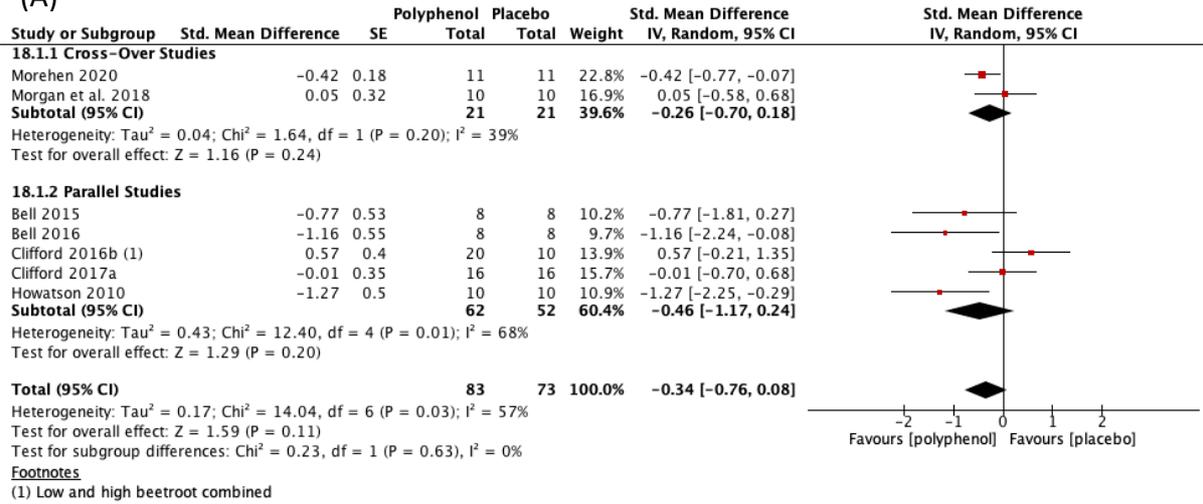
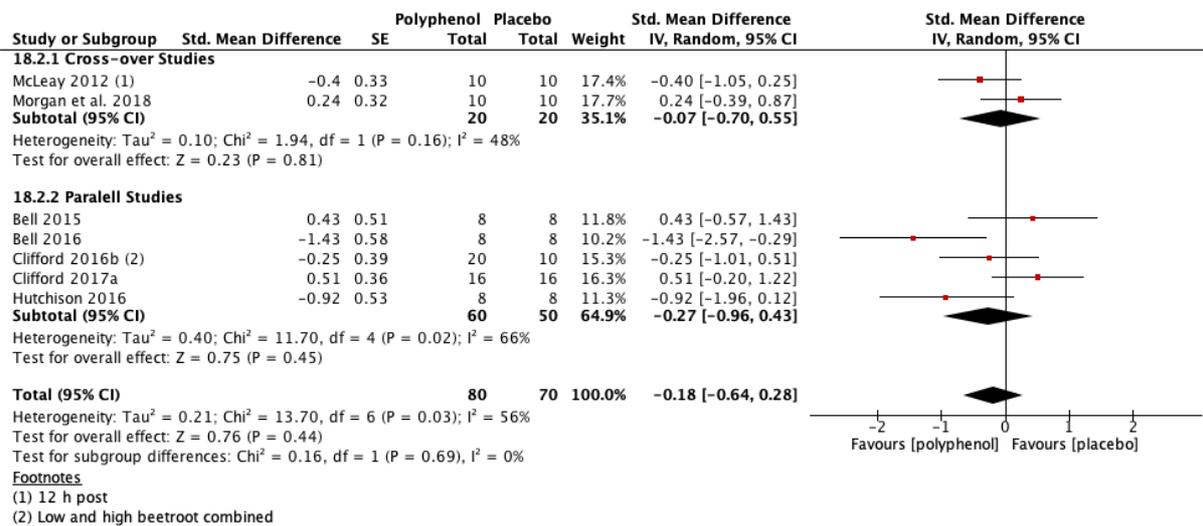


