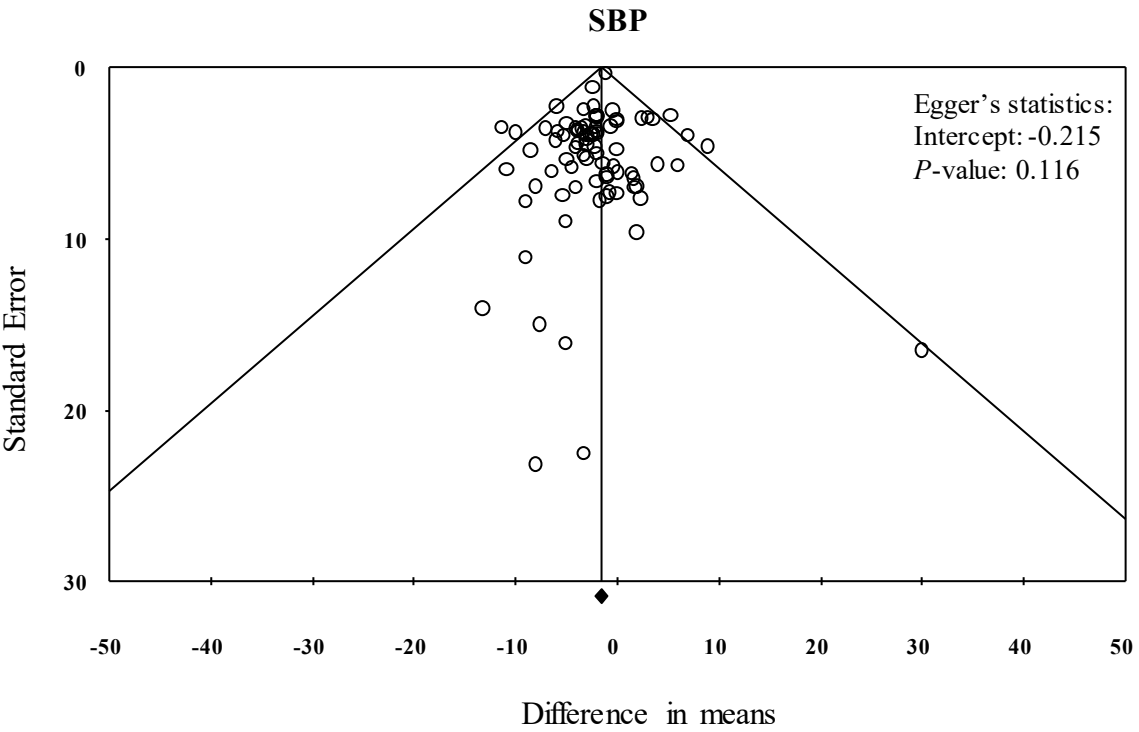
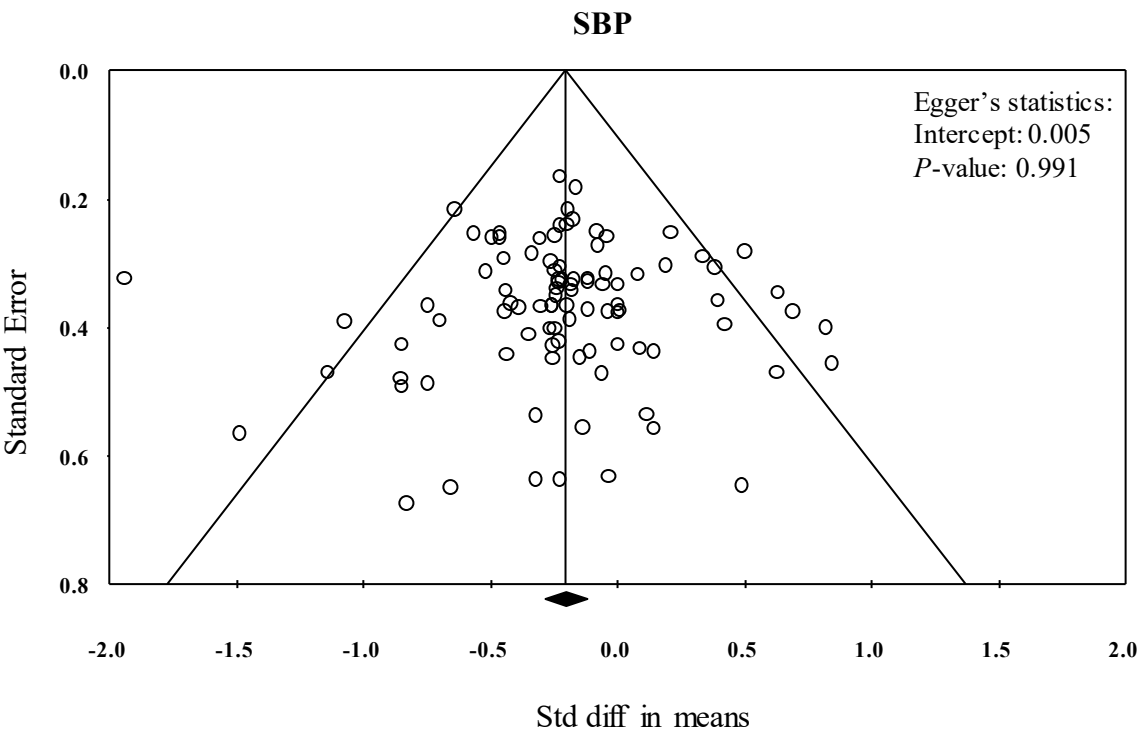
Supplementary Figure S19. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on SBP. A total of 95 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



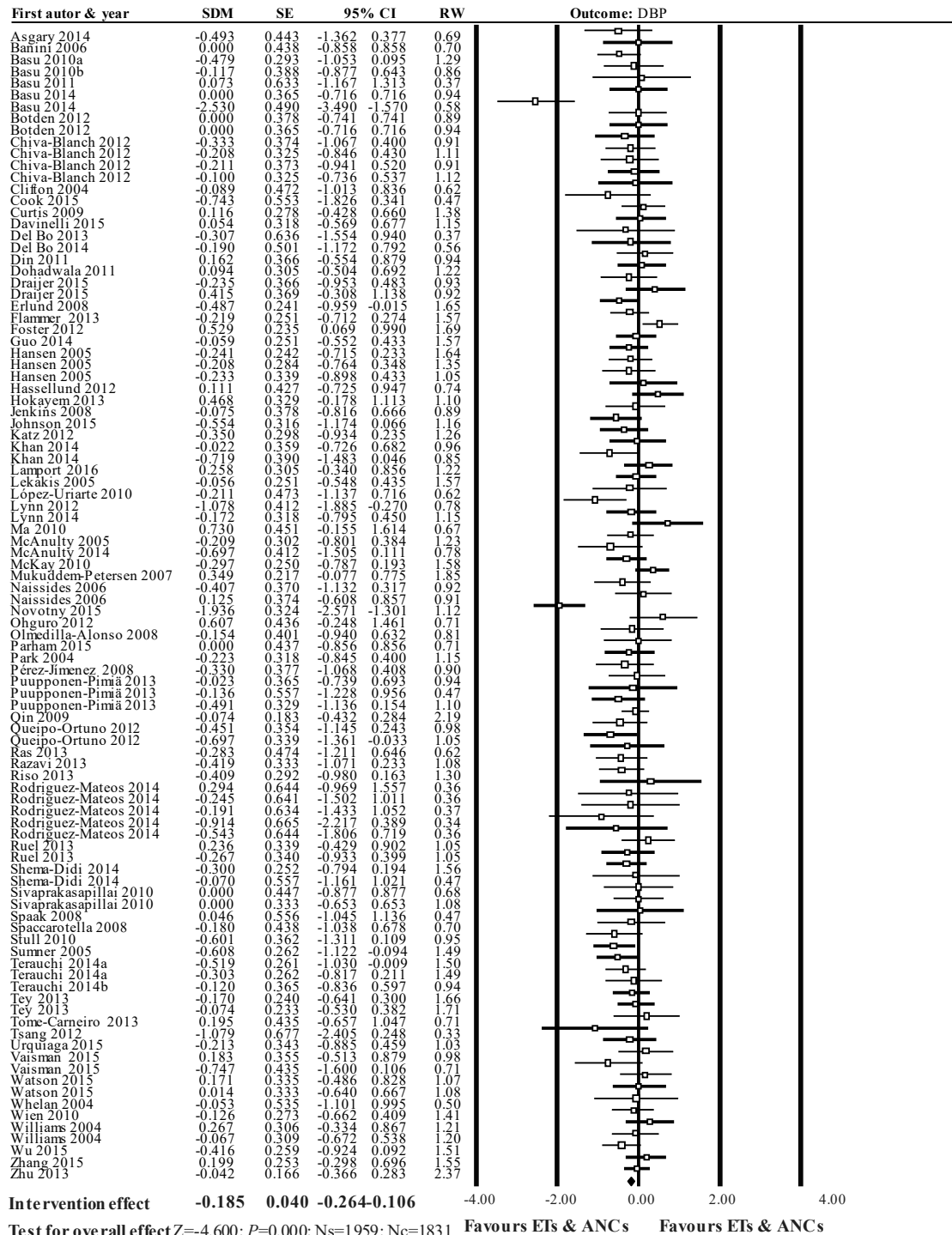
Supplementary Figure S20.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on SBP. A total of 83 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



