

**Supplementary Table 1. Postprandial responses in a human multiplex panel for CVD<sup>1)</sup>.**

Marker (ng/mL)	Time (h)	Placebo (n=32)		G (n=32) <sup>2)</sup>		<i>P</i> <sup>3)</sup>	T (n=37)		<i>P</i>	GT (n=32)		<i>P</i>	<i>Gr</i> <sup>3)</sup>	<i>Time</i>	<i>Gr*</i> <i>Time</i>
ADAMTS-13	2	-10.71	± 12.66	-13.40	± 25.08	0.92	-16.60	± 24.18	0.82	-11.62	± 15.40	0.97	0.63	< 0.01	1.00
	6	28.95	± 15.58	25.74	± 26.55	0.90	14.07	± 24.42	0.56	27.65	± 14.97	0.96			
D-dimer	2	-84.49	± 40.37	7.44	± 140.80	0.46	-123.72	± 32.28	0.96	-201.18	± 67.76	0.40	0.47	< 0.01	0.11
	6	66.97	± 147.32	-46.64	± 115.67	0.66	-225.81	± 38.74	0.03	-263.42	± 81.17	0.02			
GDF-15	2	-0.04	± 0.01	-0.04	± 0.01	0.76	-0.05	± 0.02	0.95	-0.02	± 0.01	0.67	0.49	< 0.01	0.99
	6	0.00	± 0.02	-0.01	± 0.01	0.91	-0.02	± 0.02	0.63	0.00	± 0.01	0.79			
Myoglobin	2	-10.91	± 1.40	-11.76	± 3.12	0.52	-24.87	± 15.84	0.58	-8.55	± 1.35	0.89	0.38	< 0.01	0.99
	6	-18.96	± 3.34	-20.22	± 3.21	0.98	-36.29	± 18.10	0.82	-1782.96	± 1771.31	0.70			
sICAM-1	2	-3.94	± 3.29	-3.25	± 5.89	0.72	-13.21	± 3.91	0.15	-9.13	± 4.32	0.71	0.09	0.04	0.54
	6	-3.13	± 6.92	-2.14	± 7.26	0.66	-14.62	± 5.78	0.17	-7.94	± 5.87	0.91			
MPO	2	16.35	± 10.58	-12.40	± 10.01	0.31	42.40	± 41.36	0.95	19.14	± 11.31	0.79	0.83	< 0.01	0.56
	6	23.80	± 11.84	42.57	± 24.27	0.65	4.74	± 10.57	0.64	81.26	± 40.14	0.57			
P-selectin	2	-23.57	± 19.66	-0.82	± 13.25	0.24	9.94	± 14.45	0.07	17.30	± 11.85	0.09	0.81	0.62	0.64
	6	-18.74	± 17.19	8.64	± 20.55	0.58	-7.80	± 14.28	0.58	16.92	± 20.03	0.40			
Lipocain-2	2	0.28	± 4.49	-10.32	± 5.38	0.79	0.44	± 6.21	0.44	-1.57	± 2.83	0.97	0.49	0.03	0.95
	6	8.93	± 5.17	9.01	± 10.85	0.49	0.31	± 3.04	0.75	17.13	± 10.53	0.79			
sVCAM-1	2	-31.08	± 7.79	-28.49	± 25.64	0.30	-27.76	± 18.08	0.33	-24.44	± 13.59	0.97	0.36	0.69	0.87
	6	-0.97	± 18.84	-10.84	± 25.60	0.36	-19.12	± 18.63	0.46	-17.94	± 13.74	0.84			
SAA	2	10568.77	± 12594.09	-1601.13	± 1340.52	0.49	-1326.05	± 939.62	0.40	-669.33	± 1037.29	0.17	0.22	0.43	0.49
	6	29139.97	± 30970.52	-3319.45	± 1816.22	0.19	-3116.06	± 1333.78	0.19	1292.40	± 3150.87	0.02			
sE-Selectin	2	-0.59	± 0.73	0.42	± 0.80	0.66	0.86	± 0.62	0.22	0.12	± 0.69	0.72	0.27	0.01	0.04
	6	-2.21	± 0.82	-1.39	± 0.60	0.70	-0.54	± 0.70	0.08	1.04	± 0.73	0.01			
Follistatin	2	-0.17	± 0.06	-0.12	± 0.06	0.67	0.07	± 0.09	0.11	-0.09	± 0.05	0.68	0.54	< 0.01	0.14

Marker (ng/mL)	Time (h)	Placebo (n=32)	G (n=32) <sup>2)</sup>	P <sup>3)</sup>	T (n=37)	P	GT (n=32)	P	Gr <sup>3)</sup>	Time	Gr* Time
dPAPP-A	6	0.51 ± 0.47	-0.04 ± 0.05	0.15	0.40 ± 0.23	0.21	0.21 ± 0.17	0.98			
	2	-1.35 ± 1.37	1.47 ± 1.44	0.32	1.35 ± 1.36	0.32	-0.32 ± 1.82	0.89	0.48	0.07	0.49
Pecam-1	6	-2.88 ± 1.93	-0.57 ± 1.31	0.38	0.79 ± 1.08	0.09	-2.94 ± 1.77	0.79			
