

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