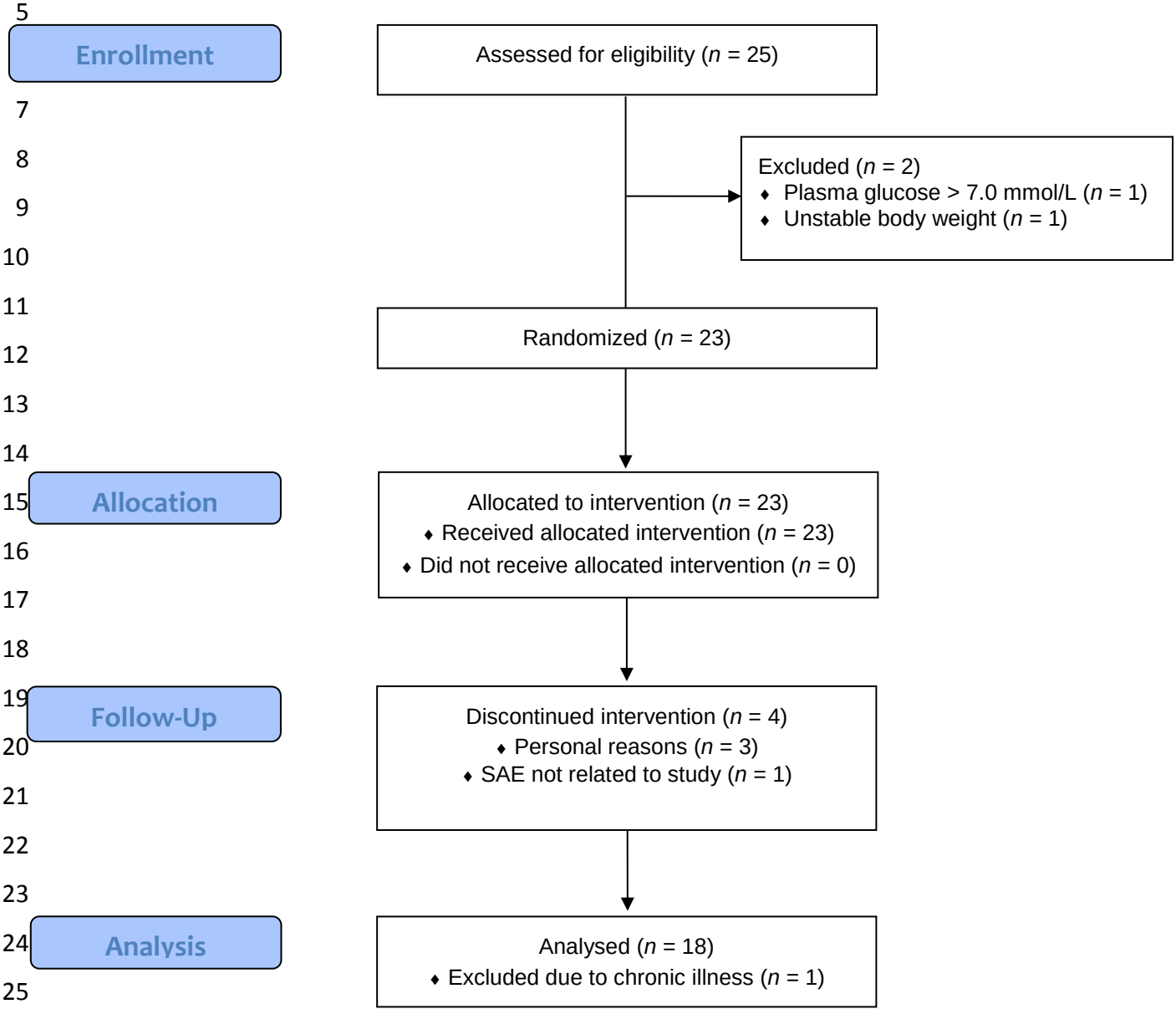

Enrollment
Assessed for eligibility (n = 25)
Excluded (n = 2)
♦ Plasma glucose > 7.0 mmol/L (n = 1)
♦ Unstable body weight (n = 1)
Randomized (n = 23)
Allocation
Allocated to intervention (n = 23)
♦ Received allocated intervention (n = 23)
♦ Did not receive allocated intervention (n = 0)
Follow-Up
Discontinued intervention (n = 4)
♦ Personal reasons (n = 3)
♦ SAE not related to study (n = 1)
Analysis
Analysed (n = 18)
♦ Excluded due to chronic illness (n = 1)

