

Supplementary Online Materials. Production of the intervention soft-drinks

Long-term dietary intervention study in humans (Hospital Dr. Peset-Valencia)

The following steps were followed:

- □ Liquid-Sucrose Syrup (Ingredient) is separately prepared in a tank: producing a liquid-syrup of approx. 67°Brix (67 g of soluble solids/100 g product).

Reverse Osmosis (RO) water (heated at 60°C) is added to 678.4 Kg of crystal sugar-sucrose (which contains 989 g of sucrose/Kg product) until a final weight of approx. 1331 Kg is obtained. Continuous stirring until complete solubilization.

The INTERVENTION and PLACEBO SOFT-DRINKS were produced as follows:

- □ All the ingredients are weighed and added to the preparation tank (containing the Water-RO), under continuous gentle stirring:

- 1) Fruit Up® 70°Brix and/or liquid-sucrose syrup (67°Brix);

- 2) Citric Acid monohydrate E-330;

- 3) Natural Color-Black Carrot Colour Extract (E-163. Anthocyanins);

- 4) Natural Flavouring;

- 5) Sodium Citrate dihydrate E-331 until desired pH;

- 6) Preservative addition (E-202).

- 7) Final Water-RO addition until total volume is reached.

- □ Pasteurization: both drinks were immediately pasteurized (“belt pasteurization tunnel”) at 72 +/- 2°C, for 6 minutes, on an industrial scale, and were then packaged in food grade aluminum cans; 0,250 L). The cans were kept at 0-5°C.

- □ Quality control and/or monitoring of the soft-drinks.

- □ Product release after Quality approval.

PRODUCTION FLOW-CHART

