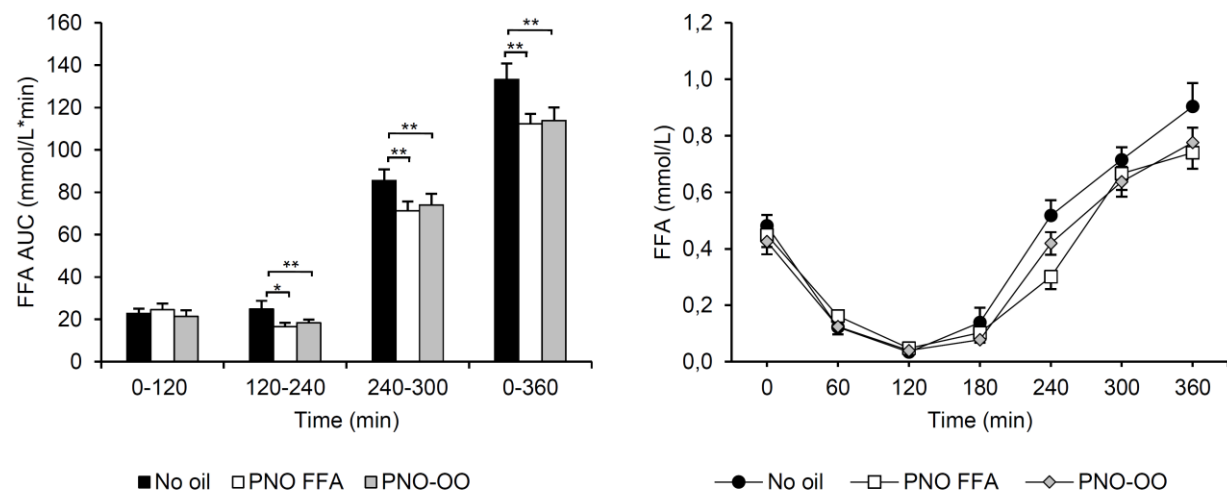


**Figure S1.** Study design



**Figure S2.** Free fatty acids (FFA) levels during a 6-hours OGTT and their corresponding area under the curve calculated for 0-120, 120-240, 240-360 and 0-360 min in response to glucose alone (no oil, black bars and black circles), 6 g hydrolyzed pine nut oil (PNO-FFA, white bars and white squares) or 3 g hydrolyzed pine nut oil and 3 g olive oil (PNO-OO, gray bars and gray diamonds). Data are mean  $\pm$  SEM. \* $p < 0.05$ , \*\* $p < 0.01$

**Table S1.** Delta values of gastrointestinal tolerability during the OGTT, and mean values at 8PM after the OGTT and at 8AM after the OGTT.

	No oil	PNO-FFA	PNO-OO
<b>Flatulence</b>			
Δ 0-360 min	-15.4 ± 6.3	0.1 ± 4.6	2.1 ± 2.4*
8 PM evening after OGTT	11.2 ± 3.2	11.4 ± 3.0 <sup>1</sup>	12.2 ± 2.5
8 AM morning after OGTT	11.9 ± 3.3	12.3 ± 2.3 <sup>1</sup>	10.2 ± 3.50
<b>Bloating</b>			
Δ 0-360 min	0.2 ± 1.2	0.3 ± 1.1	1.4 ± 2.70
8 PM evening after OGTT	11.2 ± 3.2	2.6 ± 1.3 <sup>1</sup>	3.0 ± 1.2
8 AM morning after OGTT	5.7 ± 2.5	1.1 ± 0.4 <sup>1</sup>	2.8 ± 1.5
<b>Nausea/vomiting</b>			
Δ 0-360 min	5.0 ± 3.8	-1.7 ± 5.9	-1.3 ± 1.2
8 PM evening after OGTT	4.6 ± 2.5	5.8 ± 2.9 <sup>1</sup>	4.4 ± 3.3
8 AM morning after OGTT	3.2 ± 2.0	1.0 ± 0.3 <sup>1</sup>	1.4 ± 0.4
<b>Diarrhea</b>			
Δ 0-360 min	0 ± 0.4	10.3 ± 8.7	0.1 ± 0.2
8 PM evening after OGTT	7.2 ± 6.6	14.3 ± 7.1 <sup>1</sup>	1.3 ± 0.5
8 AM morning after OGTT	0.8 ± 0.4	2.3 ± 1.3 <sup>1</sup>	1.0 ± 0.3
<b>Constipation</b>			
Δ 0-360 min	-2.7 ± 2.0	0.7 ± 0.7	0 ± 0.50
8 PM evening after OGTT	0.8 ± 0.3	6.0 ± 4.8 <sup>1</sup>	2.6 ± 1.5
8 AM morning after OGTT	10.9 ± 10.1	4.6 ± 3.1 <sup>1</sup>	3.8 ± 2.4
<b>Abdominal pain</b>			
Δ 0-360 min	2.0 ± 2.0	0.6 ± 2.1	-0.1 ± 0.8
8 PM evening after OGTT	1.1 ± 0.5	3.8 ± 2.5 <sup>1</sup>	1.6 ± 0.5
8 AM morning after OGTT	6.2 ± 5.2	0.9 ± 0.5 <sup>1</sup>	1.2 ± 0.6

Gastrointestinal symptoms measured by use of visual analog scales (VASs, mm). Values are mean ± SEM.

Superscript numerals indicate number of missing values. \*p<0.05 versus no oil.