

Supplementary Table S9a. Stratification by the health status of the study participants: influence on the effects estimations (SDM, DM) of the impact of ellagitannins (ETs: pomegranate, nuts) containing foods and products on a range of cardiovascular risk associated biomarkers.

Health status	ETs					
	Healthy		At risk		Disease	
	SDM (S, n, P)	DM (S, n, P)	SDM (S, n, P)	DM (S, n, P)	SDM (S, n, P)	DM (S, n, P)
BMI (Kg/m ²)*	-0.12 (NS, 7, 0.00)	-0.07 (NS, 5, 0.00)	-0.09 (NS, 2, 0.00)	-0.80 (NS, 2, 0.00)	-0.01 (NS, 8, 18.81)	-0.00 (NS, 7, 21.99)
WC (cm)	-2.47 (0.000, 1, 0.00)	-2.60 (0.000, 1, 0.00)	-0.15 (NS, 2, 0.00)	-0.40 (NS, 1, 0.00)	-0.57 (0.065, 4, 71.04)	-0.71 (0.029, 4, 0.00)
T-C (mmol/L)	-0.21 (0.041, 10, 0.00)	-0.15 (0.028, 10, 0.00)	-0.30 (NS, 5, 78.78)	-0.08 (0.000, 4, 0.00)	-0.10 (NS, 13, 0.00)	-0.10 (NS, 12, 0.00)
LDL-C (mmol/L)	-0.15 (NS, 8, 0.00)	-0.10 (0.053, 8, 0.00)	-0.55 (0.030, 5, 78.02)	-0.11 (0.000, 4, 0.00)	-0.04 (NS, 13, 0.00)	-0.02 (NS, 12, 0.00)
HDL-C (mmol/L)	-0.03 (NS, 8, 0.00)	+0.01 (NS, 8, 0.00)	+0.35 (0.030, 6, 40.88)	+0.04 (NS, 5, 0.00)	+0.01 (NS, 9, 21.33)	+0.04 (NS, 8, 0.00)
TAGs (mmol/L)	-0.06 (NS, 9, 0.00)	-0.05 (NS, 9, 0.00)	-0.60 (NS, 5, 86.36)	-0.11 (0.000, 4, 0.00)	-0.18 (0.088, 12, 22.56)	-0.08 (NS, 11, 0.00)
SBP (mm Hg)	-0.04 (NS, 8, 50.01)	-1.42 (NS, 5, 18.50)	-0.40 (0.004, 5, 0.00)	-1.15 (0.003, 4, 0.00)	-0.02 (NS, 8, 64.11)	-1.14 (NS, 6, 69.17)
DBP (mm Hg)	-0.24 (0.096, 7, 20.00)	-2.69 (NS, 6, 37.31)	-0.06 (NS, 5, 50.24)	-0.16 (NS, 4, 16.80)	-0.11 (NS, 8, 48.53)	-0.83 (NS, 8, 50.67)
FMD (%)	- (NS, 1, 0.00)	- (NS, 1, 0.00)	+0.55 (NS, 1, 0.00)	+1.10 (NS, 1, 0.00)	+0.66 (0.037, 2, 0.00)	+0.25 (NS, 2, 42.43)
Glucose (mmol/L)	-0.62 (0.023, 5, 75.59)	-0.23 (0.016, 5, 45.05)	-0.06 (NS, 3, 79.56)	-0.20 (NS, 3, 71.74)	+0.05 (NS, 8, 0.00)	+0.05 (NS, 8, 0.00)
Insulin (mIU/L)	-0.08 (NS, 6, 22.74)	+0.18 (NS, 5, 40.11)	-0.06 (NS, 3, 79.56)	+0.65 (NS, 3, 71.74)	-0.39 (NS, 3, 58.93)	-0.76 (NS, 2, 0.00)
Hb1Ac	-0.15 (NS, 1, 0.00)	-0.07 (NS, 1, 0.00)	-0.07 (NS, 1, 0.00)	-0.15 (NS, 1, 0.00)	+0.25 (NS, 4, 39.09)	+0.11 (NS, 4, 29.40)
HOMA-IR	+0.05 (NS, 2, 77.37)	+0.33 (NS, 2, 81.41)	-0.60 (NS, 2, 75.06)	-1.05 (NS, 2, 0.00)	+0.06 (NS, 3, 0.00)	+0.13 (NS, 3, 0.00)

Supplementary Table S9b. Stratification by the health status of the study participants: influence on the effects estimations (SDM, DM) of the impact of anthocyanins (ANCs: berries, red grapes, red wine) containing foods and products on a range of cardiovascular risk associated biomarkers.