Fig1

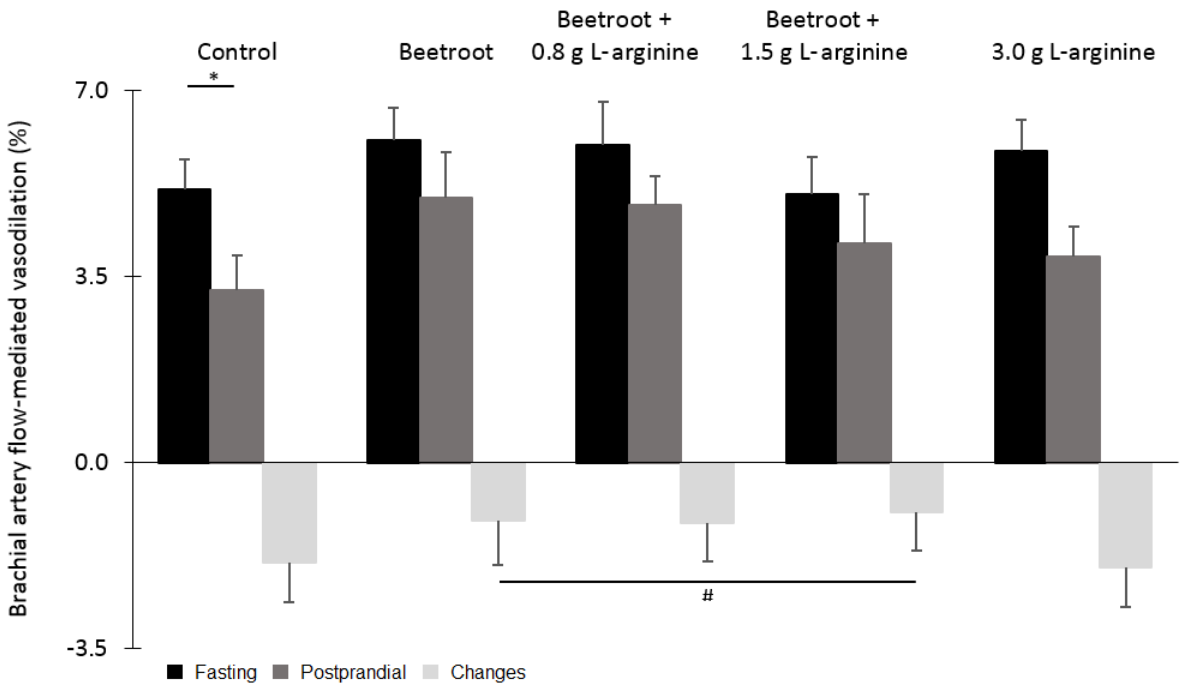
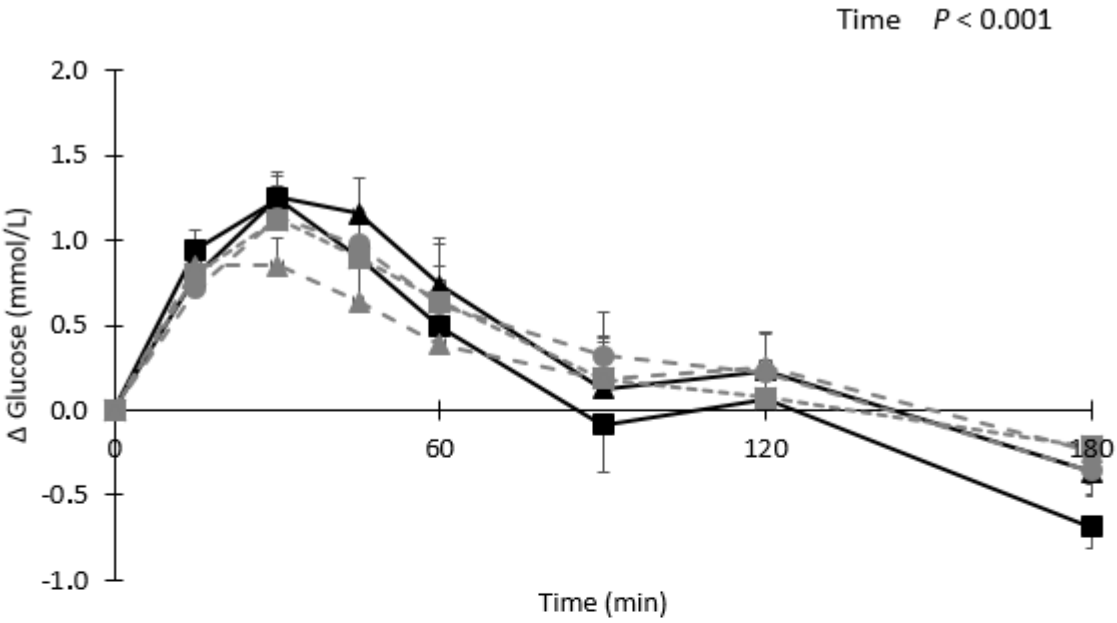

