**Supplemental Table 3**. Upper and lower estimates of mean and median flavan-3-ol intake (mg/day) for adults in Europe based on the variability of food composition. The data is based on reported average, minimum and maximum flavan-3-ol content in foods.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Country | Intake data | Flavan-3-ols | Flavan-3-ol monomers | PA | Theaflavins |
| Food composition data | Food composition data | Food composition data | Food composition data |
| Average | Min | Max | Average | Min | Max | Average | Min | Max | Average | Min | Max |
| Belgium | Mean | 229 | 123.6 | 467.6 | 44.6 | 6.7 | 167.2 | 109.3 | 74.9 | 165.3 | 75.1 | 42 | 135.2 |
| Median | 5.2 | 2.8 | 10.4 | 1 | 0.5 | 1.9 | 4.2 | 2.3 | 8.5 | 0 | 0 | 0 |
| Czech Republic | Mean | 180.8 | 114.1 | 338.9 | 30.9 | 5 | 117.6 | 106.6 | 77.2 | 153.7 | 43.3 | 31.9 | 67.5 |
| Median | 69.4 | 43.5 | 136.3 | 15.4 | 2.7 | 54.8 | 20.8 | 16.3 | 29.8 | 33.2 | 24.5 | 51.8 |
| Denmark | Mean | 318.9 | 164.5 | 674.8 | 68.1 | 7.8 | 261.6 | 116 | 81.3 | 170.5 | 134.9 | 75.3 | 242.7 |
| Median | 48.5 | 29.3 | 91.7 | 9.5 | 1.4 | 35.5 | 38.9 | 27.9 | 56.2 | 0 | 0 | 0 |
| Finland | Mean | 276.6 | 148.3 | 578 | 56.1 | 7.1 | 220.2 | 115.2 | 82.4 | 168.5 | 105.3 | 58.8 | 189.4 |
| Median | 6.2 | 1.9 | 17.5 | 3 | 0.4 | 10.7 | 3.2 | 1.5 | 6.8 | 0 | 0 | 0 |
| France | Mean | 289.9 | 161.5 | 575.9 | 53 | 8.3 | 197.1 | 143.9 | 101.4 | 211.5 | 93 | 51.9 | 167.3 |
| Median | 23.8 | 14.7 | 43 | 4 | 1.3 | 11.9 | 19.8 | 13.4 | 31.1 | 0 | 0 | 0 |
| Germany | Mean | 503.5 | 253.3 | 1083.4 | 111.3 | 13.2 | 421.1 | 143.5 | 101.3 | 214.8 | 248.7 | 138.9 | 447.5 |
| Median | 5.7 | 3.1 | 10.6 | 1.1 | 0.5 | 1.8 | 4.6 | 2.6 | 8.8 | 0 | 0 | 0 |
| Hungary | Mean | 355 | 200.7 | 711.2 | 68.4 | 8.7 | 254.4 | 141.5 | 110.8 | 195.8 | 145.1 | 81.2 | 260.9 |
| Median | 187.2 | 106.7 | 376.1 | 38.5 | 4.4 | 143.3 | 65.4 | 55.8 | 83 | 83.3 | 46.5 | 149.9 |
| Ireland | Mean | 792.9 | 378.3 | 1761.7 | 190.7 | 20.6 | 721.6 | 97.5 | 75.9 | 132.2 | 504.7 | 281.8 | 907.9 |
| Median | 701.5 | 326.2 | 1581 | 174.5 | 18.6 | 658.1 | 45.8 | 38.9 | 57.2 | 481.2 | 268.7 | 865.7 |
| Italy | Mean | 223.7 | 145.5 | 385.7 | 28.8 | 3.7 | 105.9 | 161.4 | 123 | 219.5 | 33.5 | 18.7 | 60.3 |
| Median | 40.6 | 28.9 | 67.1 | 5.4 | 0.8 | 18.2 | 35.2 | 28.1 | 48.8 | 0 | 0 | 0 |
| Latvia | Mean | 348.5 | 181.7 | 732 | 72.2 | 8.8 | 279 | 112.5 | 81.4 | 158.3 | 163.8 | 91.5 | 294.7 |
| Median | 182.6 | 85.7 | 409.9 | 45.1 | 4.9 | 169.5 | 12.5 | 11 | 15.6 | 125 | 69.8 | 224.8 |
| Netherlands | Mean | 581.3 | 279.2 | 1287.1 | 138.5 | 16.5 | 518.5 | 96 | 69.1 | 144.7 | 346.8 | 193.6 | 623.9 |
| Median | 321.7 | 148.7 | 727.9 | 79.9 | 8.7 | 300.8 | 19.6 | 15.9 | 27.4 | 222.2 | 124.1 | 399.7 |
| Spain | Mean | 208 | 142.1 | 344.3 | 24 | 6.3 | 78.6 | 174.7 | 129.4 | 250.7 | 9.2 | 6.4 | 15 |
| Median | 43.6 | 26.4 | 87.2 | 7.4 | 1.1 | 34 | 36.2 | 25.3 | 53.2 | 0 | 0 | 0 |
| Sweden | Mean | 252.2 | 129.9 | 526.5 | 52.4 | 7.2 | 194.1 | 100.4 | 67.2 | 153.5 | 99.4 | 55.5 | 178.9 |
| Median | 72.4 | 40.6 | 143.8 | 14.2 | 2.1 | 50.5 | 34.4 | 25.2 | 50.5 | 23.8 | 13.3 | 42.8 |
| UK | Mean | 600.3 | 291.9 | 1312.4 | 139.8 | 16.2 | 527.9 | 108.7 | 79.3 | 151.6 | 351.8 | 196.4 | 632.8 |
| Median | 408.1 | 192.8 | 908.9 | 100 | 11.5 | 373.5 | 36.6 | 29.8 | 47 | 271.5 | 151.6 | 488.4 |