Health status	ANCs					
	Healthy		At risk		Disease	
	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)	SDM (S, n, <i>P</i>)	DM (S, n, <i>P</i>)
BMI (Kg/m ²)*	+0.01 (NS, 14, 0.00)	-0.01 (NS, 14, 0.00)	+0.04 (NS, 6, 0.00)	+0.04 (NS, 6, 0.00)	-0.06 (NS, 14, 0.00)	-0.10 (NS, 13, 0.00)
WC (cm)	+0.02 (NS, 5, 0.00)	+0.19 (NS, 5, 0.00)	-0.24 (0.017, 7, 0.00)	-1.72 (0.064, 7, 23.11)	+0.04 (NS, 3, 0.00)	+0.37 (NS, 3, 0.00)
T-C (mmol/L)	-0.12 (NS, 32, 24.30)	-0.15 (0.003, 32, 3.20)	-0.15 (NS, 13, 0.00)	-0.07 (NS, 11, 0.00)	-0.24 (0.042, 36, 77.92)	-0.16 (NS, 34, 88.49)
LDL-C (mmol/L)	-0.03 (NS, 27, 0.00)	-0.05 (NS, 27, 0.00)	+0.16 (NS, 14, 69.31)	+0.07 (NS, 13, 80.29)	-0.19 (NS, 29, 79.49)	-0.13 (NS, 27, 92.83)
HDL-C (mmol/L)	+0.08 (NS, 30, 0.00)	+0.03 (NS, 30, 0.00)	+0.05 (NS, 14, 43.11)	-0.04 (0.068, 11, 0.00)	+0.16 (NS, 32, 75.61)	+0.05 (NS, 30, 83.15)
TAGs (mmol/L)	+0.02 (NS, 25, 30.26)	+0.03 (NS, 25, 32.59)	-0.09 (NS, 12, 0.00)	+0.01 (NS, 10, 80.39)	+0.04 (NS, 34, 70.28)	+0.06 (NS, 29, 86.85)
SBP (mm Hg)	-0.26 (0.006, 28, 45.87)	-2.37 (0.004, 26, 0.00)	-0.23 (0.062, 14, 31.85)	-1.24 (NS, 12, 0.00)	-0.19 (0.001, 30, 0.00)	-2.55 (0.001, 28, 0.00)
DBP (mm Hg)	-0.24 (0.013, 28, 42.12)	-1.73 (0.004, 25, 9.27)	-0.26 (0.011, 13, 9.34)	-1.36 (0.021, 12, 0.00)	-0.13 (0.032, 35, 11.77)	-1.21 (0.011, 32, 18.27)
FMD (%)	+0.18 (NS, 11, 64.83)	+0.92 (0.049, 10, 56.59)	+0.29 (NS, 3, 25.15)	+0.60 (NS, 3, 6.75)	+0.12 (NS, 4, 89.23)	+0.11 (NS, 4, 89.88)
Glucose (mmol/L)	-0.12 (NS, 17, 43.73)	-0.03 (NS, 15, 48.73)	+0.05 (NS, 8, 26.42)	+0.03 (NS, 6, 0.00)	-0.03 (NS, 25, 48.76)	+0.03 (NS, 23, 46.92)
Insulin (mIU/L)	-0.51 (NS, 4, 86.07)	-1.35 (NS, 4, 67.43)	-0.05 (NS, 6, 74.89)	+1.83 (NS, 4, 61.67)	+0.21 (NS, 11, 66.70)	-0.03 (NS, 5, 21.48)
Hb1Ac	+0.50 (0.000, 1, 0.00)	+5.00 (0.000, 1, 0.00)	+0.04 (NS, 3, 0.00)	+1.00 (NS, 2, 0.00)	-0.21 (NS, 10, 83.61)	-0.02 (NS, 10, 79.07)
HOMA-IR	-0.30 (NS, 1, 0.00)	-0.12 (NS, 1, 0.00)	-0.28 (NS, 2, 65.92)	+0.76 (NS, 1, 0.00)	+0.19 (NS, 8, 71.26)	-0.16 (NS, 6, 61.05)

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; SDM: standardized difference in means; DM: Difference in means; n: total number of studies included in the analysis; *P*: heterogeneity index; Q-value: between-categories Q statistic. *: Units refer to the size effect estimation (DM); S: Significance of the analysis; 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.