

**Supplementary Table S11.** Stratification by the source of bioactive compounds: influence on the effects estimations (SDM) and effect size estimation (DM) of the impact of ETs containing pomegranate and nuts, and ANCs containing berries, and red grapes/wine on a range of cardiovascular risk associated biomarkers.

Source	ETs					ANCs				
	Pomegranate		Nuts		Comparison between subgroups (Q statistic, S)	Berries		Red Wine / Red grapes		Comparison between subgroups (Q statistic, S)
	SDM (S, n, <i>I</i> <sup>2</sup> )	DM (S, n, <i>I</i> <sup>2</sup> )	SDM (S, n, <i>I</i> <sup>2</sup> )	DM (S, n, <i>I</i> <sup>2</sup> )		SDM (S, n, <i>I</i> <sup>2</sup> )	DM (S, n, <i>I</i> <sup>2</sup> )	SDM (S, n, <i>I</i> <sup>2</sup> )	DM (S, n, <i>I</i> <sup>2</sup> )	
BMI (Kg/m <sup>2</sup> )*	-0.18 (NS, 5, 0.00)	-0.20 (NS, 4, 0.00)	-0.04 (NS, 12, 0.00)	-0.01 (NS, 10, 0.00)	SDM: 0.82, NS DM: 0.78, NS	-0.05 (NS, 16, 0.00)	+0.03 (NS, 15, 0.00)	-0.14 (NS, 15, 0.00)	-0.05 (NS, 15, 0.00)	SDM: 0.01, NS DM: 0.01, NS
WC (cm)	-0.20 (NS, 1, 0.00)	-3.90 (NS, 1, 0.00)	-0.78 (0.027, 6, 85.10)	-1.51 (0.038, 5, 80.70)	SDM: 0.40, NS DM: 0.08, NS	-0.15 (0.088, 10, 5.43)	-0.94 (NS, 10, 14.15)	-0.02 (NS, 6, 0.00)	-0.09 (NS, 6, 0.00)	SDM: 0.56, NS DM: 0.22, NS
T-C (mmol/L)	-0.04 (NS, 11, 0.00)	-0.02 (NS, 11, 0.00)	-0.32 (0.000, 17, 2.57)	-0.098 (0.000, 15, 0.00)	SDM: 10.83, 0.001 DM: 3.31, 0.069	-0.21 (0.021, 38, 67.59)	-0.16 (0.093, 35, 81.53)	-0.14 (NS, 44, 52.96)	-0.06 (NS, 43, 67.94)	SDM: 0.30, NS DM: 0.70, NS
LDL-C (mmol/L)	-0.07 (NS, 10, 0.00)	-0.05 (NS, 10, 0.00)	-0.26 (0.047, 16, 62.28)	-0.11 (0.000, 14, 0.00)	SDM: 1.31, NS DM: 0.66, NS	-0.05 (NS, 31, 74.63)	-0.05 (NS, 30, 83.56)	-0.06 (NS, 40, 62.56)	-0.01 (NS, 38, 87.17)	SDM: 0.07, NS DM: 0.13, NS
HDL-C (mmol/L)	+0.11 (NS, 10, 0.00)	+0.01 (NS, 10, 0.00)	+0.14 (NS, 13, 44.66)	+0.03 (0.029, 11, 0.00)	SDM: 0.09, NS DM: 0.30, NS	+0.17 (NS, 33, 74.13)	+0.04 (NS, 30, 82.66)	+0.05 (NS, 43, 5.60)	+0.02 (NS, 41, 17.09)	SDM: 1.06, 0.03 DM: 0.52, NS
TAGs (mmol/L)	-0.05 (NS, 10, 0.00)	-0.01 (NS, 10, 0.00)	-0.33 (0.031, 16, 71.93)	-0.11 (0.000, 14, 0.00)	SDM: 1.44, NS DM: 1.10, NS	-0.10 (NS, 34, 62.44)	-0.05 (NS, 28, 60.50)	+0.13 (NS, 37, 34.63)	+0.07 (NS, 36, 72.18)	SDM: 3.83, 0.05 DM: 2.46, NS
SBP (mm Hg)	-0.09 (NS, 8, 59.78)	-0.26 (NS, 6, 56.47)	-0.13 (NS, 13, 48.51)	-1.63 (NS, 9, 27.99)	SDM: 0.03, NS DM: 0.03, NS	-0.25 (0.000, 38, 37.16)	-2.41 (0.000, 34, 0.00)	-0.21 (0.000, 36, 0.00)	-3.31 (0.014, 34, 0.00)	SDM: 0.11, NS DM: 0.35, NS
