Supplementary Table 1. Listing of the studies included in the meta-analysis.

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| Experimetal meal | No. of participants and characteristics | Study design  (control characteristics) | Daily dose | Type of the study  (time-point considered for data analysis) | Assay | Funding sources | Study quality  (bias risk) | References |
| Green tea | Treatment group: 25  Control group: 25  HYPERCHOLESTEROLEMIC | Parallel, randomized, group-controlled  (diet without tea) | 500 ml | Chronic  (90 days) | TRAP | No Funding | Good  (low) | *Bertipaglia de Santana, 2008* |
| Green tea | Treatment group: 12  Control group: 12  HEALTHY | Parallel, randomized, , group-controlled  (standard diet without treatment) | 2 cups | Chronic  (42 days) | Other | No Funding | Good  (low) | *Erba, 2005* |
| Green tea | Treatment group: 14  Control group: 14  HEALTHY | Parallel, placebo-controlled (water) | 600 ml | Acute  (15 min) | FRAP | No Funding | Fair  (middle) | *Panza, 2008* |
| Green tea | Treatment group: 34  Control group: 34  HEALTHY | Parallel, placebo-controlled (water) | 1000 ml | Chronic  (28 days) | Other | No Funding. | Fair  (middle) | *Coimbra, 2006* |
| Green tea | Treatment group: 16  Control group: 16  HEALTHY | Parallel, placebo-controlled (water) | 900 ml | Chronic  (28 days) | Other | No Funding | Fair  (middle) | *van het Hof, 1997\_a* |
| Green tea | Treatment group: 20  Control group: 20  HEALTHY | Parallel, randomized, , placebo-controlled (water) | 4 cups | Acute  (60 min) | Other | No Funding | Good  (low) | *Hodgson, 2000\_a* |
| Green tea | Treatment group: 5  HEALTHY | Crossover, randomized, placebo-controlled (water) | 300 ml | Acute  (30 min) | TRAP | No Funding | Good  (low) | *Serafini, 1996\_a* |
| Black tea | Treatment group: 15  HYPERCHOLESTEROLEMIC | Crossover, randomized, double-blinded, , placebo-controlled (placebo with caffeine added) | 5 cups | Acute  (21 days) | FRAP | Partial financial support | Good  (low) | *Davies, 2003* |
| Black tea | Treatment group: 10  HEALTHY | Pre-post data | 500 ml | Acute  (60 min) | Other | No Funding | Poor  (high) | *Maxwell, 1996* |
| Black tea | Treatment group: 21  CORONARY DISEASE | Crossover, randomized, , placebo-controlled (water) | 900 ml | Chronic  (28 days) | FRAP | Funding | Good  (low) | *Duffy, 2001\_a* |
| Black tea | Treatment group: 21  CORONARY DISEASE | Crossover, randomized, placebo-controlled (water) | 900 ml | Chronic  (28 days) | ORAC | Funding | Good  (low) | *Duffy, 2001\_b* |
| Black tea | Treatment group: 16  Control group: 16  HEALTHY | Parallel, placebo-controlled (water) | 900 ml | Chronic  (28 days) | Other | No Funding | Fair  (middle) | *van het Hof, 1997\_b* |
| Black tea | Treatment group: 20  Control group: 20  HEALTHY | Parallel, placebo-controlled (water) | 4 cups | Acute  (60 min) | Other | No Funding | Good  (low) | *Hodgson, 2000\_b* |
| Black tea | Treatment group: 9  HEALTHY | Crossover, placebo-controlled (water plus milk) | 400 ml | Acute  (80 min) | FRAP | No Funding | Fair  (middle) | *Kyle, 2007* |
| Black tea | Treatment group: 5  HEALTHY | Crossover, randomized, placebo-controlled (water) | 300 ml | Acute  (50 min) | TRAP | No Funding | Good  (low) | *Serafini, 1996\_b* |
| Black tea | Treatment group: 22  Control group: 22  CORONARY DISEASES | Parallel, randomized, placebo-controlled (water) | 900 ml | Acute  (28 days) | ORAC | No Funding | Good  (low) | *Widlansky, 2005\_a* |