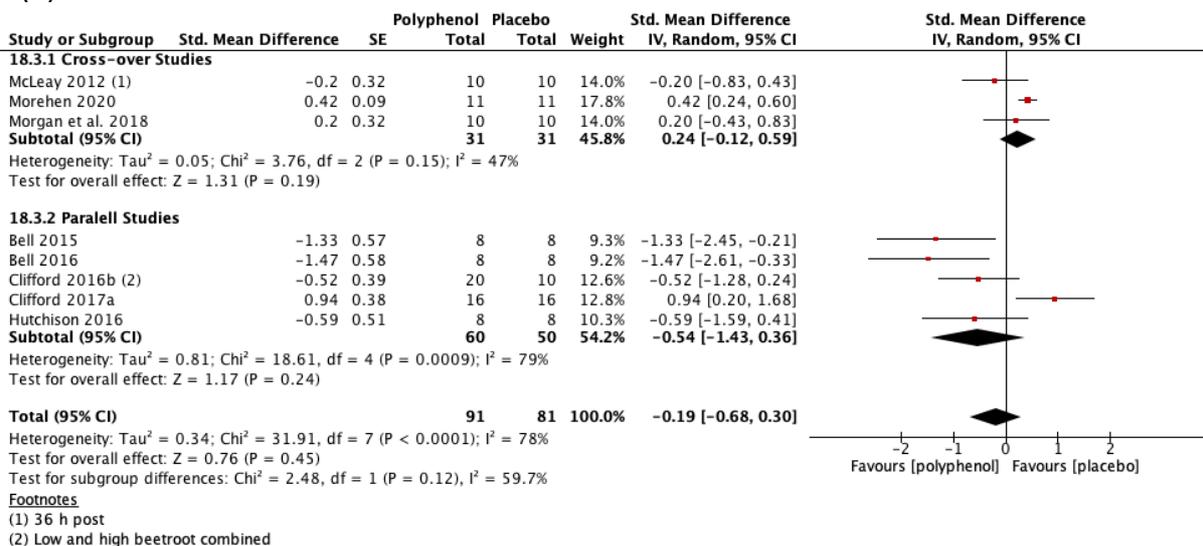
(A)



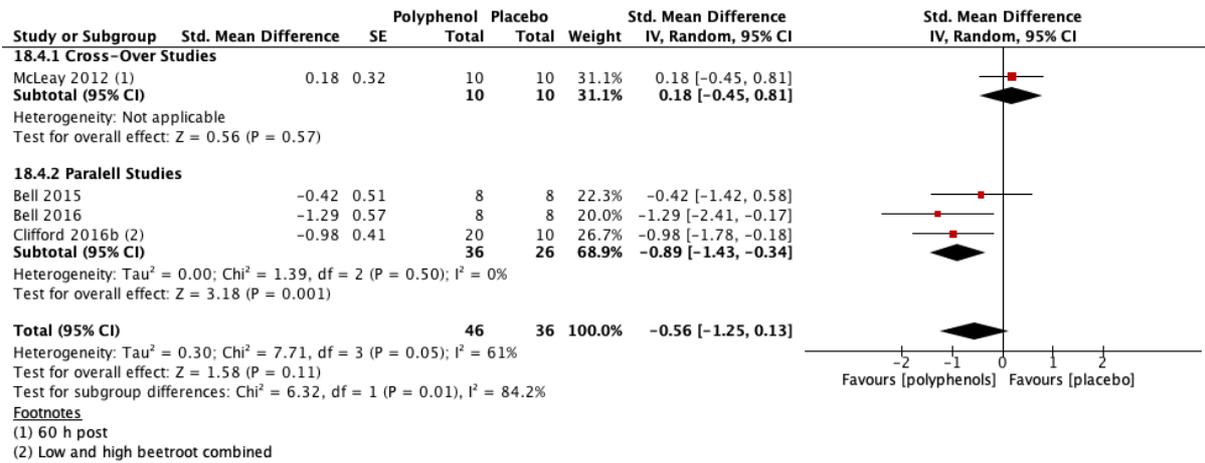
(B)



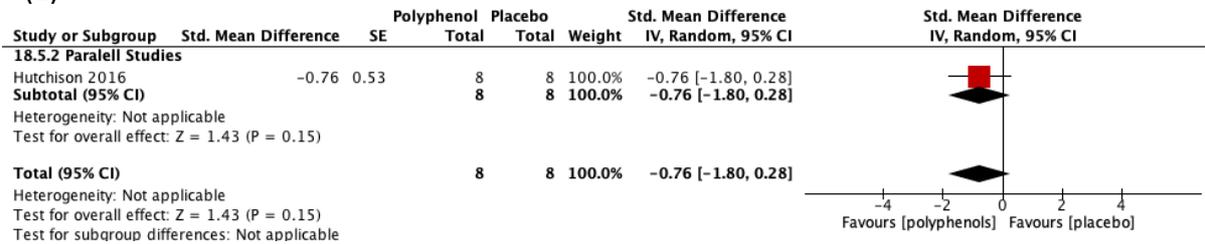
(C)



(D)



(E)



Supplementary Figure 7. Effect of polyphenol-rich foods, juices and concentrates on interleukin-6 at (A) immediately post-exercise; (B) 24 hours; (C) 48 hours; (D) 72 hours; (E) 96 hours.