DBP (mm Hg)	-0.46 (0.000, 8, 0.00)	-4.31 (0.000, 8, 0.00)	+0.06 (NS, 12, 0.00)	+0.58 (0.004, 10, 0.00)	SDM: 12.95, 0.000 DM: 17.32, 0.000	-0.25 (0.001, 42, 48.42)	-1.57 (0.002, 37, 38.28)	-0.16 (0.000, 39, 26.88)	-1.50 (0.002, 35, 0.00)	SDM: 0.80, NS DM: 0.06, NS
FMD (%)	+0.71 (NS, 1, 0.00)	+0.05 (NS, 1, 0.00)	+0.58 (0.058, 2, 0.00)	+1.04 (0.053, 2, 40.84)	SDM: 0.07, NS DM: 3.37, NS	+0.46 (NS, 9, 77.27)	+1.39 (0.011, 8, 80.08)	-0.19 (NS, 10, 58.02)	-0.73 (NS, 10, 64.95)	SDM: 2.89, NS DM: 5.68, NS
Glucose (mmol/L)	-0.10 (NS, 7, 0.00)	-0.09 (NS, 7, 0.00)	-0.36 (0.079, 9, 67.48)	-0.14 (0.061, 8, 42.92)	SDM: 1.17, NS DM: 0.10, NS	-0.05 (NS, 30, 51.12)	-0.01 (NS, 26, 39.54)	-0.04 (NS, 21, 27.67)	+0.01 (NS, 19, 40.85)	SDM: 0.00, NS DM: 0.04, NS
Insulin (mIU/L)	+0.09 (NS, 3, 39.96)	+1.17 (NS, 3, 41.19)	-0.20 (NS, 9, 53.19)	-0.39 (NS, 7, 53.60)	SDM: 0.62, NS DM: 0.25, NS	-0.01 (NS, 14, 59.16)	-0.29 (0.082, 8, 4.07)	-0.04 (NS, 8, 83.85)	+1.05 (NS, 6, 75.14)	SDM: 0.04, NS DM: 0.03, NS
Hb1Ac	-0.17 (NS, 1, 0.00)	-0.24 (NS, 1, 0.00)	+0.17 (NS, 5, 30.72)	+0.08 (NS, 5, 20.65)	SDM: 0.62, NS DM: 0.45, NS	-0.63 (0.044, 7, 82.51)	-0.20 (0.040, 6, 69.89)	+0.97 (0.038, 7, 88.49)	+0.26 (0.026, 7, 78.75)	SDM: 8.59, 0.003 DM: 9.41, 0.002
HOMA-IR	-0.42 (NS, 3, 87.63)	-0.17 (NS, 3, 81.41)	+0.04 (NS, 4, 0.00)	+0.12 (NS, 4, 0.00)	SDM: 0.56, NS DM: 0.22, NS	-0.32 (0.098, 8, 73.43)	-0.23 (NS, 5, 65.74)	+0.09 (NS, 3, 0.00)	+0.14 (NS, 3, 0.00)	SDM: 1.25, NS DM: 0.64, NS

BMI: Body Mass Index; WC: Waist Circumference; T-C: Total Cholesterol; LDL-C: Low density Lipoprotein Cholesterol; HDL-C: High Density Lipoprotein Cholesterol; TAGs: Triacylglycerols; SBP: Systolic Blood Pressure; DBP: Diastolic Blood Pressure; FMD: Flow Mediated Dilation; Hb1Ac: Glycated Haemoglobin; HOMA-IR: Homeostatic Model Assessment of Insulin Resistance; SDM: standardized difference in means; DM: Difference in means; n: total number of studies included in the analysis; *I*<sup>2</sup>: heterogeneity index; Q-value: between-categories Q statistic. \*: Units refer to the size effect estimation (DM); S: Significance of the analysis; NS: not significant, *P*-values < 0.05 were significant and indicated. *P*-values: 0.05 ≤ *P*-value < 0.1 were considered marginally significant and are also indicated.