

## Supplementary data

**Table S3:** Liver markers following 16 weeks on diets (pre-intervention)

Liver	LFH	HFH	HFL
VitC <sup>1</sup> nmol/g	1299.0(1120.0-1572.0)	1108.0 (1023.0-1316.0)	153.2 (125.8-165.6)***,###
TG μmol/g	9.16±4.96	54.79±9.08***	61.41±9.41***
TC <sup>1</sup> μmol/g	4.31(3.91-5.06)	32.01(30.43-36.28)***	32.05(29.42-32.32)***

<sup>1</sup>Analysis was performed on log transformed data. Data are presented as medians with Q25-Q75 (in brackets) or means ± SD and analyzed by one-way ANOVA with a Tukey's test for multiple comparisons (n=7-8/group). Difference from LFH: \*\*\*p<0.0001; Difference from HFH: ###p<0.0001. HFH: High Fat High vitC, HFL: High Fat Low vitC, LFH: Low Fat High vitC, TC: Total Cholesterol, TG: Triglycerides, vitC: Vitamin C.