	2	0.00 ± 0.02	0.00 ± 0.03	0.60	0.01 ± 0.02	0.90	0.02 ± 0.02	0.64	0.90	0.53	0.73
Pentraxin-3	6	-0.01 ± 0.02	-0.03 ± 0.02	0.65	0.00 ± 0.02	0.64	0.02 ± 0.02	0.19			
	2	-0.11 ± 0.10	0.07 ± 0.11	0.25	0.14 ± 0.08	0.06	0.02 ± 0.09	0.44	0.24	0.01	0.23
Tissue Factor	6	-0.26 ± 0.12	-0.19 ± 0.09	0.70	0.05 ± 0.08	0.03	-0.05 ± 0.09	0.14			
	2	-0.04 ± 0.04	0.05 ± 0.04	0.21	0.02 ± 0.04	0.20	-0.01 ± 0.04	0.56	0.07	0.02	0.48
Thrombomodulin	6	-0.10 ± 0.05	-0.04 ± 0.03	0.51	0.02 ± 0.03	0.05	-0.07 ± 0.04	0.59			
	2	-0.06 ± 0.14	-0.18 ± 0.19	0.45	0.02 ± 0.19	0.92	0.02 ± 0.17	0.71	0.19	< 0.01	0.80
Troponin T	6	-0.44 ± 0.17	-0.49 ± 0.19	0.85	-0.25 ± 0.16	0.47	-0.20 ± 0.20	0.24			
	2	-0.06 ± 0.07	0.01 ± 0.05	0.51	0.07 ± 0.06	0.18	-0.05 ± 0.11	0.91	0.47	0.14	0.64
	6	-0.08 ± 0.09	-0.08 ± 0.06	0.98	0.04 ± 0.04	0.24	-0.14 ± 0.11	0.56			

1) Mean ± SE (all such values)

2) G, microencapsulated garlic powder; T, tomato extract; GT, mixture of microencapsulated garlic powder and tomato extract

3) P-values were obtained from the mixed model

**Supplementary Table 2. Postprandial responses in a human multiplex panel for cytokines/chemokines<sup>1)</sup>.**

Marker (pg/mL)	Time (h)	Placebo (n=32)	G (n=32) <sup>2)</sup>	<i>P</i> <sup>3)</sup>	T (n=37)	<i>P</i>	GT (n=32)	<i>P</i>	<i>Gr</i> <sup>3)</sup>	<i>Time</i>	<i>Gr*</i> <i>Time</i>
EGF	2	-2.30 ± 10.00	6.97 ± 9.63	0.83	16.34 ± 11.34	0.47	8.22 ± 7.51	0.98	0.24	0.32	0.82
	6	13.50 ± 10.35	10.19 ± 11.77	0.47	10.01 ± 8.27	0.51	43.18 ± 36.65	0.92			
FGF-2	2	-4.11 ± 2.86	2.15 ± 2.81	0.17	6.20 ± 3.45	0.04	1.22 ± 3.20	0.39	0.81	0.17	0.60
	6	3.79 ± 4.26	4.55 ± 3.52	0.68	7.18 ± 3.39	0.43	7.12 ± 6.78	0.76			
Eotaxin	2	5.84 ± 1.35	2.81 ± 1.74	0.22	4.48 ± 1.18	0.57	3.50 ± 1.40	0.35	0.46	< 0.01	0.58
	6	7.29 ± 1.67	6.71 ± 1.86	0.82	9.18 ± 1.66	0.43	9.45 ± 2.25	0.38			
TGF-α	2	0.00 ± 0.03	-0.28 ± 0.26	0.08	-0.10 ± 0.13	0.53	-0.12 ± 0.09	0.47	0.48	0.08	0.76
	6	0.00 ± 0.03	-0.08 ± 0.10	0.60	-0.04 ± 0.07	0.81	-0.07 ± 0.09	0.65			
G-CSF	2	-2.26 ± 1.66	-1.31 ± 0.72	0.98	0.34 ± 2.20	0.86	-1.34 ± 1.21	0.36	0.33	0.07	0.72
	6	-4.26 ± 1.78	-1.70 ± 1.28	0.41	0.43 ± 2.03	0.22	2.14 ± 3.55	0.98			
Flt-3L	2	0.16 ± 0.18	-0.24 ± 0.13	0.53	0.11 ± 0.11	0.94	0.10 ± 0.13	0.97	0.13	< 0.01	0.66
	6	-0.08 ± 0.04	-0.86 ± 0.75	0.10	-0.05 ± 0.06	0.94	-0.25 ± 0.17	0.87			
GM-CSF	2	-0.16 ± 0.42	0.02 ± 0.44	0.58	0.56 ± 0.53	0.27	-0.40 ± 0.35	0.94	0.58	0.22	0.80
	6	-0.36 ± 0.42	0.15 ± 0.46	0.43	0.81 ± 0.47	0.17	0.47 ± 0.83	0.97			
Fractalkine	2	-6.52 ± 6.04	1.68 ± 6.97	0.40	7.81 ± 5.86	0.13	6.16 ± 8.30	0.19	0.66	0.25	0.79
	6	0.20 ± 5.87	7.55 ± 9.52	0.45	5.66 ± 6.02	0.56	9.01 ± 7.60	0.37			
INFα2	2	-1.16 ± 1.81	-1.93 ± 1.85	0.41	2.41 ± 2.40	0.27	-0.62 ± 1.30	0.88	0.89	0.16	0.64