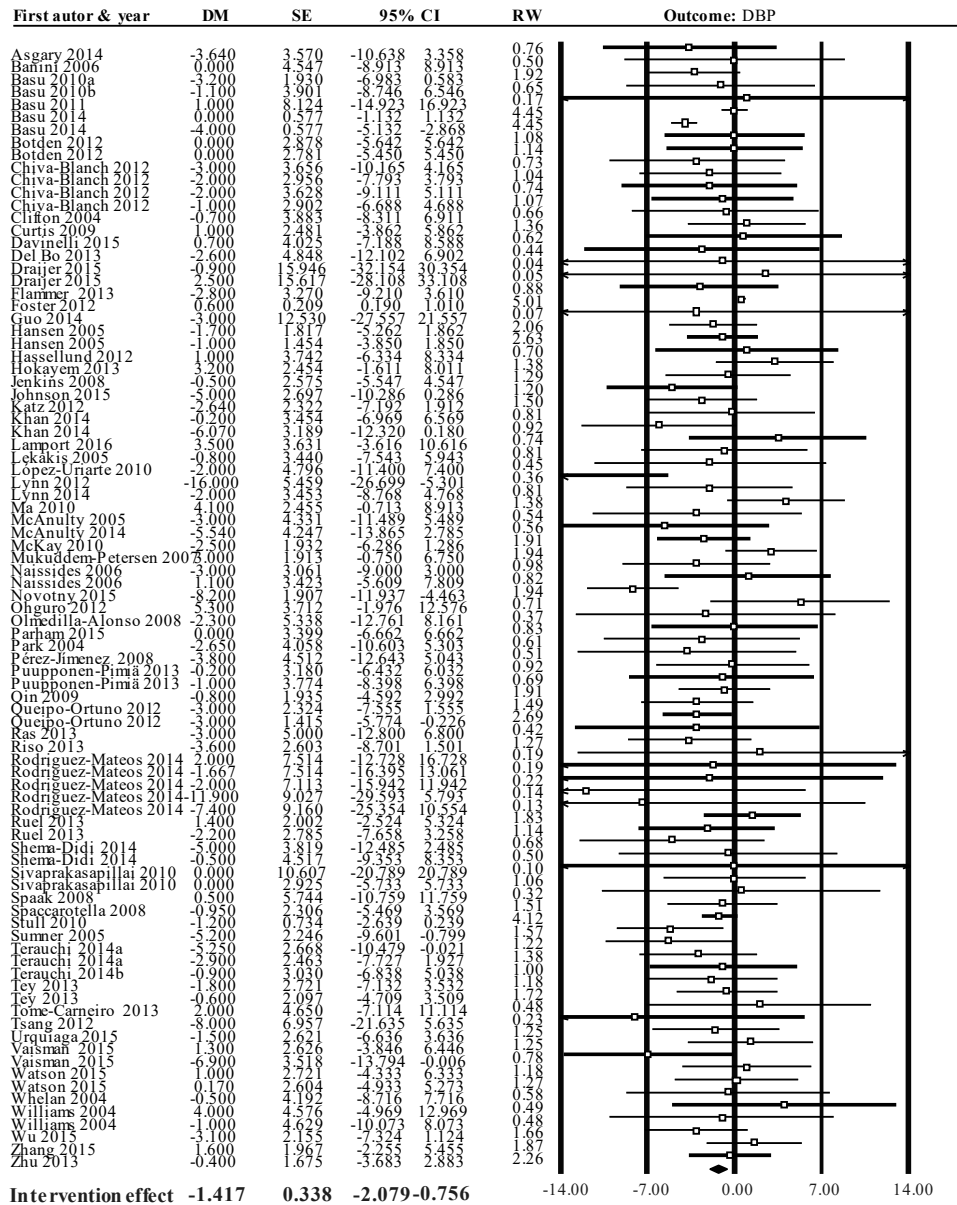
Supplementary Figure S21. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on systolic blood pressure (SBP).



Supplementary Figure S22. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on DBP. A total of 99 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



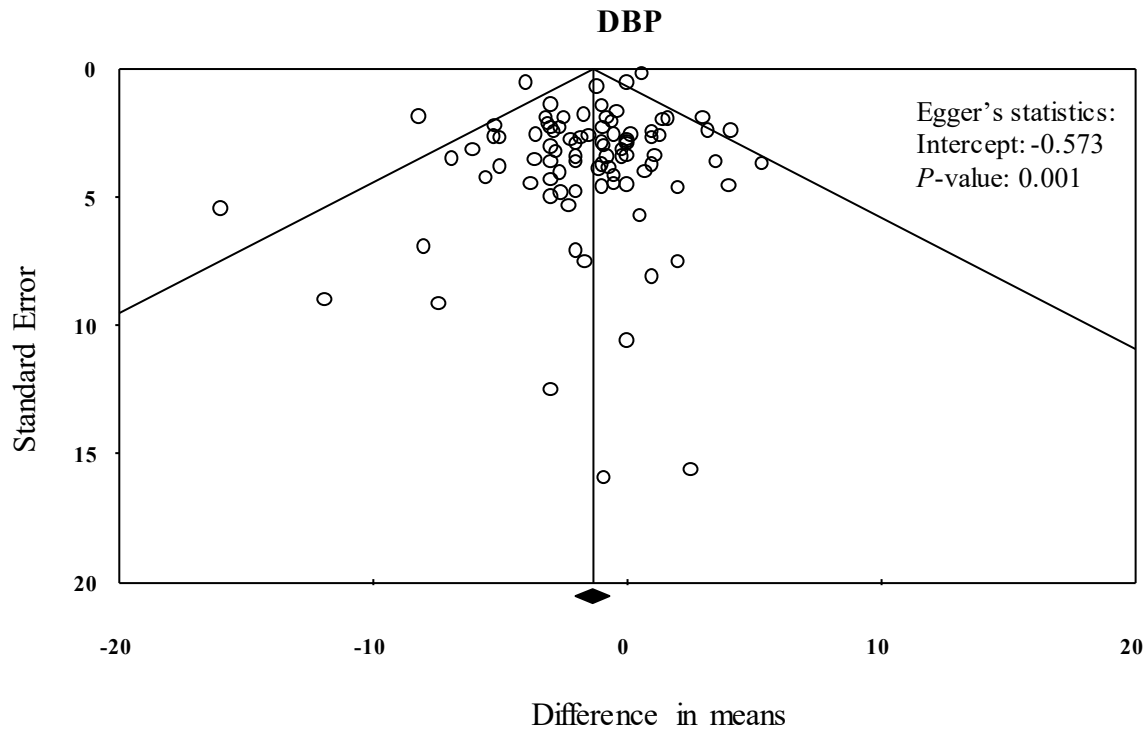
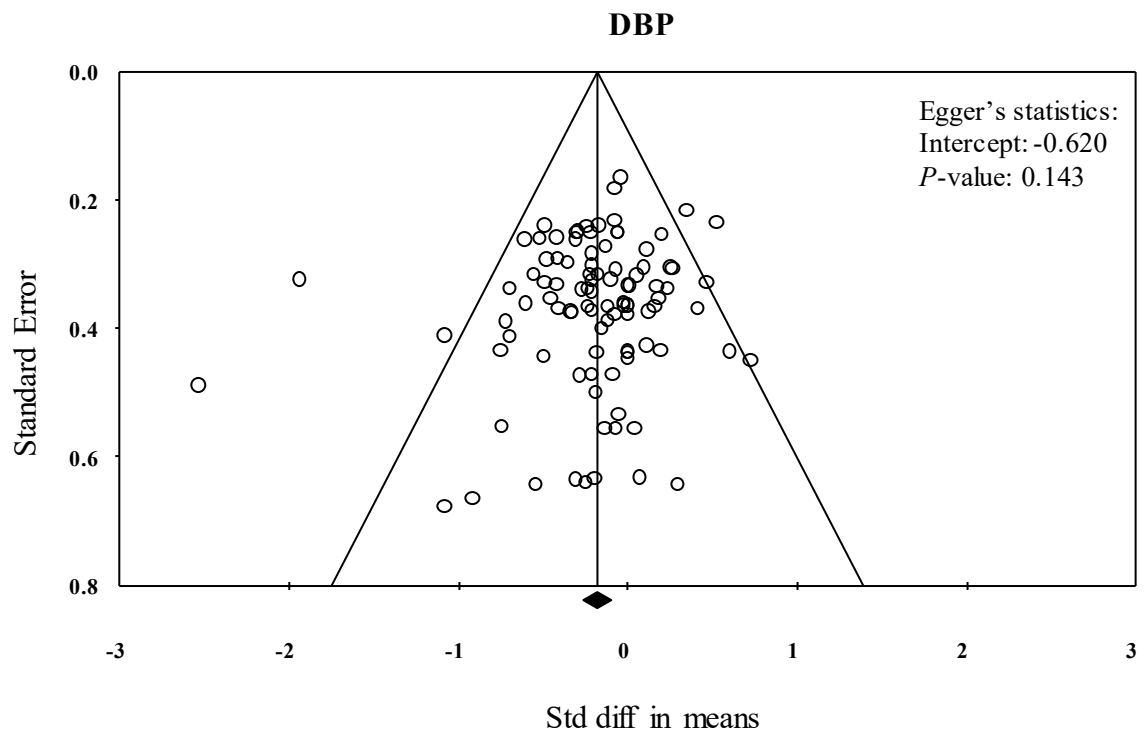
Supplementary Figure S23.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on DBP. A total of 90 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



