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: 25Control group: 25HYPERCHOLESTEROLEMIC | 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: 12Control group: 12HEALTHY | Parallel, randomized, , group-controlled (standard diet without treatment) | 2 cups | Chronic(42 days) | Other  | No Funding | Good(low) | *Erba, 2005* |
| Green tea | Treatment group: 14Control group: 14HEALTHY | Parallel, placebo-controlled (water) | 600 ml | Acute (15 min) | FRAP | No Funding | Fair(middle) | *Panza, 2008* |
| Green tea | Treatment group: 34Control group: 34HEALTHY | Parallel, placebo-controlled (water) | 1000 ml | Chronic(28 days) | Other  | No Funding. | Fair(middle) | *Coimbra, 2006* |
| Green tea | Treatment group: 16Control group: 16HEALTHY | Parallel, placebo-controlled (water) | 900 ml | Chronic(28 days) | Other  | No Funding | Fair(middle) | *van het Hof, 1997\_a* |
| Green tea | Treatment group: 20Control group: 20HEALTHY | Parallel, randomized, , placebo-controlled (water) | 4 cups | Acute(60 min) | Other  | No Funding | Good(low) | *Hodgson, 2000\_a* |
| Green tea | Treatment group: 5HEALTHY | Crossover, randomized, placebo-controlled (water) | 300 ml | Acute(30 min) | TRAP | No Funding | Good(low) | *Serafini, 1996\_a* |
| Black tea | Treatment group: 15HYPERCHOLESTEROLEMIC | 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: 10HEALTHY | 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: 21CORONARY DISEASE | Crossover, randomized, placebo-controlled (water) | 900 ml | Chronic (28 days) | ORAC | Funding | Good(low) | *Duffy, 2001\_b* |
| Black tea | Treatment group: 16Control group: 16HEALTHY | Parallel, placebo-controlled (water) | 900 ml | Chronic(28 days) | Other  | No Funding | Fair(middle) | *van het Hof, 1997\_b* |
| Black tea | Treatment group: 20Control group: 20HEALTHY | 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: 5HEALTHY | Crossover, randomized, placebo-controlled (water) | 300 ml | Acute(50 min) | TRAP | No Funding | Good(low) | *Serafini, 1996\_b* |
| Black tea | Treatment group: 22Control group: 22CORONARY DISEASES | Parallel, randomized, placebo-controlled (water) | 900 ml | Acute(28 days) | ORAC | No Funding | Good(low) | *Widlansky, 2005\_a* |
| Black tea | Treatment group: 22Control group: 22CORONARY 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: 5HEALTHY | Crossover, randomized, placebo-controlled (water) | 3 ml/kg body weight | Acute(90 min) | FRAP | No Funding | Good(low) | *Vukovic, 2009* |
| Red wine | Treatment group: 10HEALTHY | Crossover, placebo-controlled (water) | 5-7 ml/kg body weight | Acute(90 min) | Other  | No Funding | Fair(middle) | *Maxwell, 1994* |
| Red wine | Treatment group: 9HEALTHY | 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: 10HEALTHY | Crossover, randomized, , placebo- controlled (water) | 113 ml | Acute(50 min) | TRAP | No Funding | Good(low) | *Serafini, 1998* |
| Red wine | Treatment group: 24Control group: 24HEALTHY | Parallel, group controlled (no-treatment) | 250 ml | Chronic(28 days) | FRAP | Funding | Fair(middle) | *Avellone, 2006* |
| Red wine with fat-containing meal | Treatment group: 15HEALTHY | 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: 8Control 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: 8Control group: 8ELDERLY | 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: 6HEALTHY | Pre-post data | 250 ml | Acute(30 min) | Other  | No Funding | Poor(high) | *Day, 1995* |
| Red wine | Treatment group: 8HEALTHY | Pre-post data | 300 ml | Acute(55 min) | ORAC | Yes | Poor(high) | *Fernandez-Pachon, 2005\_a* |
| Red wine | Treatment group: 8HEALTHY | 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: 5HALTHY | Pre-post data | about 200 ml | Acute(60 min) | TRAP | No Funding | Poor(high) | *Simonetti, 2001* |
| Red wine | Treatment group: 8Control group: 8HEALTHY | Parallel, control group (diet without wine) | 300 ml | Chronic(7 days) | ORAC | No Funding | Fair(middle) | *Otaolaurruchi, 2007\_a* |
