

Table S1. Blood pressure and heart rate in recreational runners before and after use of 400-mg single-dose ibuprofen followed by completion of the half-marathon

Characteristics	Placebo, n=25			MOF-VVPP, n=29			<i>p</i> [#]
	<i>Before</i>	<i>After</i>	<i>p</i> [*]	<i>Before</i>	<i>After</i> [*]	<i>p</i> [*]	
Blood pressure, mm Hg							
Systolic	142±17	116±13	<0.0001	148±25	117±14	<0.0001	0.801
Diastolic	84±12	68±9	<0.0001	86±12	67±9	<0.0001	0.928
HR, bmp	112±14	97±11	0.0005	111±16	95±16	0.0007	0.632

Blood pressure and heart rate were assessed before and after the use of 400 mg single-dose ibuprofen followed by completion of the half-marathon. Runners were supplemented with MOF-VVPP (200 mg/d) or placebo for 14 days preceding the measurements and the ibuprofen/half-marathon challenge. * - denoted the *p* values for the comparison “before” versus “after” values within the group by paired *t*-test; # - denotes the *p* value for the comparison of the “after” values between both study groups by unpaired *t*-test. Bpm – beats per minute, HR – heart rate, MOF-VVPP – monomeric and oligomeric flavanols isolated from *Vitis vinifera* L. seeds and *Pinus pinaster* L. bark.

Table S2. Parameters assessed with the urine dipstick test in recreational runners before and after use of 400-mg single-dose ibuprofen followed by completion of the half-marathon

Parameter	Placebo, n=25		MOF-VVPP, n=29		<i>p</i> *
	<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>	
Leukocytes					
2+	-	-	1 (3.4)	-	1.000
Urobilinogen					
1+	-	2 (8.0)	1 (3.4)	1 (3.4)	0.535
2+	-	1 (4.0)	-	1 (3.4)	
Blood					
0.5+	4 (16.0)	11 (44.0)	6 (20.4)	8 (27.2)	
1+	-	1 (4.0)	-	2 (6.8)	0.110
2+	1 (4.0)	2 (8.0)	-	1 (3.7)	
3+	-	2 (8.0)	-	-	
Bilirubin					
1+	3 (12.0)	4 (16.0)	3 (10.2)	4 (13.6)	0.822
Ketones					
1+	-	4 (16.0)	-	-	0.116
Glucose					
0.5+	-	1 (4.0)	-	-	
1+	-	-	-	2 (6.8)	0.471
2+	-	-	-	1 (3.4)	
3+	-	1 (4.0)	-	-	
Protein					
0.5+	2 (8.0)	8 (32.0)	-	12 (44.4)	
1+	-	6 (24.0)	1 (3.7)	4 (13.6)	0.319
2+	-	5 (20.0)	-	3 (10.2)	
3+	-	-	-	1 (3.4)	
pH					
5	15 (60.0)	15 (60.0)	21 (71.4)	22 (74.8)	
6	3 (12.0)	10 (41.7)	6 (20.4)	7 (23.8)	0.215
7	5 (20.0)	-	1 (3.4)	-	
8	2 (8.0)	-	-	-	
Specific gravity					
1.000	-	-	1 (3.4)	-	
1.005	3 (12.0)	1 (4.0)	6 (20.4)	3 (10.2)	
1.010	8 (32.0)	4 (16.0)	8 (27.2)	3 (10.2)	0.080
1.015	3 (12.0)	2 (8.0)	7 (23.8)	5 (17)	
1.020	6 (24.0)	1 (4.0)	2 (6.8)	7 (23.8)	
1.025	1 (4.0)	4 (16.0)	1 (3.4)	3 (10.2)	
1.030	4 (16.0)	13 (54.0)	4 (13.6)	6 (20.4)	
>1.030	-	1 (4.0)	-	1 (3.4)	

Data presented as absolute numbers (percentage) per group. Testing was performed in urine samples obtained before and after the use of 400 mg single-dose ibuprofen followed by completion of the half-marathon. Runners were supplemented with MOF-VVPP (200 mg/d) or placebo for 14 days preceding urine sampling and the ibuprofen/half-marathon challenge. * - denotes the *p* value for the comparison of the differences between the groups by Mann-Whitney U test. Nitrite was not found in any of the samples. MOF-VVPP – monomeric and oligomeric flavanols isolated from *Vitis vinifera* L. seeds and *Pinus pinaster* L. bark.

Table S3. Urinary biomarkers in recreational runners before and after use of 400-mg single-dose ibuprofen followed by completion of the half-marathon

Urinary biomarker	Placebo		MOF-VVPP		<i>p</i> *
	<i>Before</i>	<i>After</i>	<i>Before</i>	<i>After</i>	
uNGAL, pg/mL	12.8 [10.0-22.2]	25.5 ^a [15.3-42.0]	10.0 [10.0-14.9]	16.5 [10.1-39.7]	0.156
IL-6, pg/mL	0.35 [0.15-1.24]	3.57 ^a [1.56-8.00]	0.25 [0.13-0.76]	1.46 ^a [0.54-4.15]	0.032
IL-8, pg/mL	7.09 [2.88-16.31]	20.37 ^b [9.75-40.51]	5.52 [1.25-9.44]	8.22 ^b [3.22-36.14]	0.125
TNF α , pg/mL	1.85 [1.55-2.81]	4.59 ^a [2.51-6.25]	2.14 [1.28-3.23]	2.74 ^c [2.19-4.18]	0.173
IL-18, mg/mL	6.62 [2.25-11.34]	8.00 [3.77-19.63]	4.15 [1.97-7.80]	8.51 [2.38-15.75]	0.406
MDA, μ M	1.23 [0.60-3.00]	5.85 ^a [2.19-8.39]	0.95 [0.44-1.62]	3.78 ^a [1.69-6.47]	0.260
TEAC, μ M	4206 [1933-6973]	7675 ^b [4290-11999]	2946 [1520-4978]	6290 ^b [3294-9890]	0.489
TEAC corr., μ M	2269 [1149-4093]	5344 ^a [3313-8872]	1814 [891-3490]	4639 ^a [2354-6379]	0.441

Data are presented as median and [25% - 75% percentiles]. Testing was performed in urine samples obtained before and after the use of 400 mg single-dose ibuprofen followed by completion of the half-marathon. Runners were supplemented with MOF-VVPP (200 mg/d) or placebo for 14 days preceding urine sampling and the ibuprofen/half-marathon challenge. Statistical significant differences within the groups were assessed by the Wilcoxon matched-pairs signed rank test, ^a*p*<0.05, ^b*p*<0.01, ^c*p*<0.001. Statistically significant differences between the test groups were assessed by the Mann-Whitney U test. During the comparison of the “before” values between the groups no significant differences were noted. * - denotes the *p* value for the comparison of the “after” values. IL – interleukin, MDA – malonic dialdehyde, MOF-VVPP - monomeric and oligomeric flavanols isolated from *Vitis vinifera* L. seeds and *Pinus pinaster* L. bark, TEAC – trolox equivalent antioxidant capacity, TEAC corr. – TEAC corrected for the concentrations of uric acid, TNF α – tumor necrosis factor α , uNGAL – urinary neutrophil gelatinase-associated lipocalin.