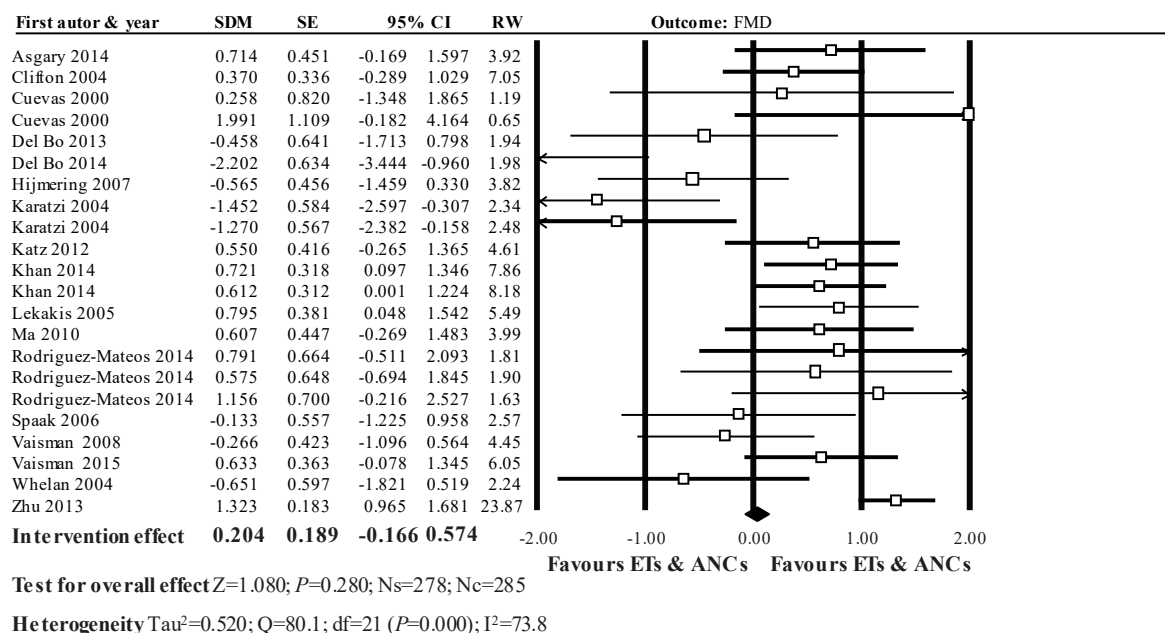
Test for overall effect $Z=-4.198$; $P=0.000$; $Ns=1782$; $Nc=1655$

Heterogeneity $\tau^2=2.301$; $Q=152.4$; $df=89$ ($P=0.000$); $I^2=41.6$

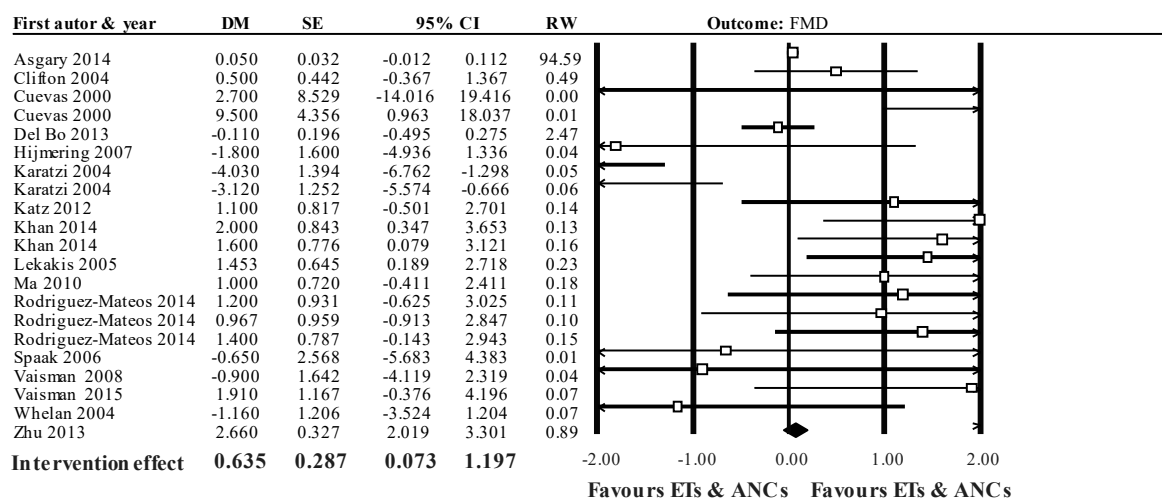
Supplementary Figure S24. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on diastolic blood pressure (DBP).



