

Supplementary File S2 – Inclusion/Exclusion criteria

Inclusion criteria	Exclusion criteria
Male	Not biologically male
BMI in the “ideal” category - 18.5 to 24.9 kg/m ² (NHS UK)	BMI out with the ideal range
No presence of chronic conditions (confirmed by a medical questionnaire, Supplementary file 1)	Presence of a chronic health condition
Good oral health (confirmed by the WHO Oral Health Questionnaire for Adults – Annex 7 pages 111 - 114)	Presence of oral disease
Non-smoker	Current smoker
Free from non-prescription drugs	Use of non-prescription drugs known to interfere with nitrate metabolism, e.g., those which alter stomach acid production
Free from prescription medication	Use of prescribed medication
Free from use of antibacterial mouthwash, antibiotics, and probiotics for 6 months prior to enrolment	Use of antibacterial mouthwash, antibiotics, or probiotics for at least 6 months prior to study commencement or throughout
18 – 50 years old	<18 or >50 years old