

**Figure S4.-** Forest plot of the meta-analysis evaluating the effects of a prolonged supplementation with flavanols-containing tea, cocoa or apple products on human blood levels of LDL cholesterol. A total of 105 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.

