

Supplementary Table S7. Stratification by the smoking habits: influence on the effects estimations (SDM, DM) of the impact of ellagitannins (ETs: pomegranate, nuts) and of anthocyanins (ANCs: berries, red grapes, red wine) containing foods and products on a range of cardiovascular risk associated biomarkers.

Sex	ETs				ANCs			
	Non-Smokers		Smokers		Non-Smokers		Smokers	
	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)	SDM (S, n, <i>I</i> ²)	DM (S, n, <i>I</i> ²)
BMI (Kg/m ²)*	+0.08 (NS, 6, 0.00*)	+0.12 (NS, 5, 0.00)	-	-	-0.08 (NS, 9, 0.00)	-0.06 (NS, 8, 0.00)	+0.17 (NS, 1, 0.00)	+0.80 (NS, 1, 0.00)
WC (cm)	-0.89 (NS, 3, 91.1)	-1.72 (0.047, 3, 46.6)	-	-	-0.15 (NS, 7, 26.5)	-0.83 (NS, 7, 24.7)	+0.10 (NS, 1, 0.00)	+0.90 (NS, 1, 0.00)
T-C (mmol/L)	-0.11 (NS, 10, 0.00)	-0.10 (NS, 10, 0.00)	-	-	-0.15 (NS, 30, 52.9)	-0.05 (NS, 28, 75.1)	+0.03 (NS, 3, 0.00)	+0.01 (NS, 3, 0.00)
LDL-C (mmol/L)	-0.17 (NS, 8, 0.00)	-0.11 (0.081, 8, 0.00)	-	-	-0.02 (NS, 27, 71.8)	-0.002 (NS, 25, 82.8)	+0.01 (NS, 3, 0.00)	+0.01 (NS, 3, 0.00)
HDL-C (mmol/L)	+0.03 (NS, 8, 0.00)	+0.01 (NS, 8, 0.00)	-	-	+0.13 (NS, 30, 51.2)	+0.03 (NS, 27, 59.6)	-0.15 (NS, 3, 0.00)	-0.06 (NS, 3, 0.00)
TAGs (mmol/L)	-0.09 (NS, 9, 0.00)	-0.07 (NS, 9, 0.00)	-	-	-0.003 (NS, 26, 49.4)	-0.05 (NS, 22, 0.00)	-0.44 (NS, 3, 84.5)	-0.32 (NS, 3, 0.00)
SBP (mm Hg)	-0.05 (NS, 10, 27.7)	-0.18 (NS, 8, 0.00)	-	-	-0.26 (0.008, 29, 53.3)	-1.99 (0.025, 27, 12.5)	-0.42 (NS, 3, 66.3)	+1.80 (NS, 1, 0.00)
DBP (mm Hg)	-0.27 (0.035, 9, 32.0)	-2.14 (0.092, 9, 49.0)	-	-	-0.19 (0.041, 30, 58.8)	-1.28 (0.043, 28, 44.6)	-0.10 (NS, 3, 0.00)	-1.01 (NS, 2, 0.00)
FMD (%)	+0.62 (0.014, 3, 0.00)	+0.39 (NS, 3, 40.8)	-	-	+0.19 (NS, 7, 80.8)	+0.53 (NS, 7, 90.3)	-1.61 (0.000, 3, 0.00)	-3.53 (0.000, 2, 0.00)
Glucose (mmol/L)	-0.37 (NS, 5, 75.8)	-0.11 (0.000, 5, 0.00)	-	-	-0.16 (NS, 25, 56.4)	-0.04 (NS, 24, 60.5)	-	-
Insulin (mIU/L)	-0.36 (NS, 5, 73.3)	-0.45 (NS, 3, 84.3)	-	-	+0.17 (NS, 10, 66.7)	+0.21 (NS, 6, 46.3)	-	-
Hb1Ac	-0.13 (NS, 3, 0.00)	-0.04 (NS, 3, 0.00)	-	-	-0.58 (NS, 6, 89.0)	-0.10 (NS, 6, 84.9)	-	-
HOMA-IR	+0.20 (NS, 2, 0.00)	+0.38 (NS, 2, 0.00)	-	-	-0.17 (NS, 7, 75.3)	-0.11 (NS, 6, 64.7)	-	-

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; *I*²: 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.