nutrients

A Multiomics Evaluation of the Countermeasure Influence of 4-Week Cranberry Beverage Supplementations on Exercise-Induced Changes in Innate Immunity

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Supplementary Table S1. Polyphenol and flavonoid content of the cranberry and placebo beverages. Data are expressed as mean ± SE from four batch measurements except for selected flavonoids measured once via liquid chromatography quadrupole time-of-flight.

Polyphenols and Flavonoids	Cranberry Beverage (mg/240 ml)	Placebo (mg/240 ml)
***Cyanidin-3-Arabinoside**	28.1±3.5	ND
***Cyanidin-3-Galactoside**	49.8±2.4	ND
***Cyanidin-3-Glucoside**	<6	ND
***Peonidin-3-Arabinoside**	24.3 ± 2.4	ND
***Peonidin-3-Galactoside**	67.8 ± 10.0	ND
***Peonidin-3-Glucoside**	5.2 ± 1.1	ND
***Total Anthocyanins**	41.4 ± 4.5	ND
****Proanthocyanidins (PACs)**	294 ± 26.1	ND
*****Phenolic acids**	3.48	1.28
*****Catechins**	2.04	1.28
*****Flavonols**	33.24	0
******Total Polyphenols**	316.5 ± 18.9	23.3 ± 5.2

** High-Performance Liquid Chromatography with Ultraviolet Detection (HPLC-UV)*
*** Colorimetric assay using dimethylaminocinnamaldehyde (DMAC)*
**** Liquid Chromatography Quadrupole Time-of-Flight (LC-QTOF)*
***** Folin–Ciocalteu (F–C) assay*