

Supplementary Material

Table S1: List of food sources requested to be avoided by participants for the 3-days prior to main laboratory testing sessions.

Individual food items were cross referenced against the U.S. Department of Agriculture (USDA) database on the flavonoid content of selected foods, and the Phenol-Explorer database. Total polyphenol content of food source presented for reference in mg·100 mL⁻¹ or mg·100g⁻¹ as applicable.

| Food source | Polyphenol content |
|---|---------------------------|
| Wine - Grape wines (Red, Rosé, White) | 215.5, 82.2, 32.1 |
| Alcohol – Beer Ale and Cider | 41.6, 52.3, 98.3 |
| Oils: Virgin olive oil, Extra virgin Olive oil, refined | 20.7, 55.1, 19.8 |
| Olives: Black, Green | 117.2, 161.2 |
| Caffeine: Coffee, Tea | 266.7 |
| Turmeric | 2117.0 |
| Beetroot and beetroot juice | 164.1 |
| Dark chocolate | 1859.9 |
| Pecans | 1284.0 |
| Blueberries | 471.6 |
| Strawberries | 289.20 |
| Dried berries: Cranberries, raisins, chokeberries, blackcurrants, (all) * | 915.0 |
| Goji Berries | 31.2 |
| Raspberries | 154.7 |
| Figs | 960.0 |
| Grapes: Red, Green | 185.0, 121.8 |
| Kale | 176.7 |
| Red cabbage | 119.9 |
| Spinach | 248.1 |
| Artichokes | 1142.4 |

* = Mean of primary groups.

Table S2 - Independent product analysis

Independent laboratory analysis was undertaken on samples of both products (Analytical Group SRL, Florence, Italy) using an internal method based on the determination of biophenols according to the International Olive Council method (see COI/T.20/Doc n 29 rev 1 2017) using liquid chromatography with a detector wavelength of 280 nm (with results expressed in g of Tyrosol·L⁻¹ water using an internal standard). Overall findings are shown below and converted to provide estimated analyses per 28 mL serve.

| | OliP (mg·L ⁻¹) | PL (mg·L ⁻¹) | OliP (/28 mL serve) | PL (/28 mL serve) |
|----------------------------------|-------------------------------|-----------------------------|---------------------------|-------------------------|
| Total Phenolic Profile | 11282 | 1748 | 315.9 | 48.9 |
| Hydroxytyrosol | 1030 | 0 | 28.8 | 0 |
| 3-4-DHPEA-EDA | 810 | 0 | 22.7 | 0 |
| Verbascoïd | 570 | 0 | 16.0 | 0 |
| Oleuropein aglycone | 310 | 0 | 8.7 | 0 |
| Hydroxytyrosol glucoside | 290 | 0 | 8.1 | 0 |
| Tyrosol glycosylated derivatives | 240 | 0 | 6.7 | 0 |
| Hydroxy-verbascoïd isomer 2 | 220 | 0 | 6.2 | 0 |
| Hydroxy-verbascoïd isomer 1 | 200 | 0 | 5.6 | 0 |
| p-coumaroyl secologanoside | 190 | 0 | 5.3 | 0 |
| Isoverbascoïd | 0 | 0 | 0 | 0 |
| Rutin | 0 | 0 | 0 | 0 |
| Chlorogenic acid | 0 | 0 | 0 | 0 |
| Caffeic acid | 0 | 0 | 0 | 0 |
| Luteolin-7-O-Glucoside | 0 | 0 | 0 | 0 |
| Nuzhenide | 0 | 0 | 0 | 0 |
| p-HPEA-EDA | 0 | 0 | 0 | 0 |
| Caffeoyl secologanoside | 0 | 0 | 0 | 0 |