

APPENDIX ONE: SUPPLEMENTARY DATA

Results were reanalyzed for the polyphenol-rich diet intervention group with daily consumption of polyphenol-rich foods considered as a continuous variable, using univariate linear regression analysis. This revealed that an extra daily portion of F&V and dark chocolate was predicted to promote an absolute increase in the maximum response to acetylcholine of 14.0% (95%CI: 3.82%, 24.1%, $p=0.008$) and 112.5% (95%CI: 44.5%, 180.5%, $p=0.020$) respectively. **(Table S1).**

Table S1- Change in cardiovascular risk measures per extra daily portion of F&V and berries, and per extra daily gram of dark chocolate, as predicted from linear regression analysis.

	Change/daily extra portion F&V (95%CI)	p value	Change/daily extra portion berries (95%CI)	p value	Change/daily extra portion dark chocolate (95%CI)	p value
Change in maximum response Ach	14.0 (3.82, 24.1)	0.008	43.0 (-5.27, 91.3)	0.080	112.5 (44.5, 180.5)	0.020
Change in maximum response SNP	5.73 (-1.37, 12.8)	0.122	21.6 (-11.8, 55.1)	0.202	48.0 (-7.50, 96.5)	0.054
Systolic BP (mmHg)	-0.23 (-0.90, 0.44)	0.504	-0.78 (-0.93, 2.37)	0.623	-3.00 (-7.50, 1.50)	0.196
Diastolic BP (mm/Hg)	-0.27 (-0.72, 0.18)	0.234	0.210 (-1.92, 2.34)	0.845	-1.50 (-4.50, 1.50)	0.354
Total cholesterol (mmol/L)	-0.14 (-0.06, 0.03)	0.568	-0.11 (-0.34, 0.12)	0.336	-0.030 (-0.50, 0.00)	0.95

ACh=acetylcholine, **SNP**= sodium nitroprusside, **BP**= blood pressure, **95%CI**= 95% confidence interval.