

**Effects of superfoods on risk factors of the metabolic syndrome: a systematic review  
of human intervention trials**

**- Supplemental figures and tables -**

José J. van den Driessche, Jogchum Plat, Ronald P. Mensink

Department of Nutrition and Movement Sciences, NUTRIM School of Nutrition and  
Translational Research in Metabolism, Maastricht University Medical Center+ (MUMC+),  
Maastricht, the Netherlands.

Corresponding author:

Prof. Ronald P. Mensink

Department of Nutrition and Movement Sciences

NUTRIM School of Nutrition and Translational Research in Metabolism

Maastricht University Medical Center+

P.O. Box 616

6200 MD Maastricht, the Netherlands

Email: [r.mensink@maastrichtuniversity.nl](mailto:r.mensink@maastrichtuniversity.nl)

Phone: +31 (0) 43 3881308

**Table S1:** Overview of the beneficial effects of the selected superfoods on parameters related to the metabolic syndrome. For each parameter is indicated how many studies found beneficial effects out of the total number of studies that measured the parameter (e.g. 0 studies found beneficial effects out of the 2 studies that measured effects of blueberries on waist circumference, 0/2)

	<b>Total number of studies</b>	<b>WC</b>	<b>BMI</b>	<b>SBP</b>	<b>DBP</b>	<b>TAG</b>	<b>HDL-C</b>	<b>Glucose</b>
Acai berries	0	-	-	-	-	-	-	-
Blueberries	8	0/2	0/4	3/7	2/7	0/5	0/5	0/2*
Cranberries	8	0/1	0/1	0/6	1/6	1/7	0/7*	1/5
Goji berries	3	1/1	0/1	0/2	0/2	0/1	-	0/1
Strawberries	7	0/2	0/1	0/3	0/3	0/6	0/5	0/2
Chili peppers	3	-	0/1	0/2	0/1	0/2	0/1	0/2
Garlic	21	-	0/2	1/11	3/11	2/18	3/18	1/3
Ginger	10	1/3	0/7	1/1	0/1	4/5	0/5	5/7
Chia seed	5	0/1	0/1	2/4	1/2	0/3	0/3	0/4
Flaxseed	22	2/8	6/12	2/6	2/6	6/16	5/16	2/9
Hemp seed	0	-	-	-	-	-	-	-
Quinoa	1	0/1	1/1	-	-	1/1	0/1	0/1
Bee pollen	0	-	-	-	-	-	-	-
Cocoa	16	0/4	0/9*	5/13	4/13	0/14	5/14	1/8
Maca	1	-	0/1	1/1	1/1	0/1	0/1	-
Spirulina	7	-	1/3	1/2	1/2	4/6	2/6	0/2
Wheat grass	1	-	-	1/1	1/1	1/1	0/1	0/1

WC: waist circumference; BMI: body mass index; SBP: systolic blood pressure; DBP: diastolic blood pressure; TAG: triacylglycerol; HDL-C: HDL-cholesterol; \* Negative effects found in one of the studies: increase in BMI and glucose or decrease in HDL-C.