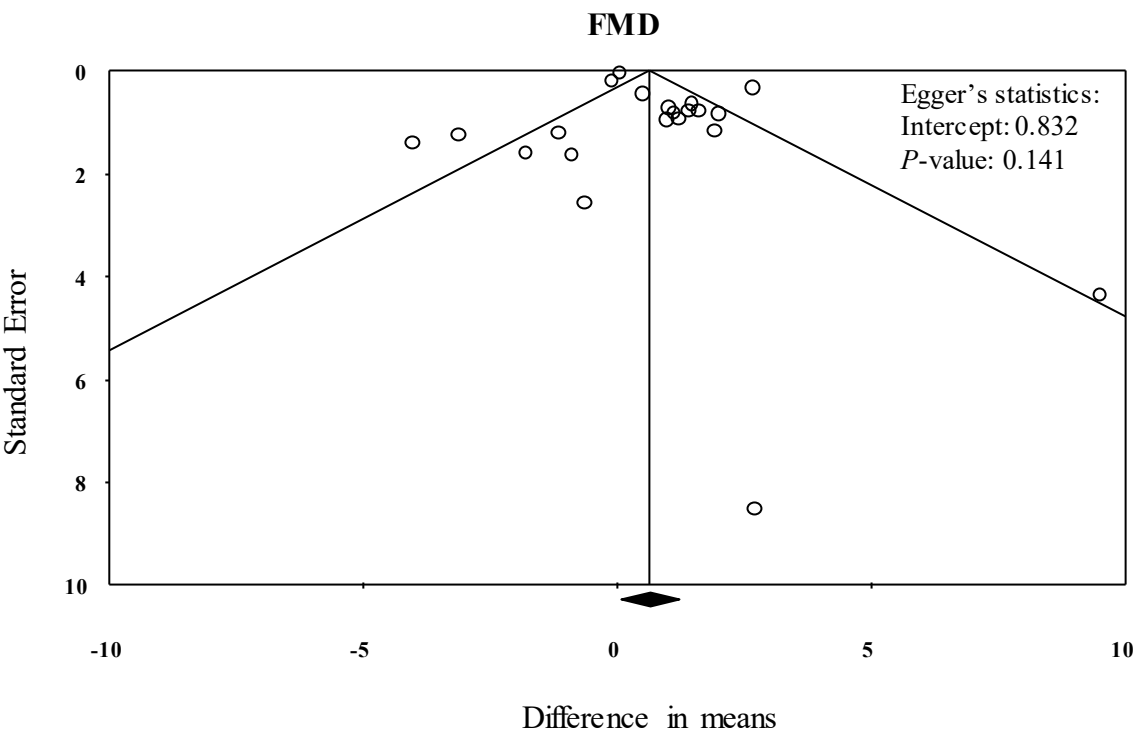
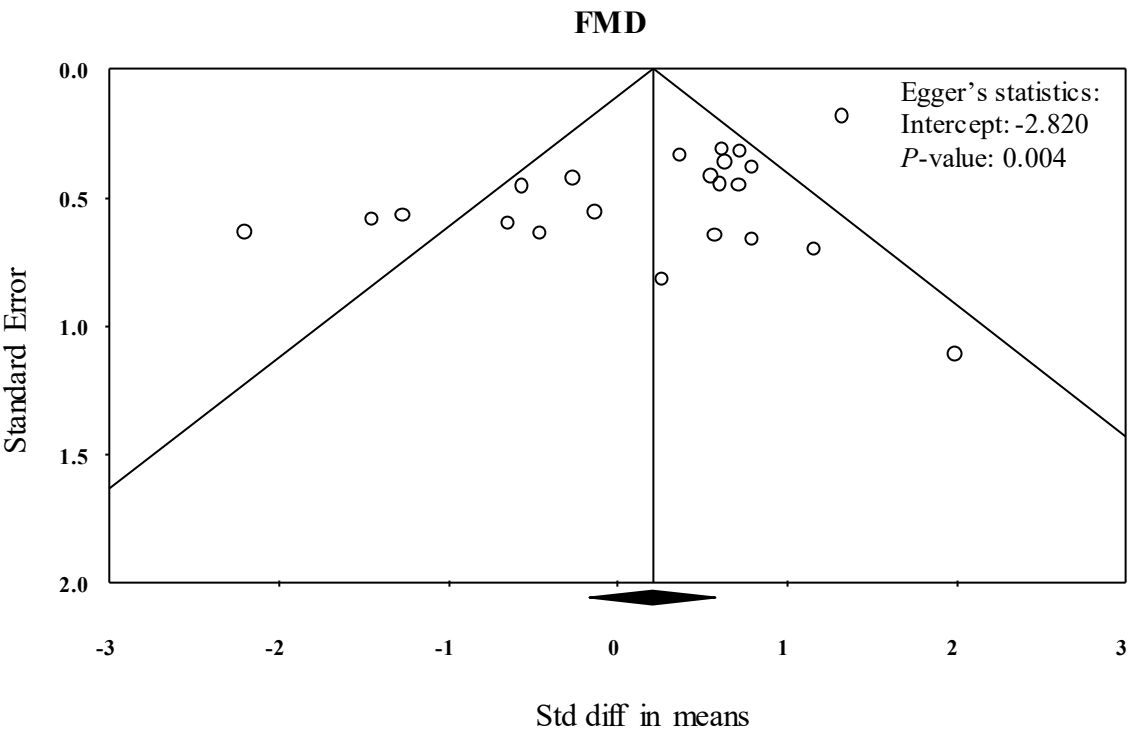
Supplementary Figure S25. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on FMD. A total of 22 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



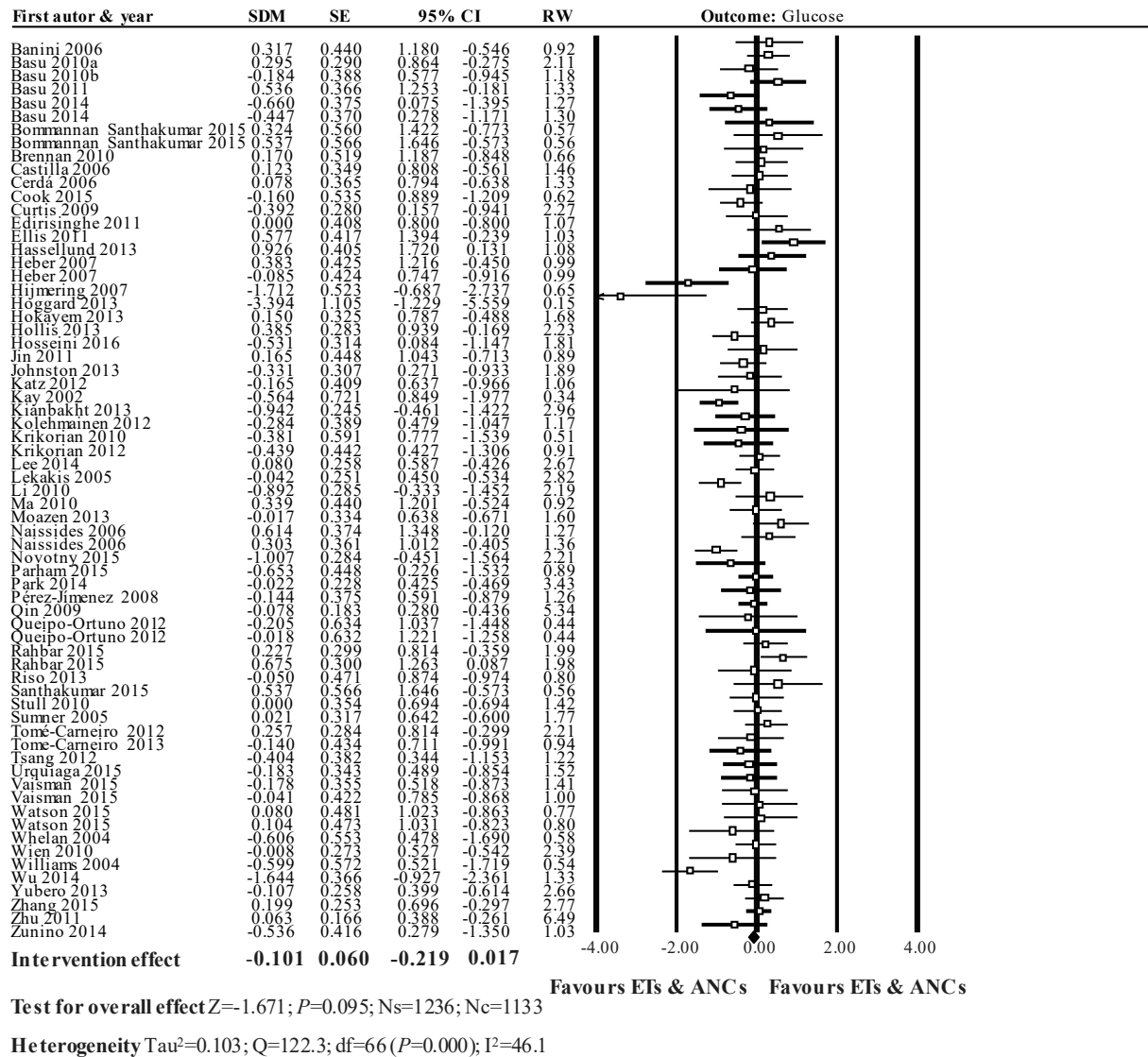
Supplementary Figure S26.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on FMD. A total of 21 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



