

Note to participants:

Kindly please note that following listed “purple foods” should be avoided during your participation in this study.

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| Berries |
| <ol style="list-style-type: none">1. Blueberries2. Blackberries3. Blackcurrant4. Concord grapes (dark/purple)5. Cherries6. Chokeberries7. Raspberries8. Strawberries |
| Other fruits |
| <ol style="list-style-type: none">1. Plums2. Prunes3. Raisins |
| Veggies |
| <ol style="list-style-type: none">1. Beetroot2. Aubergine3. Red cabbages4. Red onions |
| Juices |
| All smoothie/juices blended from above foods |
| Alcohol |
| <ol style="list-style-type: none">1. Red wine |
| Other foods |
| <ol style="list-style-type: none">1. Pastry, cake or biscuits containing cherries and berries2. Cherries/berries containing muesli and fruit flakes |