	6	0.51 ± 1.78	0.09 ± 2.05	1.00	4.30 ± 2.12	0.61	1.47 ± 2.69	0.25			
INF-γ	2	-0.03 ± 0.17	4.02 ± 4.03	0.45	-0.06 ± 0.22	0.66	-0.15 ± 0.13	0.89	0.68	0.13	0.97
	6	0.38 ± 0.39	-2.43 ± 2.74	0.47	0.10 ± 0.22	0.68	-0.04 ± 0.29	0.92			
GRO	2	-84.03 ± 81.21	31.15 ± 87.40	0.32	54.06 ± 88.22	0.16	41.35 ± 72.08	0.35	0.47	0.89	0.79
	6	44.40 ± 97.58	-14.50 ± 95.32	0.73	62.99 ± 66.63	0.71	90.45 ± 93.23	0.77			
IL-10	2	-0.26 ± 0.33	0.07 ± 0.05	0.86	0.11 ± 0.09	0.84	-1.48 ± 1.45	0.50	0.36	0.48	0.33

Marker (pg/mL)	Time (h)	Placebo (n=32)	G (n=32) <sup>2)</sup>	P <sup>3)</sup>	T (n=37)	P	GT (n=32)	P	Gr <sup>3)</sup>	Time	Gr* Time																																																																																																																																																																																																																																				
MCP-3	6	0.39 ± 0.30	0.12 ± 0.10	0.88	0.03 ± 0.05	0.84	-3.61 ± 3.63	0.03	1.00	0.20	0.08																																																																																																																																																																																																																																				
	2	1.03 ± 0.79	-1.28 ± 1.51	0.17	-1.46 ± 1.06	0.13	-0.96 ± 1.00	0.24				IL-12p40	6	1.06 ± 0.63	0.19 ± 1.22	0.60	-1.31 ± 0.96	0.15	-2.66 ± 0.84	0.03	0.44	0.13	0.33	2	0.31 ± 0.44	-1.86 ± 1.77	0.06	0.48 ± 0.22	0.88	-0.36 ± 0.55	0.57	MDC	6	1.04 ± 0.59	-0.34 ± 0.98	0.24	0.19 ± 0.14	0.45	0.97 ± 0.94	0.96	0.63	0.02	0.70	2	-9.25 ± 13.06	-25.51 ± 14.35	0.40	-17.87 ± 7.44	0.64	-11.13 ± 16.00	0.92	IL-12p70	6	-21.34 ± 9.61	-32.42 ± 14.16	0.56	-8.93 ± 10.39	0.50	-2.80 ± 12.92	0.33	0.68	0.29	0.95	2	-0.02 ± 0.10	0.05 ± 0.16	0.57	-0.30 ± 0.34	0.58	-0.19 ± 0.08	0.91	IL-13	6	0.04 ± 0.12	0.31 ± 0.29	0.43	0.07 ± 0.26	0.35	0.14 ± 0.17	0.98	0.07	0.13	0.17	2	2.03 ± 1.05	-5.67 ± 3.94	0.02	-3.23 ± 2.26	0.09	-2.11 ± 1.49	0.20	IL-15	6	1.00 ± 1.23	0.27 ± 1.99	0.82	-2.13 ± 1.51	0.31	-2.63 ± 1.09	0.26	0.45	< 0.01	0.90	2	-0.05 ± 0.04	-0.15 ± 0.04	0.31	-0.08 ± 0.05	0.96	-0.11 ± 0.04	0.51	sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65	IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05
IL-12p40	6	1.06 ± 0.63	0.19 ± 1.22	0.60	-1.31 ± 0.96	0.15	-2.66 ± 0.84	0.03	0.44	0.13	0.33																																																																																																																																																																																																																																				
