Supplementary Materials:

Table S1. Relative HDL size distribution

HDL subclass (% protein)		Placebo *n* = 6	MiPo *n* = 6
HDL 2b	Baseline	45.3 (35.1–55.5)	40.2 (29.3–51.1)
	After 30 days	38.9 (27.5–50.3)	35.8 (25.2–46.4)
HDL 2a	Baseline	17.8 (15.1–20.5)	16.9 (14.5–19.4)
	After 30 days	19.2 (14.8–23.6)	16.13 (12.3–19.9)
HDL 3a	Baseline	24.4 (18.6–30.2)	28.4 (20.6–36.3)
	After 30 days	28.9 (23.5–34.5)	30.8 (26.4–35.3)
HDL 3b	Baseline	7.6 (3.7–11.4)	10.3 (6.6–13.9)
	After 30 days	9.1 (3.6–14.6)	12.5 (6.5–17.9)
HDL 3c	Baseline	4.9 (1.6–8.3)	4.1 (2.4–5.9)
	After 30 days	3.9 (1.2–7.5)	4.9 (1.0–10.4)

Note: HDL: high-density lipoproteins, MiPo: microencapsulated pomegranate. Data are expressed as median (interquartile range), before and after of 30 days of supplementation with MiPo or administration with maltodextrin as placebo. Mann-Whitney U test for non-normal distribution

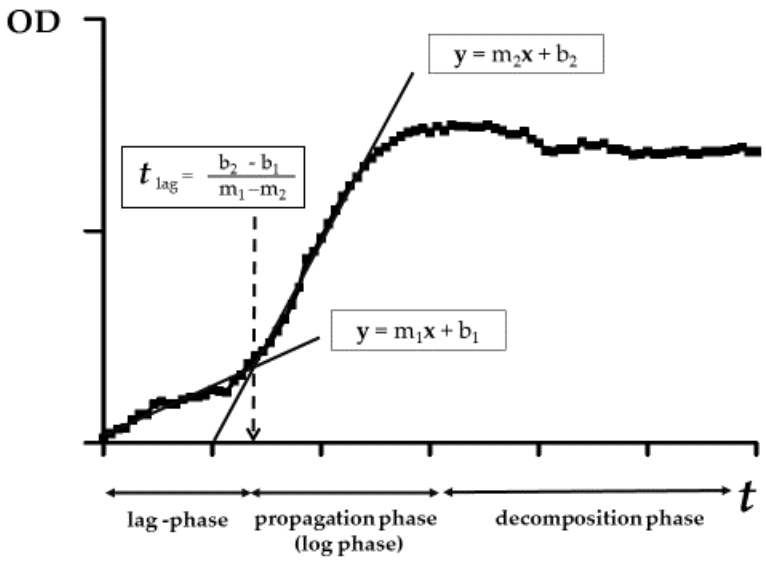

Figure S1. Method to determine the lag time (t_{lag}) on the basis of the kinetics of copper-mediated HDL oxidation. The temporal changes in absorbance at 234 nm is divided into three phases, a lag phase, a propagation phase (log phase) and a decomposition phase. Both the lag and lineal phases were quantified by linear regression of the lag and log phases of the curve. The x value of the common point to the line equations ($y=m_1x+b_1$ and $y=m_2x+b_2$) is considered the t_{lag}.