| Black tea | Treatment group: 22  Control group: 22  CORONARY DISEASE | Parallel, randomized, placebo-controlled (water) | 900 ml | Acute  (28 days) | FRAP | No Funding | Good  (low) | *Widlansky, 2005\_b* |
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| Red wine | Treatment group: 5  HEALTHY | Crossover, randomized, placebo-controlled (water) | 3 ml/kg body weight | Acute  (90 min) | FRAP | No Funding | Good  (low) | *Vukovic, 2009* |
| Red wine | Treatment group: 10  HEALTHY | Crossover, placebo-controlled (water) | 5-7 ml/kg body weight | Acute  (90 min) | Other | No Funding | Fair  (middle) | *Maxwell, 1994* |
| Red wine | Treatment group: 9  HEALTHY | Crossover, randomized, placebo-controlled (polyphenols-stripped red wine) | 3 ml/kg body weight | Acute  (90 min) | FRAP | Partial financial support | Good  (low) | *Modun, 2008* |
| Red wine | Treatment group: 9  Control group: 9  HEALTHY | Parallel, randomized, placebo- controlled (water) | 200 ml | Acute  (90 min) | TEAC | Funding | Good  (low) | *Arendt, 2005* |
| Dealcoholized Red Wine | Treatment group: 10  HEALTHY | Crossover, randomized, , placebo- controlled (water) | 113 ml | Acute  (50 min) | TRAP | No Funding | Good  (low) | *Serafini, 1998* |
| Red wine | Treatment group: 24  Control group: 24  HEALTHY | Parallel, group controlled  (no-treatment) | 250 ml | Chronic  (28 days) | FRAP | Funding | Fair  (middle) | *Avellone, 2006* |
| Red wine with fat-containing meal | Treatment group: 15  HEALTHY | Crossover, randomized, group controlled  (no-treatment) | 230 ml in males and 160 ml in females | Acute  (180 min) | ORAC | No Funding | Good  (low) | *Blackhurst, 2006* |
| Red wine | Treatment group: 8  Control group: 8  ELDERLY | Parallel, placebo-control  (water coconut flavour) | 300 ml | Acute  (60 min) | ORAC | No Funding | Poor  (high) | *Cao, 1998\_a* |
| Red wine | Treatment group: 8  Control group: 8  ELDERLY | Parallel, placebo control  (water coconut flavour) | 300 ml  (n. s.) | Acute  (60 min) | FRAP | No Funding | Poor  (high) | *Cao, 1998\_b* |
| Red wine | Treatment group: 6  HEALTHY | Pre-post data | 250 ml | Acute  (30 min) | Other | No Funding | Poor  (high) | *Day, 1995* |
| Red wine | Treatment group: 8  HEALTHY | Pre-post data | 300 ml | Acute  (55 min) | ORAC | Yes | Poor  (high) | *Fernandez-Pachon, 2005\_a* |
| Red wine | Treatment group: 8  HEALTHY | Pre-post data | 300 ml | Acute  (55 min) | FRAP | Yes | Poor  (high) | *Fernandez-Pachon, 2005\_b* |
| Red wine | Treatment group: 5  HEALTHY | Pre-post data | 300 ml | Acute  (60 min) | Other | No Funding | Poor  (high) | *Pinzani, 2010* |
| Red wine | Treatment group: 5  HALTHY | Pre-post data | about 200 ml | Acute  (60 min) | TRAP | No Funding | Poor  (high) | *Simonetti, 2001* |
| Red wine | Treatment group: 8  Control group: 8  HEALTHY | Parallel, control group  (diet without wine) | 300 ml | Chronic  (7 days) | ORAC | No Funding | Fair  (middle) | *Otaolaurruchi, 2007\_a* |
| Red wine | Treatment group: 8  Control group: 8  HEALTHY | Parallel, control group  (diet without wine) | 300 ml | Chronic  (7 days) | FRAP | No Funding | Fair  (middle) | *Otaolaurruchi, 2007\_b* |
| Red wine | Treatment group: 12  Control group: 8  HEALTHY | Parallel, randomized, group controlled  (no-reatment) | 375 ml | Chronic  (14 days) | Other | Funding | Fair  (middle) | *Tsang, 2005* |