| Red wine | Treatment group: 8Control group: 8HEALTHY | Parallel, control group (diet without wine) | 300 ml | Chronic(7 days) | FRAP | No Funding | Fair(middle) | *Otaolaurruchi, 2007\_b* |
| Red wine | Treatment group: 12Control group: 8HEALTHY | Parallel, randomized, group controlled (no-reatment) | 375 ml | Chronic(14 days) | Other  | Funding | Fair(middle) | *Tsang, 2005* |
| Red wine | Treatment group: 9 Control group: 11CORONARY DISEASE | Parallel, group controlled (no treatment) | 250 ml | Chronics(60 days) | FRAP | No Funding | Fair(middle) | *Guarda, 2005* |
| Red wine | Treatment group: 18HEALTHY | 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: 12HEALTHY | Pre-post data | 100g, 60 g , and15 g | Chronic(21 days) | Other  | No Funding | Poor(high) | *Visioli, 2003* |
| Tomato puree | Treatment group: 20HEALTHY | Pre-post data | 96 g | Chronic(21 days) | Other  | No Funding | Poor(high) | *Tyssandier, 2004* |
| Carrots | Treatment group: 12Control group: 12HEALTHY | Parallel, randomized, double blinded, group controlled (no-treatment) | 200 g  | Chronic(14 days) | FRAP | Funding | Good(low) | *Stracke, 2009\_a* |
| Carrots | Treatment group: 12Control group: 12HEALTHY | Parallel, randomized, double blinded, group controlled (no-treatment) | 200 g  | Chronic(14 days) | ORAC | Funding | Good(low) | *Stracke, 2009\_b* |
| Carrots | Treatment group: 12Control group: 12HALTHY | Parallel, randomized, double blinded, group controlled (no-treatment) | 200 g  | Chronic(14 days) | TEAC | Funding | Good(low) | *Stracke, 2009\_c* |
| Tomato fresh | Treatment group: 8HEALTHY | Pre-post data | 500g | Chronic(42 days) | Other  | No Funding | Poor(high) | *Shen ,2007\_a* |
| Tomato juice | Treatment group: 8HEALTHY | Pre-post data | 600 ml | Chronic(42 days) | Other  | No Funding | Poor(high) | *Shen, 2007\_b* |
| Fresh lettuce | Treatment group: 11HEALTHY | Pre-post data | 250 g | Acute(180 min) | TRAP | Funding | Poor(high) | *Serafini, 2002* |
| Tomato puree | Treatment group: 11HEALTHY | Pre-post data | 25 g | Chronic(14 days) | TRAP | No Funding | Poor(high) | *Pellegrini, 2000* |
| Tomato + extra virgin oil | Treatment group: 6HEALTHY | 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: 6HEALTHY | Pre-post data | 230g + 20 ml of olive oil | Chronic(7 days) | FRAP | No Funding | Poor(high) | *Lee, 2000\_b* |
| Spinach products | Treatment group: 48Control group: 10HEALTY | Parallel, randomized, group controlled (no treatment) | 20 g | Chronic(21 days) | FRAP | No Funding | Fair(middle) | *Castenmiller, 1999* |
| Freshly chopped chilly blend | Treatment group: 27HEALTHY | Crossover, randomized, group controlled (no treatment) | 30 g | Chronic(28 days) | Other  | No Funding | Fair(middle) | *Ahuja, 2006* |
| Fried Onion | Treatment group: 5HEALTHY | Pre-post data | 225 g | Acute(120 min) | Other  | No Funding | Poor(high) | *McAnlis, 1999* |
| Tomato juice with vitamin C | Treatment group: 12HEALTHY | 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: 12HEALTHY | Pre-post data | 250 ml plus 480 mg/l  | Chronic(14 days) | TEAC | Funding | Poor(high) | *Jacob, 2008\_b* |
| Spinach | Treatment group: 8Control group: 8ELDERLY | Parallel with control beverage (water coconut flavour) | 294 g | Acute(60 min) | ORAC | No Funding | Poor(high) | *Cao, 1998\_a* |
| Spinach | Treatment group: 8Control group: 8ELDERLY | 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: 25HEALTHY | 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: 11Control group: 11HEART 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: 11HEART 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: 14Control group: 14HEALTHY | Parallel, randomized, group controlled (cocoa butter) | 105g | Chronic(14 days) | TRAP | Funding | Good(low) | *Fraga, 2005* |
| Dark chocolate | Tratment group: 12HEALTHY | Pre-post data | 200 g | Acute(60 min) | FRAP | No Funding | Poor(high) | *Serafini, 2003* |