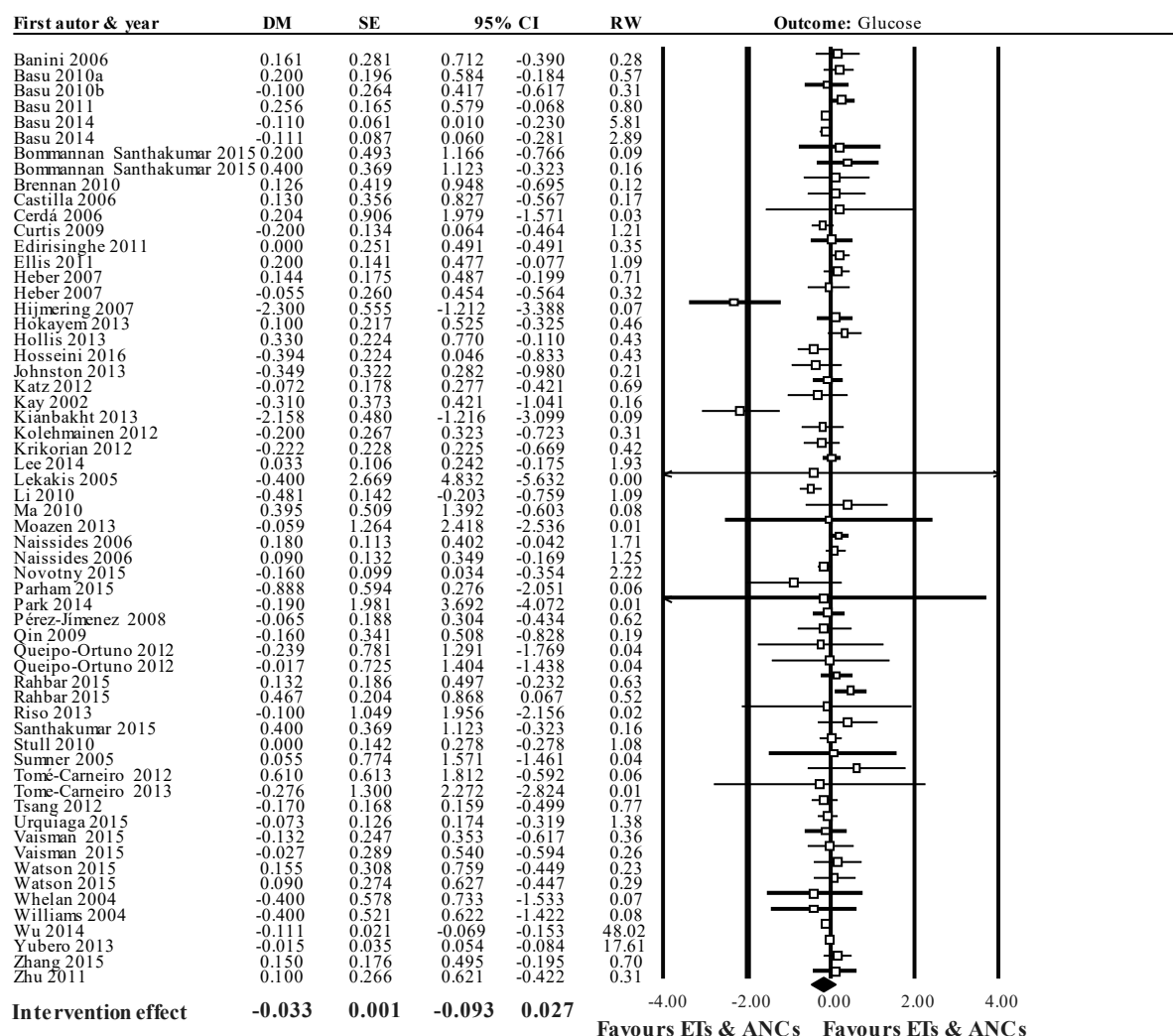
Supplementary Figure S27. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on flow mediated dilation (FMD).



Supplementary Figure S28. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on glucose. A total of 67 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



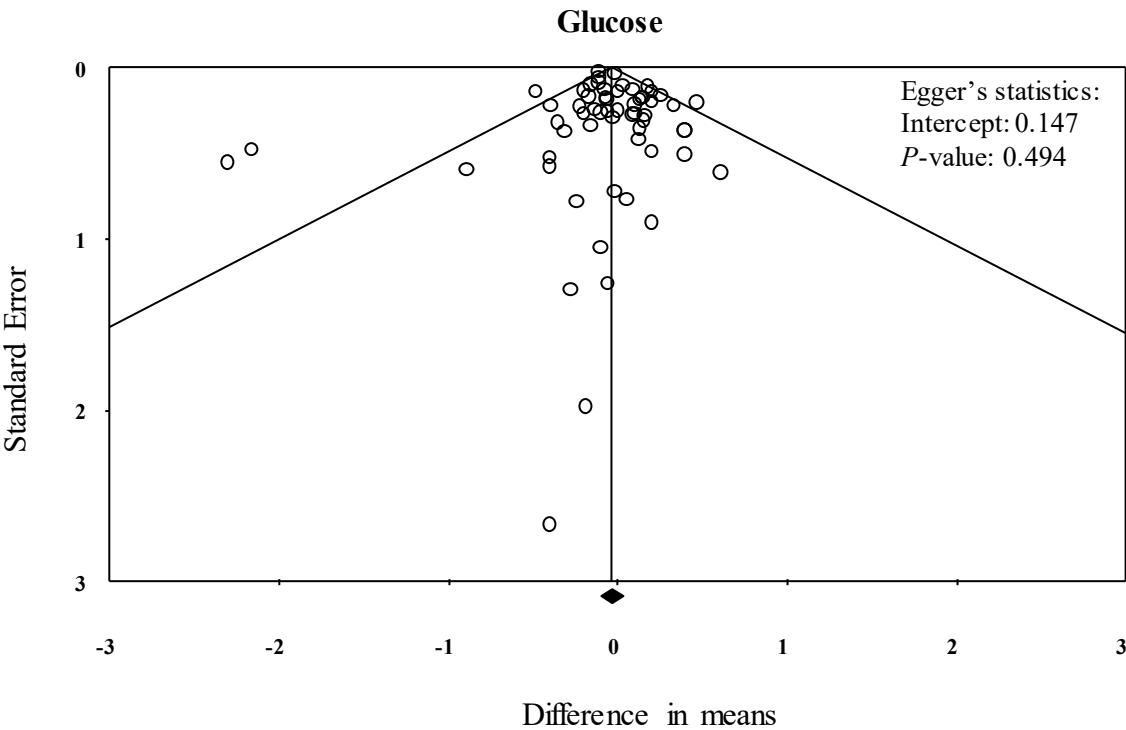
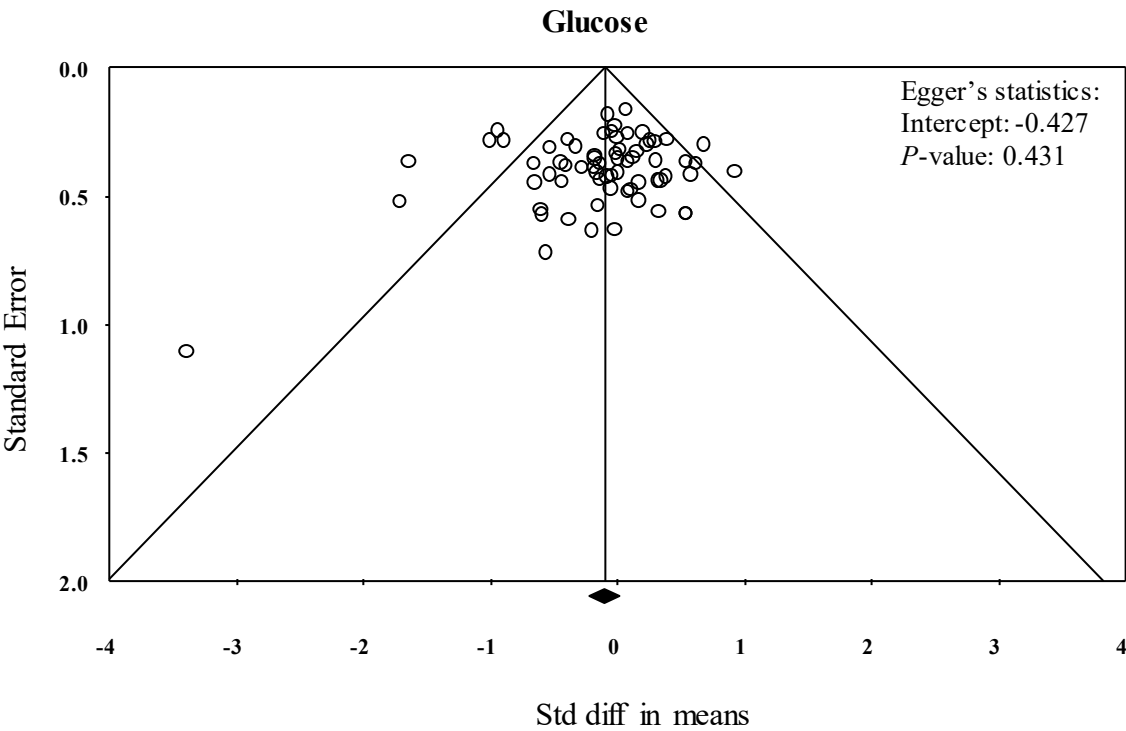
Supplementary Figure S29.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on glucose. A total of 60 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