| Red wine | Treatment group: 9  Control group: 11  CORONARY DISEASE | Parallel, group controlled  (no treatment) | 250 ml | Chronics  (60 days) | FRAP | No Funding | Fair  (middle) | *Guarda, 2005* |
| Red wine | Treatment group: 18  HEALTHY | Pre-post data | 0,75g/kg (mean dose) | Acute  (60 min.) | Other | Funding | Poor  (high) | *Kiviniemi, 2007* |
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| Fresh tomato, tomato sauce and tomato paste | Treatment group: 12  HEALTHY | Pre-post data | 100g,  60 g , and  15 g | Chronic  (21 days) | Other | No Funding | Poor  (high) | *Visioli, 2003* |
| Tomato puree | Treatment group: 20  HEALTHY | Pre-post data | 96 g | Chronic  (21 days) | Other | No Funding | Poor  (high) | *Tyssandier, 2004* |
| Carrots | Treatment group: 12  Control group: 12  HEALTHY | Parallel, randomized, double blinded, group controlled (no-treatment) | 200 g | Chronic  (14 days) | FRAP | Funding | Good  (low) | *Stracke, 2009\_a* |
| Carrots | Treatment group: 12  Control group: 12  HEALTHY | Parallel, randomized, double blinded, group controlled (no-treatment) | 200 g | Chronic  (14 days) | ORAC | Funding | Good  (low) | *Stracke, 2009\_b* |
| Carrots | Treatment group: 12  Control group: 12  HALTHY | Parallel, randomized, double blinded, group controlled (no-treatment) | 200 g | Chronic  (14 days) | TEAC | Funding | Good  (low) | *Stracke, 2009\_c* |
| Tomato fresh | Treatment group: 8  HEALTHY | Pre-post data | 500g | Chronic  (42 days) | Other | No Funding | Poor  (high) | *Shen ,2007\_a* |
| Tomato juice | Treatment group: 8  HEALTHY | Pre-post data | 600 ml | Chronic  (42 days) | Other | No Funding | Poor  (high) | *Shen, 2007\_b* |
| Fresh lettuce | Treatment group: 11  HEALTHY | Pre-post data | 250 g | Acute  (180 min) | TRAP | Funding | Poor  (high) | *Serafini, 2002* |
| Tomato puree | Treatment group: 11  HEALTHY | Pre-post data | 25 g | Chronic  (14 days) | TRAP | No Funding | Poor  (high) | *Pellegrini, 2000* |
| Tomato + extra virgin oil | Treatment group: 6  HEALTHY | Pre-post data | 230g + 20 ml of olive oil | Chronic  (7 days) | FRAP | No Funding | Poor  (high) | *Lee, 2000\_a* |
| Tomato (canned) + sunflower oil | Treatment group: 6  HEALTHY | Pre-post data | 230g + 20 ml of olive oil | Chronic  (7 days) | FRAP | No Funding | Poor  (high) | *Lee, 2000\_b* |
| Spinach products | Treatment group: 48  Control group: 10  HEALTY | Parallel, randomized, group controlled  (no treatment) | 20 g | Chronic  (21 days) | FRAP | No Funding | Fair  (middle) | *Castenmiller, 1999* |
| Freshly chopped chilly blend | Treatment group: 27  HEALTHY | Crossover, randomized, group controlled  (no treatment) | 30 g | Chronic  (28 days) | Other | No Funding | Fair  (middle) | *Ahuja, 2006* |
| Fried Onion | Treatment group: 5  HEALTHY | Pre-post data | 225 g | Acute  (120 min) | Other | No Funding | Poor  (high) | *McAnlis, 1999* |
| Tomato juice with vitamin C | Treatment group: 12  HEALTHY | Pre-post data | 250 ml plus 480 mg/l | Chronic  (14 days) | FRAP | Funding | Poor  (high) | *Jacob, 2008\_a* |
| Tomato juice with vitamin C | Treatment group: 12  HEALTHY | Pre-post data | 250 ml plus 480 mg/l | Chronic  (14 days) | TEAC | Funding | Poor  (high) | *Jacob, 2008\_b* |
| Spinach | Treatment group: 8  Control group: 8  ELDERLY | Parallel with control beverage  (water coconut flavour) | 294 g | Acute  (60 min) | ORAC | No Funding | Poor  (high) | *Cao, 1998\_a* |