| Cocoa tablet | Treatment group: 13Control group: 15HEALTHY | 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: 10Control group: 3HEALTHY | 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: 10HEALTHY | 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: 15Control group: 15HEALTHY | Parallel, placebo controlled (white chocolate) | 75 g | Chronic(21 days) | TRAP | Funding | Fair(middle) | *Mursu, 2004\_a* |
| Dark Chocolate | Treatment group: 15Control group: 15HEALTHY | Parallel, placebo controlled (white chocolate) | 75 g | Chronic(21 days) | TRAP | Funding | Fair(middle) | *Mursu, 2004\_b* |
| Dark Chocolate | Treatment group: 11Control 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: 13Control group: 9HEALTHY | Parallel, group controlled (bread) | 53 g  | Acute(120 min) | TRAP | No- Funding | Poor(high) | *Wang, 2000* |
| Dark chocolate | Treatment group: 17HEALTHY | 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: 18HEALTHY | Pre-post data | 5 servings 1g fish oil  | Chronic(63 days) | ORAC | No-Funding | Poor(high) | *Roberts, 2003* |
| Mediterranean Diet | Treatment group: 21Control group: 21HEALTHY | 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: 21HEALTHY | 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: 59CARDIOVASCULAR 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: 59CARDIOVASCULAR 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: 18HEALTHY | Pre-post data | 10 servings  | Chronic(11 days) | ORAC | No-Funding | Poor(high) | *Cao, 1998\_a* |
| Diet high in fruit and vegetables | Treatment group: 16ELDERLY | 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: 18HEALTHY | 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: 16ELEDRLY | 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: 57OBESE | 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: 51Control group: 52HEALTHY | Parallel, randomized, , group controlled (standard diet) | n.s. | Chronic(90 days) | ORAC | No-Funding | Good(low) | *Miller III, 2005* |
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| Fruit juice | Treatment group: 12HIV+ | Pre-post data | 1000 ml | Chronic(112 days) | TEAC | No-Funding | Poor(high) | *Arendt, 2001\_a* |
| Red grape juice | Treatment group: 15HEALTHY | Pre-post data | 100 ml | Chronic(14 days) | TEAC | No-Funding | Poor(high) | *Castilla, 2006\_a* |
| Red grape juice | Treatment group: 26 Control group: 12HEMODIALYSIS | Parallel, randomized, group controlled (without treatment) | 100 ml | Chronic(14 days) | TEAC | No-Funding | Good(low) | *Castilla, 2006\_b* |
| Mixed fruit juice | Treatment group: 27HEALTHY | Pre-post data | 330 ml | Chronic(14 days) | FRAP | No-Funding | Poor(high) | *Bub, 2003\_a* |
| Mixed fruit juice | Treatment group: 27HELTHY | Pre-post data | 330 ml | Chronic(14 days) | FRAP | No-Funding | Poor(high) | *Bub, 2003\_b* |
| Mixed fruit juice | Treatment group: 32HEALTHY | Pre-post data | 500 ml | Chronic(21 days) | ORAC | No-Funding | Poor(high) | *Cilla, 2009\_a* |
| Mixed fruit juice  | Treatment group: 32HEALTHY | Pre-post data | 500 ml | Chronic(21 days) | TEAC | No-Funding | Poor(high) | *Cilla, 2009\_b* |
| Cranberry juice | Treatment group: 11HEALTHY | 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: 13ELEDRLY | Pre-post data | 250 ml | Chronic(28 days) | FRAP | Funding | Poor(high) | *Guo, 2008\_a* |
| Apple juice | Treatment group: 13ELERDLY | Pre-post data | 250 ml | Chronic(28 days) | FRAP | Funding | Poor(high) | *Guo, 2008\_b* |
| Grape juice | Treatment group: 32HEALTHY | Pre-post data | 10 ml/kg | Chronic(14 days) | ORAC | No-Funding | Poor(high) | *O'Byrne, 2002* |
| Grape juice | Treatment group: 21Control group: 19HEALTHY | 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: 16HEALTHY | 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: 13HEALTHY | Pre-post data | 1000 ml | Chronic(112 days) | TEAC | No-Funding | Poor(high) | *Arendt, 2001\_b* |