	2	0.31 ± 0.44	-1.86 ± 1.77	0.06	0.48 ± 0.22	0.88	-0.36 ± 0.55	0.57				MDC	6	1.04 ± 0.59	-0.34 ± 0.98	0.24	0.19 ± 0.14	0.45	0.97 ± 0.94	0.96	0.63	0.02	0.70	2	-9.25 ± 13.06	-25.51 ± 14.35	0.40	-17.87 ± 7.44	0.64	-11.13 ± 16.00	0.92	IL-12p70	6	-21.34 ± 9.61	-32.42 ± 14.16	0.56	-8.93 ± 10.39	0.50	-2.80 ± 12.92	0.33	0.68	0.29	0.95	2	-0.02 ± 0.10	0.05 ± 0.16	0.57	-0.30 ± 0.34	0.58	-0.19 ± 0.08	0.91	IL-13	6	0.04 ± 0.12	0.31 ± 0.29	0.43	0.07 ± 0.26	0.35	0.14 ± 0.17	0.98	0.07	0.13	0.17	2	2.03 ± 1.05	-5.67 ± 3.94	0.02	-3.23 ± 2.26	0.09	-2.11 ± 1.49	0.20	IL-15	6	1.00 ± 1.23	0.27 ± 1.99	0.82	-2.13 ± 1.51	0.31	-2.63 ± 1.09	0.26	0.45	< 0.01	0.90	2	-0.05 ± 0.04	-0.15 ± 0.04	0.31	-0.08 ± 0.05	0.96	-0.11 ± 0.04	0.51	sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65	IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																			
MDC	6	1.04 ± 0.59	-0.34 ± 0.98	0.24	0.19 ± 0.14	0.45	0.97 ± 0.94	0.96	0.63	0.02	0.70																																																																																																																																																																																																																																				
	2	-9.25 ± 13.06	-25.51 ± 14.35	0.40	-17.87 ± 7.44	0.64	-11.13 ± 16.00	0.92				IL-12p70	6	-21.34 ± 9.61	-32.42 ± 14.16	0.56	-8.93 ± 10.39	0.50	-2.80 ± 12.92	0.33	0.68	0.29	0.95	2	-0.02 ± 0.10	0.05 ± 0.16	0.57	-0.30 ± 0.34	0.58	-0.19 ± 0.08	0.91	IL-13	6	0.04 ± 0.12	0.31 ± 0.29	0.43	0.07 ± 0.26	0.35	0.14 ± 0.17	0.98	0.07	0.13	0.17	2	2.03 ± 1.05	-5.67 ± 3.94	0.02	-3.23 ± 2.26	0.09	-2.11 ± 1.49	0.20	IL-15	6	1.00 ± 1.23	0.27 ± 1.99	0.82	-2.13 ± 1.51	0.31	-2.63 ± 1.09	0.26	0.45	< 0.01	0.90	2	-0.05 ± 0.04	-0.15 ± 0.04	0.31	-0.08 ± 0.05	0.96	-0.11 ± 0.04	0.51	sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65	IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																							
IL-12p70	6	-21.34 ± 9.61	-32.42 ± 14.16	0.56	-8.93 ± 10.39	0.50	-2.80 ± 12.92	0.33	0.68	0.29	0.95																																																																																																																																																																																																																																				
	2	-0.02 ± 0.10	0.05 ± 0.16	0.57	-0.30 ± 0.34	0.58	-0.19 ± 0.08	0.91				IL-13	6	0.04 ± 0.12	0.31 ± 0.29	0.43	0.07 ± 0.26	0.35	0.14 ± 0.17	0.98	0.07	0.13	0.17	2	2.03 ± 1.05	-5.67 ± 3.94	0.02	-3.23 ± 2.26	0.09	-2.11 ± 1.49	0.20	IL-15	6	1.00 ± 1.23	0.27 ± 1.99	0.82	-2.13 ± 1.51	0.31	-2.63 ± 1.09	0.26	0.45	< 0.01	0.90	2	-0.05 ± 0.04	-0.15 ± 0.04	0.31	-0.08 ± 0.05	0.96	-0.11 ± 0.04	0.51	sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65	IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																											
IL-13	6	0.04 ± 0.12	0.31 ± 0.29	0.43	0.07 ± 0.26	0.35	0.14 ± 0.17	0.98	0.07	0.13	0.17																																																																																																																																																																																																																																				