Control
Beetroot
Beetroot +
0.8 g L-arginine
Beetroot +
1.5 g L-arginine
3.0 g L-arginine
*
#
7.0
3.5
0.0
-3.5
Brachial artery flow-mediated vasodilation (%)
Fasting
Postprandial
Changes

Fig 2


Time P < 0.001
2.0
1.5
1.0
0.5
0.0
-0.5
-1.0
Δ Glucose (mmol/L)
0
60
120
180
Time (min)

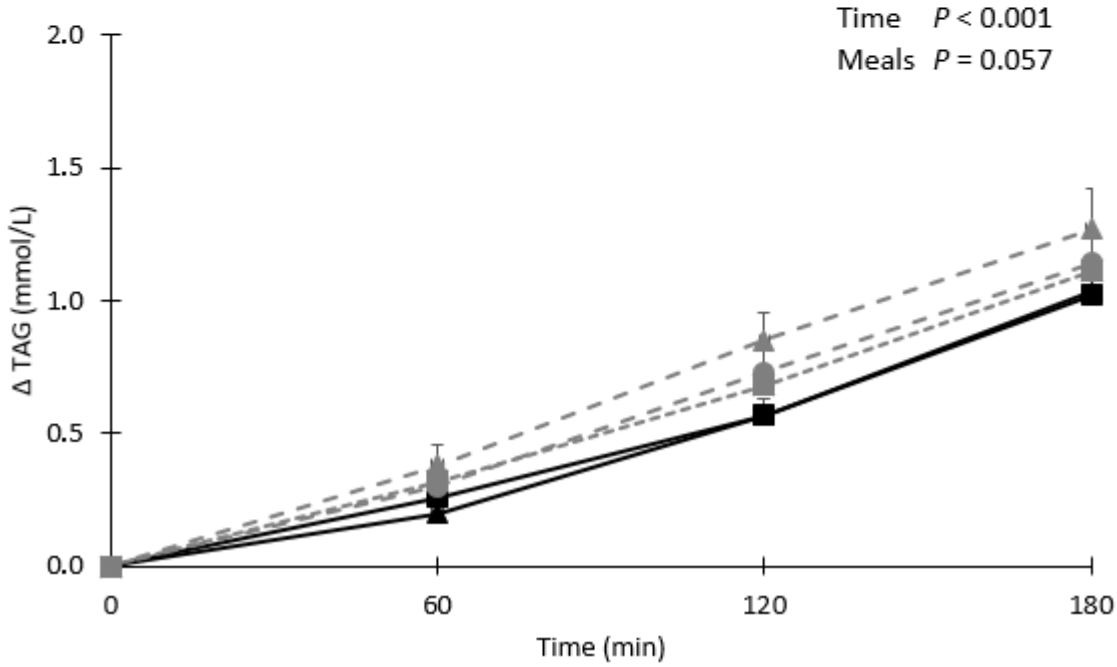

Time P < 0.001
Meals P = 0.057
2.0
1.5
1.0
0.5
0.0
Δ TAG (mmol/L)
0
60
120
180
Time (min)

Fig 3