| Spinach | Treatment group: 8  Control group: 8  ELDERLY | Parallel with control beverage  (water coconut flavour) | 294 g | Acute  (60 min) | FRAP | No Funding | Poor  (high) | *Cao, 1998\_b* |
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| Dark chocolate bar and Cocoa powder drink | Treatment group: 25  HEALTHY | Pre-post data | 36.9 g of  and  30.95 g | Chronic  (42 days) | ORAC | No Funding | Poor  (high) | *Mathur, 2002* |
| Dark chocolate | Treatment group: 11  Control group: 11  HEART TRNSPLANT RECIPIENTS | Parallel, randomized double-blinded, placebo controlled (white chocolate) | 40g | Acute  (120 min) | TRAP | Funding | Good  (low) | *Flammer, 2007\_a* |
| Dark chocolate | Treatment group: 11  Control group: 11  HEART TRANSPLANT RECIPIENTS | Parallel, randomized double-blinded, placebo controlled (white chocolate) | 40g | Acute  (120 min) | FRAP | Funding | Good  (low) | *Flammer, 2007\_b* |
| Milk Chocolate | Treatment group: 14  Control group: 14  HEALTHY | Parallel, randomized, group controlled  (cocoa butter) | 105g | Chronic  (14 days) | TRAP | Funding | Good  (low) | *Fraga, 2005* |
| Dark chocolate | Tratment group: 12  HEALTHY | Pre-post data | 200 g | Acute  (60 min) | FRAP | No Funding | Poor  (high) | *Serafini, 2003* |
| Cocoa tablet | Treatment group: 13  Control group: 15  HEALTHY | Parallel, randomized, single blinded, placebo-controlled (chocolate without polyphenols) | 6 tablet | Chronic  (28 days) | TRAP | No-Funding | Good  (low) | *Murphy, 2003* |
| Dark Chocolate | Treatment group: 10  Control group: 3  HEALTHY | Parallel, randomized, placebo-controlled  (low-procyanidin vanilla milk chips) | 80 g | Acute  (120 min) | TRAP | No-Funding | Good  (low) | *Rein, 2000* |
| Cocoa drink | Treatment group: 10  HEALTHY | Crossover, randomized, double-blinded, placebo-controlled (chocolate without polyphenols) | 100 ml | Acute  (120 min) | TEAC | Partial financial support | Good  (low) | *Wiswedel, 2004* |
| Dark chocolate | Treatment group: 15  Control group: 15  HEALTHY | Parallel, placebo controlled (white chocolate) | 75 g | Chronic  (21 days) | TRAP | Funding | Fair  (middle) | *Mursu, 2004\_a* |
| Dark Chocolate | Treatment group: 15  Control group: 15  HEALTHY | Parallel, placebo controlled (white chocolate) | 75 g | Chronic  (21 days) | TRAP | Funding | Fair  (middle) | *Mursu, 2004\_b* |
| Dark Chocolate | Treatment group: 11  Control group: 10  HEALTHY | Parallel, randomized, double-blinded, placebo-controlled (chocolate without polyphenols) | 46 g | Chronic  (14 days) | ORAC | No-Funding | Good  (low) | *Engler, 2004* |
| Dark Chocolate | Treatment group: 13  Control group: 9  HEALTHY | Parallel, group controlled (bread) | 53 g | Acute  (120 min) | TRAP | No- Funding | Poor  (high) | *Wang, 2000* |
| Dark chocolate | Treatment group: 17  HEALTHY | Crossover, randomized, single-blinded, group controlled (water) | 100 g | Acute  (120 min) | Other | No-Funding | Good  (low) | *Vlachopoulos, 2005* |
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| Diet rich in fruit and vegetables and fish oil | Treatment group: 18  HEALTHY | Pre-post data | 5 servings 1g fish oil | Chronic  (63 days) | ORAC | No-Funding | Poor  (high) | *Roberts, 2003* |
| Mediterranean Diet | Treatment group: 21  Control group: 21  HEALTHY | Parallel, randomized, control diet  (western diet and low in fruit and vegetables) | 675 g daily | Chronic  (30 days) | TRAP | No-Funding | Fair  (middle) | *Urquiaga, 2010* |