	2	2.03 ± 1.05	-5.67 ± 3.94	0.02	-3.23 ± 2.26	0.09	-2.11 ± 1.49	0.20				IL-15	6	1.00 ± 1.23	0.27 ± 1.99	0.82	-2.13 ± 1.51	0.31	-2.63 ± 1.09	0.26	0.45	< 0.01	0.90	2	-0.05 ± 0.04	-0.15 ± 0.04	0.31	-0.08 ± 0.05	0.96	-0.11 ± 0.04	0.51	sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65	IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																															
IL-15	6	1.00 ± 1.23	0.27 ± 1.99	0.82	-2.13 ± 1.51	0.31	-2.63 ± 1.09	0.26	0.45	< 0.01	0.90																																																																																																																																																																																																																																				
	2	-0.05 ± 0.04	-0.15 ± 0.04	0.31	-0.08 ± 0.05	0.96	-0.11 ± 0.04	0.51				sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65	IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																			
sCD40L	6	-0.03 ± 0.06	-0.15 ± 0.05	0.36	-0.09 ± 0.04	0.86	-0.15 ± 0.07	0.64	0.68	0.36	0.70																																																																																																																																																																																																																																				
	2	201.82 ± 231.48	229.59 ± 278.87	0.49	614.19 ± 320.13	0.09	412.78 ± 248.10	0.65				IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62	IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																							
IL-17	6	575.72 ± 305.61	567.53 ± 438.67	0.73	733.95 ± 328.66	0.57	1101.41 ± 537.18	0.93	0.35	0.09	0.22																																																																																																																																																																																																																																				
	2	1.61 ± 1.63	3.07 ± 2.31	0.52	1.32 ± 1.30	0.90	0.46 ± 0.48	0.62				IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49	IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																																											
IL-1ra	6	0.23 ± 0.25	-1.95 ± 1.43	0.34	1.67 ± 1.58	0.51	1.14 ± 1.09	0.69	0.88	0.20	0.89																																																																																																																																																																																																																																				
	2	2.54 ± 1.72	-3.84 ± 2.91	0.60	-1.20 ± 2.11	0.69	-3.08 ± 2.49	0.49				IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51	IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																																																															
