

Supplementary Table S3. Overall effect size estimations (DM) 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	DM	95% CI	Z	P-value	Tau ²	Q	df (P-value)	I ² (%)	Egger's regression	
													Intercept	P-value (2-tailed)
BMI (Kg/m ²)	47	2145	1095	1050	-0.003	-0.014, 0.007	-0.592	NS	0.000	11.7	46 (1.000)	0.00	-0.031	NS
WC (cm)	22	972	503	469	-1.219	-2.073, -0.365	-2.799	0.005	0.828	33.6	21 (0.040)	37.5	0.152	NS
T-C (mmol/L)	103	3673	1902	1771	-0.099	-0.177, -0.020	-2.417	0.013	0.078	349.4	102 (0.000)	70.6	0.017	NS
LDL-C (mmol/L)	92	3307	1718	1589	-0.032	-0.117, 0.052	-0.748	NS	91.0	523.8	91 (0.000)	82.6	0.256	NS
HDL-C (mmol/L)	92	3239	1692	1547	0.026	-0.001, 0.053	1.867	0.062	0.008	237.2	91 (0.000)	61.6	-0.412	NS
TAGs (mmol/L)	88	2929	1525	1404	-0.006	-0.071, 0.059	-0.177	0.086	0.045	360.4	87 (0.000)	75.9	0.312	NS
SBP (mm Hg)	83	3175	1630	1545	-1.561	-2.129, -0.994	-5.394	0.000	0.000	69.0	82 (0.846)	0.00	-0.214	NS
DBP (mm Hg)	90	3437	1782	1655	-1.417	-2.079, -0.756	-4.198	0.000	2.301	152.4	89 (0.000)	41.6	-0.590	0.0005
FMD (%)	21	547	270	277	0.635	0.073, 1.197	2.214	0.027	0.841	112.1	20 (0.000)	82.2	0.831	NS
Glucose (mmol/L)	60	2210	1156	1054	-0.033	-0.093, 0.027	-1.086	NS	0.012	99.4	59 (0.001)	40.6	0.147	NS
Insulin (mIU/L)	24	900	446	454	-0.348	-1.097, 0.401	-0.911	NS	0.869	45.6	23 (0.003)	49.6	0.139	NS
Hb1Ac	19	705	374	331	0.047	-0.143, 0.236	0.482	NS	0.120	242.9	18 (0.000)	92.6	-1.307	NS
HOMA-IR	15	593	305	288	-0.118	-0.448, 0.212	-0.702	NS	0.182	28.7	14 (0.012)	51.2	1.093	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; DM: difference in means; 95% CI: lower and upper confidence limits for the average DM; df: degrees of freedom; Z: statistic for testing the significance of the average DM; 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.