| Mediterranean Diet | Treatment group: 21  Control group: 21  HEALTHY | Parallel, randomized, control diet  (diet rich in fat and low in fruits and vegetables) | 675 g daily | Chronic  (30 days) | Other | No-Funding | Fair  (middle) | *Leighton, 1999* |
| Mediterranean diet and extra-virgin olive oil | Treatment group: 65  Control group: 59  CARDIOVASCULAR RISK | Parallel, multicentric, randomized, group controlled (conventional low fat diet) | free provision | Chronic  (3 years) | TEAC | n. s. | Good  (low) | *Razquin, 2009\_a* |
| Mediterranean diet and nuts | Treatment group: 63  Control group: 59  CARDIOVASCULAR RISK | Parallel, multicentric, randomized, group controlled (conventional low fat diet) | free provision | Chronic  (3 years) | TEAC | n. s. | Good  (low) | *Razquin, 2009\_b* |
| Diet high in fruit and vegetables | Treatment group: 18  HEALTHY | Pre-post data | 10 servings | Chronic  (11 days) | ORAC | No-Funding | Poor  (high) | *Cao, 1998\_a* |
| Diet high in fruit and vegetables | Treatment group: 16  ELDERLY | Pre-post data | 10 servings | Chronic  (11 days) | ORAC | No-Funding | Poor  (high) | *Cao, 1998\_b* |
| Diet high in fruit and vegetables plus broccoli | Treatment group: 18  HEALTHY | Pre-post data | 10 servings plus 102.4-g | Chronic  (11 days) | ORAC | No-Funding | Poor  (high) | *Cao, 1998\_c* |
| Diet high in fruit and vegetables plus broccoli | Treatment group: 16  ELEDRLY | Pre-post data | 10 servings plus 102.4-g | Chronic  (11 days) | ORAC | No-Funding | Poor  (high) | *Cao, 1998\_d* |
| Diet rich in vegetable and fruit | Treatment group: 68  Control group: 57  OBESE | Parallel, randomized, , group controlled  (standard diet) | 400 g and  300 g | Chronic  (90 days) | ORAC | No-Funding | Good  (low) | *Svendsen, 2007* |
| DASH diet | Treatment group: 51  Control group: 52  HEALTHY | Parallel, randomized, , group controlled  (standard diet) | n.s. | Chronic  (90 days) | ORAC | No-Funding | Good  (low) | *Miller III, 2005* |
|  |  |  |  |  |  |  |  |  |
| Fruit juice | Treatment group: 12  HIV+ | Pre-post data | 1000 ml | Chronic  (112 days) | TEAC | No-Funding | Poor  (high) | *Arendt, 2001\_a* |
| Red grape juice | Treatment group: 15  HEALTHY | Pre-post data | 100 ml | Chronic  (14 days) | TEAC | No-Funding | Poor  (high) | *Castilla, 2006\_a* |
| Red grape juice | Treatment group: 26  Control group: 12  HEMODIALYSIS | Parallel, randomized, group controlled  (without treatment) | 100 ml | Chronic  (14 days) | TEAC | No-Funding | Good  (low) | *Castilla, 2006\_b* |
| Mixed fruit juice | Treatment group: 27  HEALTHY | Pre-post data | 330 ml | Chronic  (14 days) | FRAP | No-Funding | Poor  (high) | *Bub, 2003\_a* |
| Mixed fruit juice | Treatment group: 27  HELTHY | Pre-post data | 330 ml | Chronic  (14 days) | FRAP | No-Funding | Poor  (high) | *Bub, 2003\_b* |
| Mixed fruit juice | Treatment group: 32  HEALTHY | Pre-post data | 500 ml | Chronic  (21 days) | ORAC | No-Funding | Poor  (high) | *Cilla, 2009\_a* |
| Mixed fruit juice | Treatment group: 32  HEALTHY | Pre-post data | 500 ml | Chronic  (21 days) | TEAC | No-Funding | Poor  (high) | *Cilla, 2009\_b* |
| Cranberry juice | Treatment group: 11  HEALTHY | Crossover, randomized, placebo-controlled  (natural mineral water with strawberry flavour) | 750 ml | Chronic  (14 days) | FRAP | Funding | Good  (low) | *Duthie, 2006* |
