

Figure S2.- Forest plot of the meta-analysis evaluating the effects of supplementation with flavanols-containing tea, cocoa or apple products on human waist circumference (WC). A total of 46 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.

