**Online supporting material**

Assessed for eligibility (*n* 116)

Randomized (*n* 50)

Excluded (*n* 66)

* Not meeting inclusion criteria (*n* 59)
* Declined to participate (*n* 7)

## Enrolment

## Allocation

**SCP**

Allocated to intervention (*n* 24)

* Received allocated intervention (*n* 24)
* Did not receive allocated intervention (*n* 0)

**Control**

Allocated to intervention (*n* 26)

* Received allocated intervention (*n* 24)
* Did not receive allocated intervention (*n* 2)

Reason:

Normalization of insulin sensitivity before starting the intervention

## Follow-up

Lost to follow-up (personal reasons) (*n* 1)

Lost to follow-up (personal reasons) (*n* 1)

1

## Analysis

Completed the intervention(*n* 23)

* Excluded from analysis (*n* 3)

Reasons:

No longer met the inclusion criteria:

Weight change ≥ 2 kg (*n* 1)

Medical reasons (*n* 1)

Sub-optimal compliance (*n* 1)

Completed the intervention(*n* 23)

* Excluded from analysis (*n* 2)

Reasons:

No longer met the inclusion criteria:

Weight change ≥ 2 kg (*n* 1)

Medical reasons (*n* 1)

**Analysed (*n* 21)**

**Analysed (*n* 20)**

**Supplemental Fig. 1.** Participant Flow Diagram.

SCP, strawberry and cranberry polyphenols.