| Pomegranate juice | Treatment group: 13  ELEDRLY | Pre-post data | 250 ml | Chronic  (28 days) | FRAP | Funding | Poor  (high) | *Guo, 2008\_a* |
| Apple juice | Treatment group: 13  ELERDLY | Pre-post data | 250 ml | Chronic  (28 days) | FRAP | Funding | Poor  (high) | *Guo, 2008\_b* |
| Grape juice | Treatment group: 32  HEALTHY | Pre-post data | 10 ml/kg | Chronic  (14 days) | ORAC | No-Funding | Poor  (high) | *O'Byrne, 2002* |
| Grape juice | Treatment group: 21  Control group: 19  HEALTHY | Parallel, randomized, double-blinded, placebo-controlled (n. s.) | 5,5 ml/kg | Chronic  (56 days) | TRAP | No-Funding | Good  (low) | *Park, 2009* |
| Standardized diet with added orange juice | Treatment group: 16  HEALTHY | Crossover, randomized, group controlled  (standardized diet devoid of orange juice) | 600 ml | Chronic  (21 days) | Other | No-Funding | Good  (low) | *Riso, 2005* |
| Fruit juice | Treatment group: 13  HEALTHY | Pre-post data | 1000 ml | Chronic  (112 days) | TEAC | No-Funding | Poor  (high) | *Arendt, 2001\_b* |
| Mixed fruit juice | Treatment group: 5  HEALTHY | Pre-post data | 1083 ml | Chronic  (7 days) | TEAC | No-Funding | Poor  (high) | *Young, 1999\_a* |
| Mixed fruit juice | Treatment group: 5  HEALTHY | Pre-post data | 1083 ml | Chronic  (7 days) | FRAP | No-Funding | Poor  (high) | *Young, 1999\_b* |
| Marula fruit juice | Treatment group: 10  HEALTHY | Pre-post data | 200 ml | Chronic  (21 days) | FRAP | No-Funding | Poor  (high) | *Borochov-Neori, 2006* |
| Mixed fruit juice | Treatment group: 48  Control group: 24  HYPERCHOLESTEROLEMIC | Parallel, randomized, , group controlled  (standardize diet without treatment) | 150 ml | Chronic  (30 days) | TEAC | No-Funding | Good  (low) | *Goristein, 2004* |
| Mixed fruit juice | Treatment group: 6  HEALTHY | Pre-post data | 400 ml | Acute  (120 min) | TEAC | No-Funding | Poor  (high) | *Netzel, 2002* |
| Eldberry juice | Treatment group: 8  Control group: 8  HEALHY | Pre-post data | 300 ml | Acute  (60 min) | TEAC | Partial financial support | Poor  (high) | *Netzel, 2005\_a* |
| Eldberry juice | Treatment group: 8  Control group: 8  HEALTHY | Pre-post data | 300 ml | Acute  (60 min) | TRAP | Partial financial support | Poor  (high) | *Netzel, 2005\_b* |
| Blueberry juice | Treatment group: 9  Control group: 9  HEALTHY | Parallel, placebo-controlled (solution containing a similar sugar content to the fruit juice) | 500 ml | Acute  (60 min) | FRAP | No-Funding | Good  (low) | *Pedersen, 2000\_a* |
| Cranberry juice vitamin C fortified | Treatment group: 9  Control group: 9  HEALTHY | Parallel, placebo-controlled (solution containing a similar sugar content to the fruit juice) | 500 ml | Acute  (60 min) | FRAP | No-Funding | Good  (low) | *Pedersen, 2000\_b* |
| Dried Plum juice | Treatment group: 6  ELDERLY | Crossover, randomized, placebo-controlled (water) | 315 ml | Acute  (60 min) | ORAC | No-Funding | Good  (low) | *Prior, 2007* |
| Cranberry juice | Treatment group: 21  HEALTHY | Pre-post | 7ml/kg | Long  (14 day) | Other | Funding | Poor  (high) | *Ruel, 2005* |
| Cranberry juice added to corn syrup | Treatment group: 10  HEALTHY | Parallel, randomized, placebo-controlled  (corn syrup without cranberry juice) | 240 ml | Acute  (60 min) | FRAP | No-Funding | Good  (low) | *Vinson, 2008* |
| Mixed fruit juice | Treatment group: 168  HEALTHY | Pre-post data | 1000 ml | Chronic  (28 days) | TEAC | No-Funding | Poor  (high) | *Wilms, 2007* |