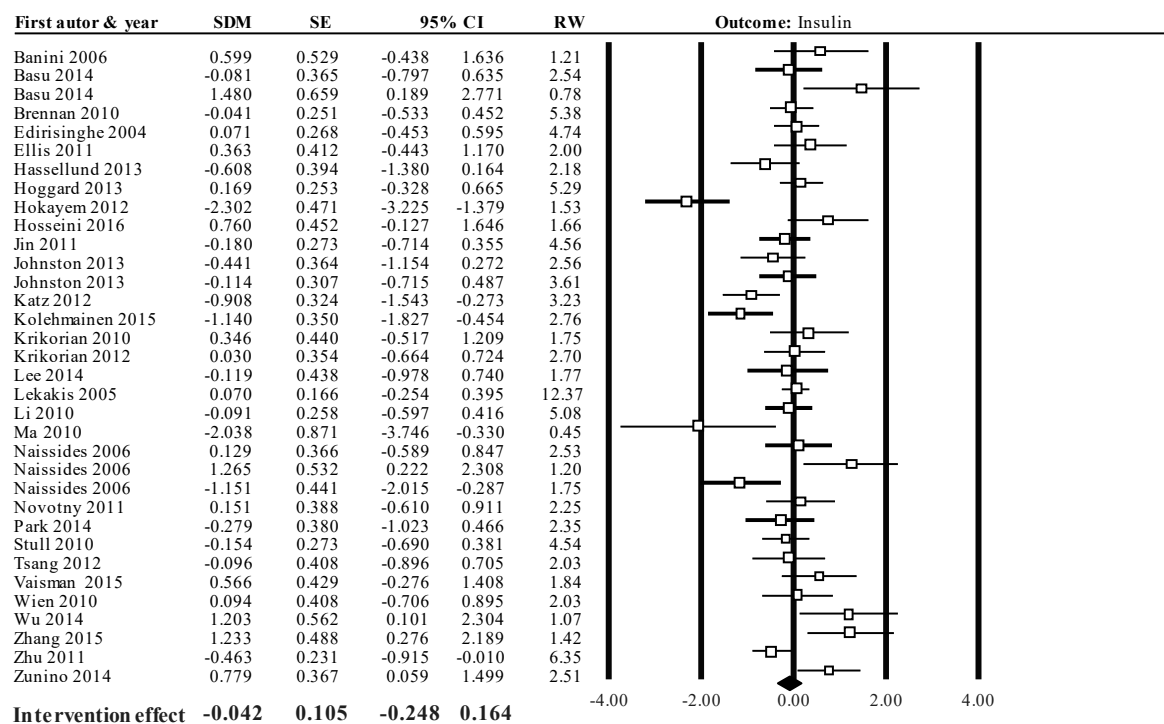
Test for overall effect $Z=-1.086$; $P=0.277$; $N_s=1156$; $N_c=1054$

Heterogeneity $\tau^2=0.012$; $Q=99.4$; $df=59$ ($P=0.001$); $I^2=40.6$

Supplementary Figure S30. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on glucose.



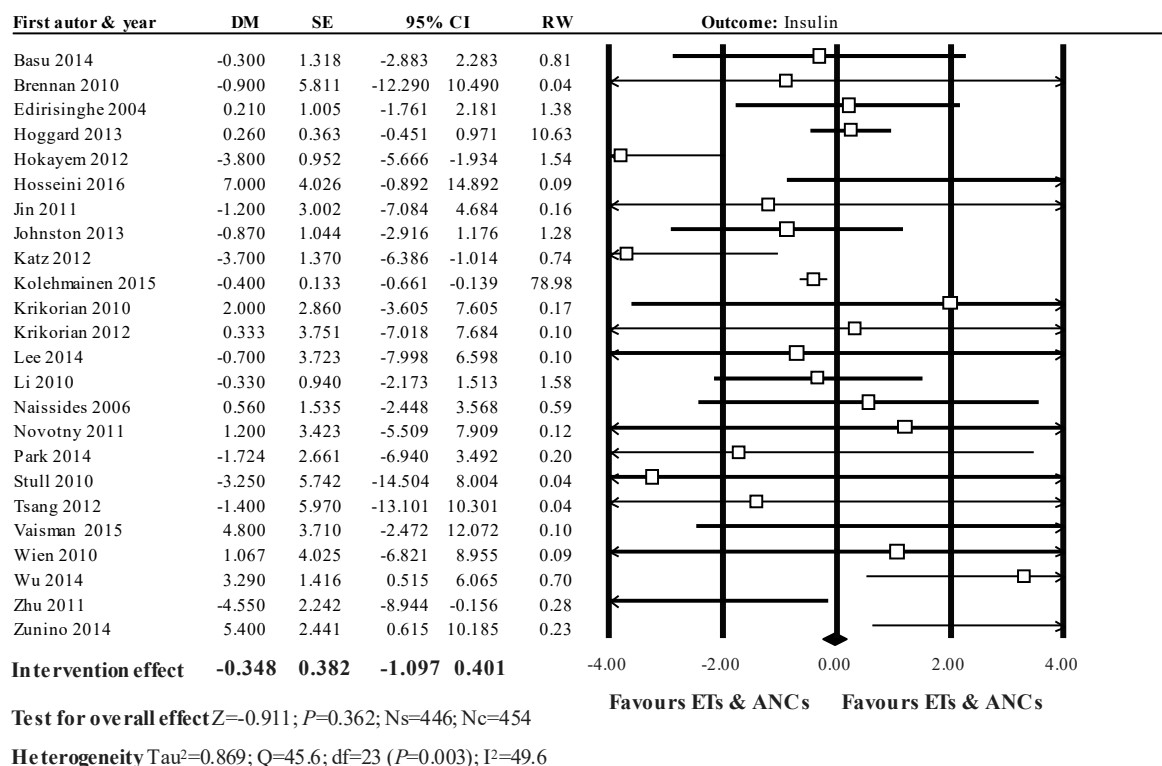
Supplementary Figure S31. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on insulin. A total of 34 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



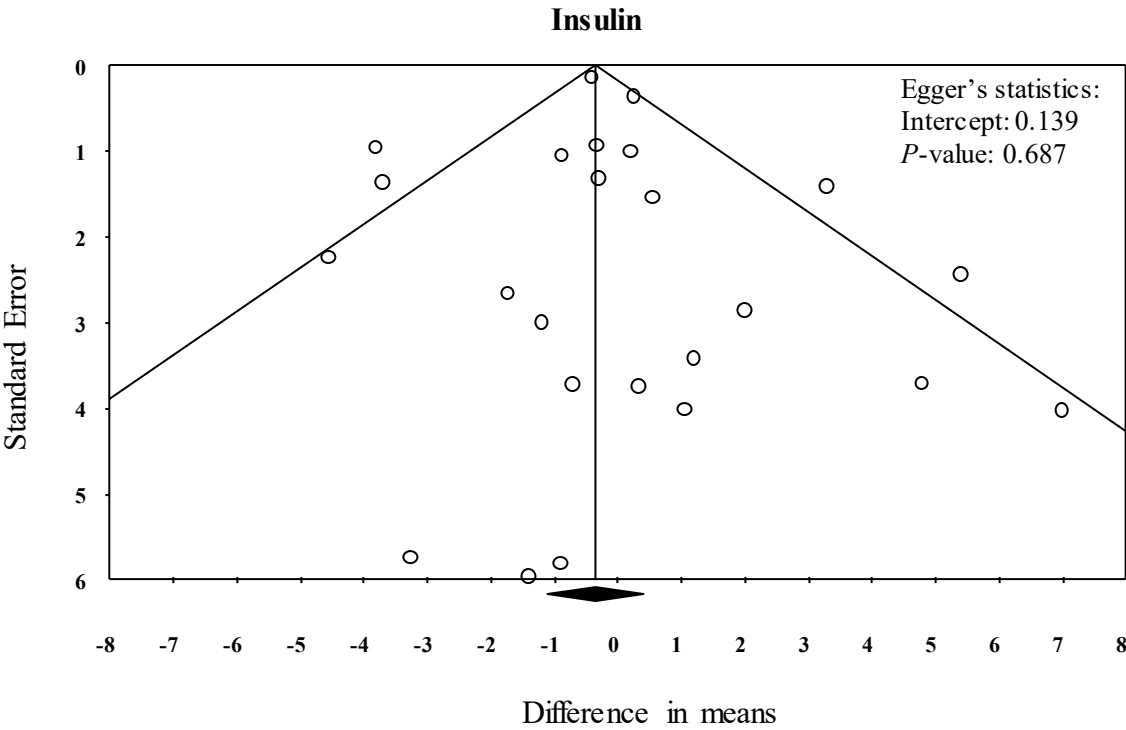
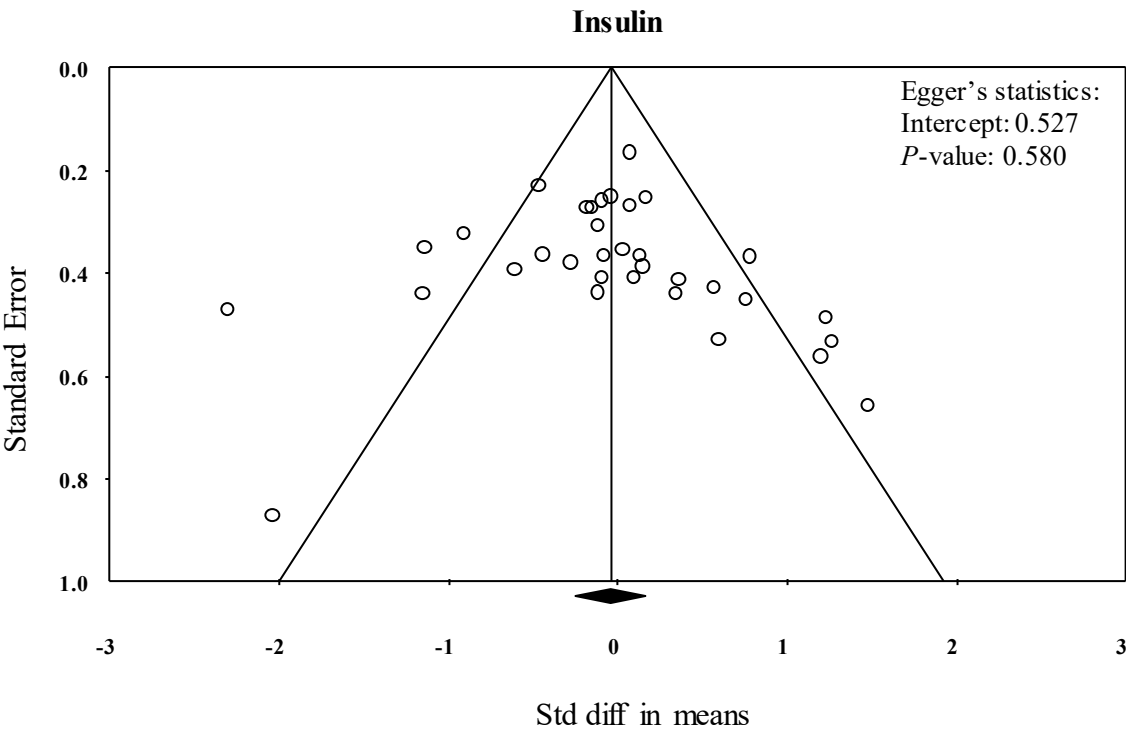
Test for overall effect $Z=-0.402$; $P=0.688$; $Ns=612$; $Nc=624$