| Mixed fruit juice | Treatment group: 5HEALTHY | Pre-post data | 1083 ml  | Chronic(7 days) | TEAC | No-Funding | Poor(high) | *Young, 1999\_a* |
| Mixed fruit juice | Treatment group: 5HEALTHY | Pre-post data | 1083 ml | Chronic(7 days) | FRAP | No-Funding | Poor(high) | *Young, 1999\_b* |
| Marula fruit juice | Treatment group: 10HEALTHY | Pre-post data | 200 ml | Chronic(21 days) | FRAP | No-Funding | Poor(high) | *Borochov-Neori, 2006* |
| Mixed fruit juice  | Treatment group: 48 Control group: 24HYPERCHOLESTEROLEMIC | 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: 6HEALTHY | Pre-post data | 400 ml | Acute(120 min)  | TEAC | No-Funding | Poor(high) | *Netzel, 2002* |
| Eldberry juice | Treatment group: 8Control group: 8HEALHY | Pre-post data | 300 ml | Acute(60 min) | TEAC | Partial financial support | Poor(high) | *Netzel, 2005\_a* |
| Eldberry juice | Treatment group: 8Control group: 8HEALTHY | Pre-post data | 300 ml | Acute(60 min) | TRAP | Partial financial support | Poor(high) | *Netzel, 2005\_b* |
| Blueberry juice | Treatment group: 9Control group: 9HEALTHY | 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: 9Control group: 9HEALTHY | 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: 6ELDERLY | Crossover, randomized, placebo-controlled (water) | 315 ml | Acute(60 min) | ORAC | No-Funding | Good(low) | *Prior, 2007* |
| Cranberry juice | Treatment group: 21HEALTHY | Pre-post | 7ml/kg | Long(14 day) | Other  | Funding | Poor(high) | *Ruel, 2005* |
| Cranberry juice added to corn syrup | Treatment group: 10HEALTHY | 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: 168HEALTHY | Pre-post data | 1000 ml | Chronic(28 days) | TEAC | No-Funding | Poor(high) | *Wilms, 2007* |
| Blueberry | Treatment group: 10 Control group: 10SMOKERS | Parallel, randomized, control group (standard diet without fruits) | 250 g | Chronic(28 days) | FRAP | Funding | Good(low) | *McAnulty, 2005* |
| Strawberries | Treatment group: 8Control group: 8ELDERLY | Parallel, with control beverage (water coconut flavour) | 240 g | Acute(60 min) | FRAP | No Funding | Poor(high) | *Cao, 1998\_a* |
| Strawberries | Treatment group: 8Control group: 8ELDERLY | 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: 6Control group: 6HEALTHY | Parallel, placebo-controlled (plain bagels used as a flavonoid-freecontrol, and 750 ml of water, or fructosedissolved in 1000 ml of water) | 5 apples | Acute(60 min) | FRAP | Funding | Good(low) | *Lotito, 2004* |
| Freeze-dried wild Blueberries | Treatment group: 5HEALTHY | 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 Blueberrieswith high fat meal | Treatment group: 5HEALTHY | 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: 15HEALTHY | Pre-post data | 250 g | Chronic(28 days) | ORAC | No-Funding | Poor(high) | *Parker, 2007\_a* |
| Sun-dried Raisin | Treatment group: 15HEALTHY | Pre-post data | 50 g | Chronic(28 days) | ORAC | No-Funding | Poor(high) | *Parker, 2007\_b* |
| Golden Raisin | Treatment group: 15HEALTHY | Pre-post data | 50 g | Chronic(28 days) | ORAC | No-Funding | Poor(high) | *Parker, 2007\_c* |
| Frozen wild Blueberries blend | Treatment group: 10ELDERLY | Crossover, randomized, placebo-controlled (water) | 189 gin 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: 11HEALTHY | Pre-post data | 200 g | Acute(300 min) | TRAP | Funding | Poor(high) | *Serafini, 2009\_a* |
| Blueberry | Treatment group: 11HEALTHY | Pre-post data | 200 g | Acute(300 min) | FRAP | Funding | Poor(high) | *Serafini, 2009-b* |
| Cactus pear | Treatment group: 18HEALTHY | Pre-post data | 500 g | Chronic(14 days) | TEAC | No-Funding | Poor(high) | *Tesoriere, 2004* |
| Dried Figs | Treatment group: 10HEALTHY | Parallel, randomized, placebo-controlled (corn syrup without cranberry juice) | 40g + 240 ml of sprite | df | FRAP | No-Funding | Good(low) | *Vinson, 2005* |