

Table S1: Contents of total phenolics, total monomeric anthocyanins and selected phenolic compounds (mg/100 g), and FRAP (mmol/100 g), in Optijuce and MANA Blue during study period.

Compound	Placebo	Optijuce			MANA Blue		
	Week 0	Week 0	Week 8	Week 14	Week 0	Week 8	Week 14
Total phenolics	76	305.1	283.5	290.8	245.5	243.4	241.7
Total monomeric antocyanins	1.2	41.3	32.5	25.5	11.9	9.6	7.6
Anthocyanins	0.0						
Dp-3-glu		6.3	4.3	2.8	0.7	0.5	0.3
Dp-3-rut		15.3	10.9	7.5	0.0	0.0	0.0
Cy-3-gal		0.0	0.0	0.0	0.4	0.3	0.2
Cy-3-(2g-glurut)		1.4	1.1	0.9	1.5	1.2	0.9
Cy-3-glu		3.0	2.0	1.3	0.5	0.3	0.2
Cy-3-rut		11.4	8.0	5.5	1.2	0.8	0.5
Pn-3-glu		1.1	0.8	0.5	1.2	0.8	0.5
Mv-3-glu		2.0	1.4	0.9	2.0	1.3	0.8
Mv-3-(6"-coum)glu		0.3	0.2	0.1	0.3	0.2	0.1
total anthocyanins		41.8	29.5	20.3	8.6	6.0	4.1
Flavonols	0.0						
quercetin glycosides		5.2	5.3	5.1	5.3	5.2	4.6
myricetin glycosides		2.5	2.5	2.1	0.7	0.7	0.6
kaempferol glycosides		0.6	0.6	0.5	0.4	0.4	0.3
isorhamnetin glycosides		0.7	0.5	0.5	0.6	0.5	0.6
total flavonols		9.0	8.8	8.2	7.0	6.9	6.1
Hydroxycinnamic acids	0.0						
3-caffeoyl quinic acid		6.1	6.0	6.0	6.8	6.8	6.7
caffeoyl glucose		0.4	0.4	0.4	0.0	0.0	0.0
caffeoyl pentose		2.7	2.6	2.5	2.9	2.9	2.7
3-coumaroyl quinic acid		2.1	2.0	2.1	2.5	2.5	2.5
chlorogenic acid		8.8	8.5	8.4	9.7	9.6	9.5
total hydroxycinnamic acids		20.9	20.2	20.1	22.3	22.3	22.1
FRAP	0.0	3.23	3.27	2.92	2.66	2.58	2.57

Dp, delphinidin; Cy, cyanidin; Pn; peonidin; Mv, malvinidin; glu, glucoside; rut, rutinoside; gal, galactoside; coum, coumaroyl.

Table S2: Blood pressure measurements: BPmean in all subjects

Data shown are estimated values generated from the mixed model. P-values are also taken from the mixed model.

Group	Mean BP (mmHg)						Diff. placebo		Interaction (time x treatment)	
	Baseline	95% CI	6 week	95% CI	12 week	95% CI	6 week	12 week	p^* w6, w12	p^\dagger grouped
SBPmean (mmHg)										
Placebo	139.9	(136.4, 143.4)	137.2	(133.8, 140.7)	135.4	(131.9, 138.9)				
Optijuice	142.0	(138.5, 145.5)	136.8	(133.2, 140.3)	136.1	(132.6, 139.6)	-1.4	-2.6	0.21, 0.49	0.67‡
MANA Blue	140.5	(137.2, 143.8)	135.3	(132.0, 138.6)	135.3	(132.0, 138.5)	-2.6	-1.4	0.19, 0.70	
Pooled	141.2	(138.8, 143.6)	136.0	(133.6, 138.4)	135.6	(133.3, 138.0)	-2.6	-0.8	0.14, 0.54	0.33§
DBPmean (mmHg)										
Placebo	81.2	(78.7, 83.7)	79.6	(77.1, 82.1)	79.5	(77.0, 82.0)				
Optijuice	81.9	(79.4, 84.5)	80.4	(77.8, 83.0)	80.7	(78.1, 83.2)	0.1	0.5	0.96, 0.71	1.00‡
MANA Blue	82.0	(79.6, 84.4)	80.6	(78.2, 83.0)	80.8	(78.4, 83.1)	0.2	0.5	0.89, 0.72	
Pooled	82.0	(80.2, 83.7)	80.5	(78.8, 82.3)	80.7	(79.0, 82.5)	0.1	0.5	0.91, 0.67	0.91§

SBPmean, mean systolic blood pressure; DBPmean, mean diastolic blood pressure; Diff. placebo, estimated differences in treatment groups from placebo CI, Confidence interval.

* p-value for changes from baseline to week 6 and 12, respectively, compared to the Placebo group

† p-value for the overall test of no (time x treatment)-effect using

‡ all three treatment groups (the placebo and the two intervention groups), and using

§ the placebo and the pooled juice group.

Table S3: Changes in BPmean in hypertensive and normotensive subjects

Data shown are estimated values generated from the mixed model. P-values are also taken from the mixed model.

Group	Mean BP (mmHg)						Diff. placebo		Interaction (time x treatment)	
	Baseline	95% CI	6 week	95% CI	12 week	95% CI	6 week	12 week	p^* w6, w12	p^\dagger grouped
SBPmean (mmHg) in Hypertensive Subjects										
Placebo (n=20)	148.6	(143.9,153.2)	146.2	(141.5,150.9)	141.9	(137.2,146.6)				
Optijuice (n=19)	150.9	(146.2,155.6)	143.4	(138.7,148.2)	142.0	(137.3,146.7)	-5.1	-2.2	0.10, 0.47	0.48 [‡]
MANA Blue (n=19)	149.6	(145.0,154.2)	142.8	(138.2,147.3)	141.7	(137.1,146.2)	-4.5	-1.3	0.13, 0.66	
Pooled (n=38)	150.2	(147.0,153.5)	143.1	(139.8,146.3)	141.8	(138.6,145.1)	-4.8	-1.8	0.07, 0.50	0.18 [§]
SBPmean (mmHg) in Normotensive Subjects										
Placebo (n=23)	132.7	(129.5,136.0)	129.8	(126.6,133.1)	130.0	(126.8,133.3)				
Optijuice (n=22)	134.3	(131.0,137.7)	131.0	(127.6,134.3)	131.0	(127.6,134.3)	-0.5	-0.7	0.86, 0.81	0.99 [‡]
MANA Blue (n=27)	133.8	(130.8,136.8)	129.7	(126.7,132.8)	130.5	(127.5,133.6)	-1.2	-0.6	0.66, 0.83	
Pooled (n=49)	134.0	(131.8,136.3)	130.3	(128.0,132.5)	130.7	(128.5,133.0)	-0.8	-0.6	0.71, 0.79	0.93 [§]

Hypertensive Subjects, subjects with SBPmean in the range of 140-179 mmHg at baseline; Normotensive Subjects, subjects with SBPmean below 140 mmHg at baseline; SBPmean, mean systolic blood pressure; DBPmean, mean diastolic blood pressure; Diff. placebo, estimated differences in treatment groups from placebo CI, Confidence interval.

* p-value for changes from baseline to week 6 and 12, respectively, compared to the Placebo group

† p-value for the overall test of no (time x treatment)-effect using

‡ all three treatment groups (the placebo and the two intervention groups), and using

§ the placebo and the pooled juice group.