Heterogeneity $\tau^2=0.229$; $Q=97.3$; $df=33$ ($P=0.000$); $I^2=66.1$

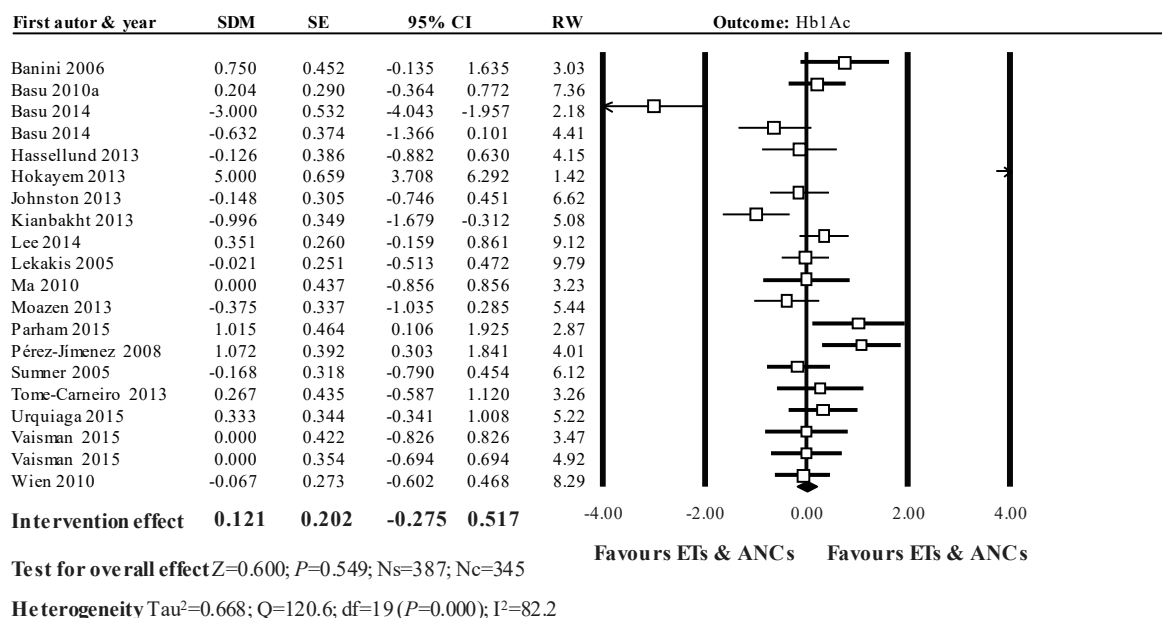
Supplementary Figure S32.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on insulin. A total of 24 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



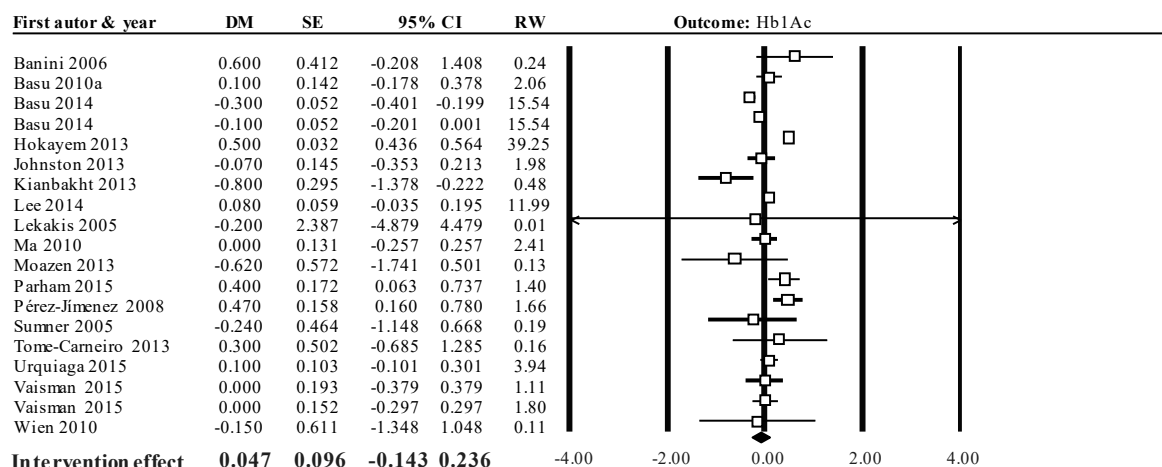
Supplementary Figure S33. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on insulin.



Supplementary Figure S34. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on Hb1Ac. A total of 20 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