| Blueberry | Treatment group: 10  Control group: 10  SMOKERS | Parallel, randomized, control group  (standard diet without fruits) | 250 g | Chronic  (28 days) | FRAP | Funding | Good  (low) | *McAnulty, 2005* |
| Strawberries | Treatment group: 8  Control group: 8  ELDERLY | Parallel, with control beverage  (water coconut flavour) | 240 g | Acute  (60 min) | FRAP | No Funding | Poor  (high) | *Cao, 1998\_a* |
| Strawberries | Treatment group: 8  Control group: 8  ELDERLY | Parallel, with control beverage  (water coconut flavour) | 240 g | Acute  (60 min) | ORAC | No Funding | Poor  (high) | *Cao, 1998\_b* |
| freeze-dried grape with high fat meal | Treatment group: 5  HEALTHY | Crossover, placebo-controlled  (meal without freeze-dried grape) | 2,5 cups | Acute  (90 min) | Other | No Funding | Fair  (middle) | *Chaves, 2009\_a* |
| freeze-dried grape with high fat meal | Treatment group: 5  HEALTHY | Crossover, placebo-controlled  (meal without freeze-dried grape) | 2,5 cups | Chronic  (21 days) | Other | No Funding | Fair  (middle) | *Chaves, 2009\_b* |
| Apple | Treatment group: 6  Control group: 6  HEALTHY | Parallel, placebo-controlled  (plain bagels used as a flavonoid-free  control, and 750 ml of water, or fructose  dissolved in 1000 ml of water) | 5 apples | Acute  (60 min) | FRAP | Funding | Good  (low) | *Lotito, 2004* |
| Freeze-dried wild Blueberries | Treatment group: 5  HEALTHY | Crossover, randomized, single-blinded, , placebo-controlled (76.4 g of glucose and 0.5 g of sugar) | 100g in 500 ml water | Acute  (270 min) | TEAC | No-Funding | Good  (low) | *Mazza, 2002\_a* |
| Freeze-dried wild Blueberries  with high fat meal | Treatment group: 5  HEALTHY | Crossover, randomized, single-blinded, , placebo-controlled (76.4 g of glucose and 0.5 g of sugar) | 100g in 500 ml water | Acute  (270 min) | ORAC | No-Funding | Good  (low) | *Mazza, 2002\_b* |
| Grape | Treatment group: 15  HEALTHY | Pre-post data | 250 g | Chronic  (28 days) | ORAC | No-Funding | Poor  (high) | *Parker, 2007\_a* |
| Sun-dried Raisin | Treatment group: 15  HEALTHY | Pre-post data | 50 g | Chronic  (28 days) | ORAC | No-Funding | Poor  (high) | *Parker, 2007\_b* |
| Golden Raisin | Treatment group: 15  HEALTHY | Pre-post data | 50 g | Chronic  (28 days) | ORAC | No-Funding | Poor  (high) | *Parker, 2007\_c* |
| Frozen wild Blueberries blend | Treatment group: 10  ELDERLY | Crossover, randomized, placebo-controlled (water) | 189 g  in 315ml water | Acute  (60 min) | ORAC | No-Funding | Good  (low) | *Prior, 2007* |
| Raisin | Treatment group: 17  OVERWEIGHT | Crossover, randomized, placebo-controlled  (low flavanol diet) | 90 g | Chronic  (14 days) | ORAC | Funding | Good  (low) | *Rankin, 2008* |
| Blueberry | Treatment group: 11  HEALTHY | Pre-post data | 200 g | Acute  (300 min) | TRAP | Funding | Poor  (high) | *Serafini, 2009\_a* |
| Blueberry | Treatment group: 11  HEALTHY | Pre-post data | 200 g | Acute  (300 min) | FRAP | Funding | Poor  (high) | *Serafini, 2009-b* |
| Cactus pear | Treatment group: 18  HEALTHY | Pre-post data | 500 g | Chronic  (14 days) | TEAC | No-Funding | Poor  (high) | *Tesoriere, 2004* |
| Dried Figs | Treatment group: 10  HEALTHY | Parallel, randomized, placebo-controlled  (corn syrup without cranberry juice) | 40g + 240 ml of sprite | df | FRAP | No-Funding | Good  (low) | *Vinson, 2005* |