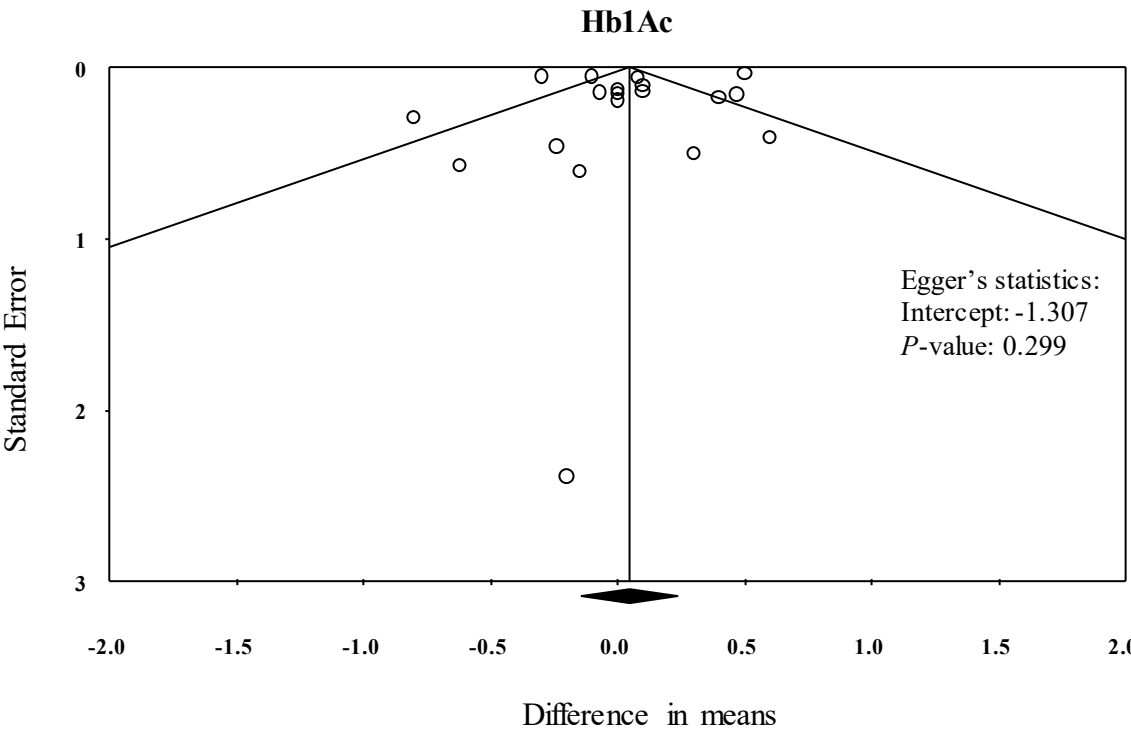
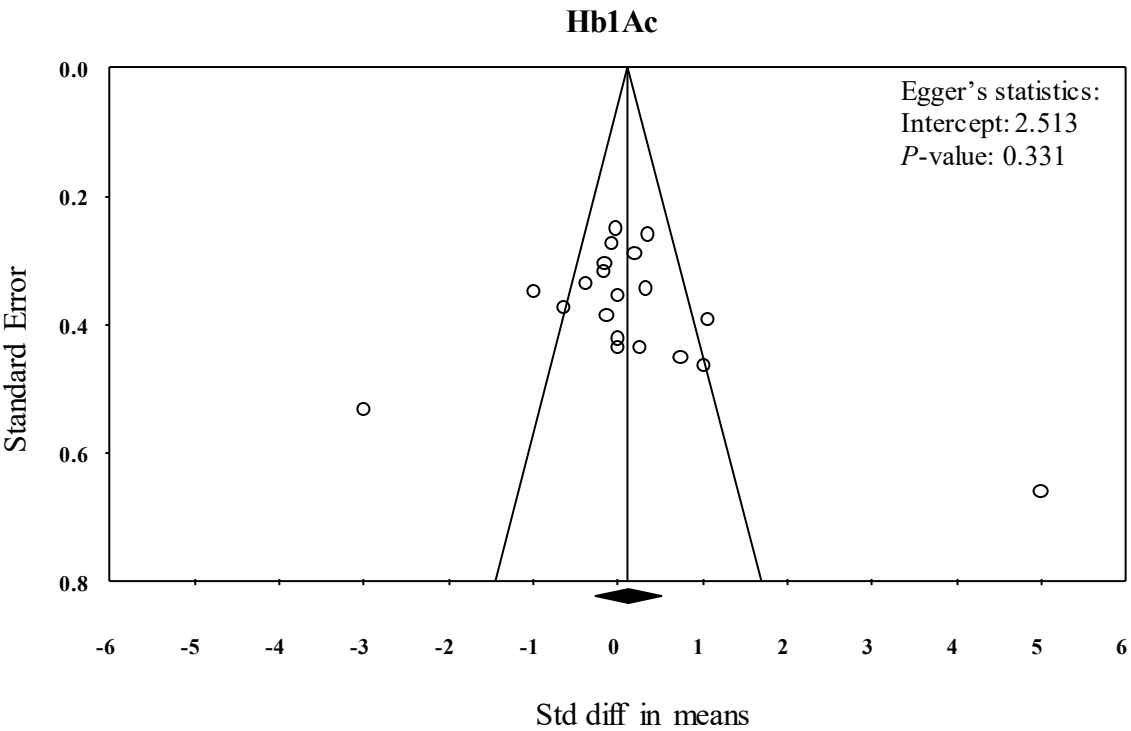
Supplementary Figure S35.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on Hb1Ac. A total of 19 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



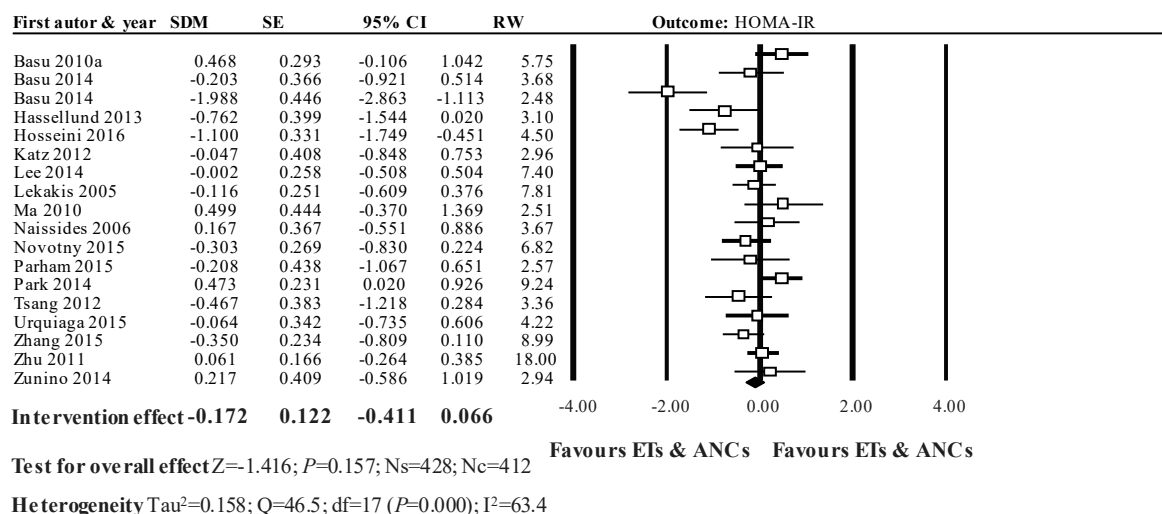
Test for overall effect $Z=0.482$; $P=0.629$; $Ns=374$; $Nc=331$

Heterogeneity $\tau^2=0.120$; $Q=242.9$; $df=18$ ($P=0.000$); $I^2=92.6$

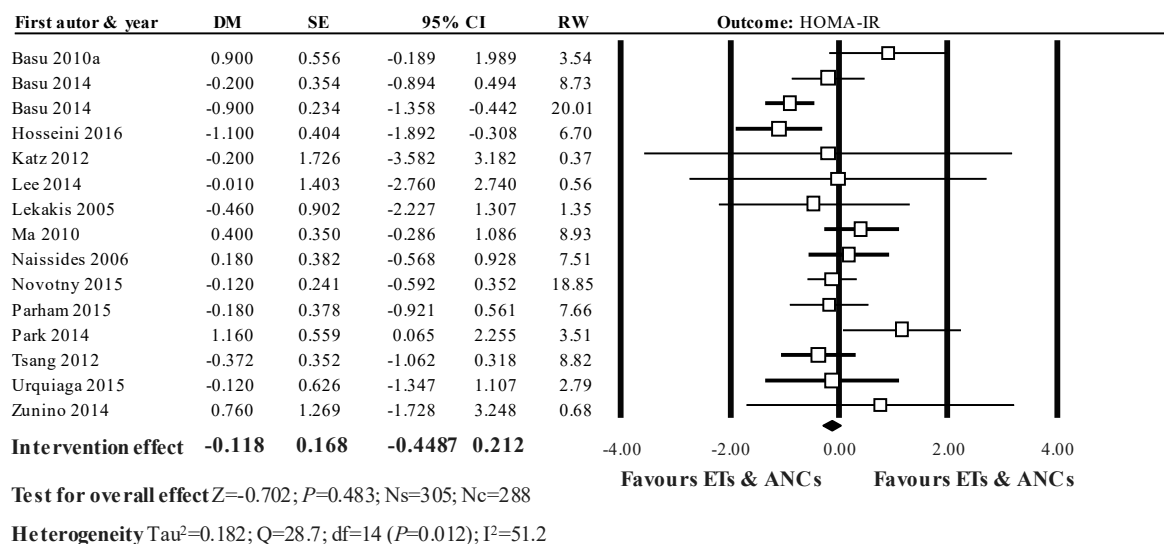
Supplementary Figure S36. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on glycated haemoglobin (Hb1Ac).



Supplementary Figure S37. Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on HOMA-IR. A total of 18 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. SDM: standardized difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average SDM, RW: relative weight.



Supplementary Figure S38.- Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on HOMA-IR. A total of 15 studies (displayed in alphabetical order) were analysed. Pooled results are shown at the bottom using a random-effects model. DM: Difference in means, SE: standard error, 95% CI: lower and upper confidence limits for the average DM, RW: relative weight.



Supplementary Figure S39. Funnel plots and Egger statistics (intercept and 2-tailed *P*-value) of the meta-analysis evaluating the effects of a prolonged supplementation with ellagitannins and anthocyanins-containing products on homeostatic model assessment of insulin resistance (HOMA-IR).