IL-1α	6	4.50 ± 4.00	1.04 ± 1.86	0.33	-1.47 ± 1.28	0.69	-4.23 ± 2.24	0.44	0.43	0.60	0.28																																																																																																																																																																																																																																				
	2	-1.12 ± 1.23	4.00 ± 2.52	0.13	5.70 ± 7.01	0.21	0.16 ± 1.99	0.51				IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66	IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																																																																																			
IL-9	6	-0.63 ± 1.34	6.14 ± 3.81	0.04	-0.99 ± 1.21	0.82	0.38 ± 1.64	0.33	0.76	0.38	0.94																																																																																																																																																																																																																																				
	2	0.00 ± 0.04	0.02 ± 0.05	0.93	0.02 ± 0.04	0.52	-0.04 ± 0.03	0.66				IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80		6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																																																																																																							
IL-1β	6	0.04 ± 0.05	0.02 ± 0.05	0.76	0.01 ± 0.04	0.62	0.00 ± 0.06	0.64	0.78	0.36	0.79																																																																																																																																																																																																																																				
	2	-0.04 ± 0.03	-0.01 ± 0.03	0.50	0.04 ± 0.04	0.11	-0.03 ± 0.03	0.80					6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																																																																																																																											
	6	-0.01 ± 0.03	0.01 ± 0.03	0.74	0.02 ± 0.03	0.51	0.02 ± 0.05	0.86																																																																																																																																																																																																																																							

Marker (pg/mL)	Time (h)	Placebo (n=32)	G (n=32) <sup>2)</sup>	<i>P</i> <sup>3)</sup>	T (n=37)	<i>P</i>	GT (n=32)	<i>P</i>	<i>Gr</i> <sup>3)</sup>	Time	<i>Gr*</i> Time
IL-2	2	0.00 ± 0.06	-0.15 ± 0.12	0.78	-0.02 ± 0.05	0.83	-0.17 ± 0.10	0.33	0.63	0.14	0.86
	6	0.02 ± 0.04	0.03 ± 0.05	0.53	0.01 ± 0.03	0.65	-0.09 ± 0.14	0.70			
IL-3	2	-0.01 ± 0.02	0.00 ± 0.02	0.94	0.04 ± 0.03	0.35	0.00 ± 0.02	0.98	0.50	0.93	0.96
	6	0.00 ± 0.03	0.01 ± 0.03	1.00	0.03 ± 0.02	0.47	0.02 ± 0.05	0.89			
IL-4	2	0.14 ± 0.13	0.26 ± 0.33	0.46	0.52 ± 0.33	0.20	-0.09 ± 0.11	0.73	0.94	0.31	0.87
	6	0.21 ± 0.23	0.35 ± 0.21	0.56	0.36 ± 0.17	0.32	0.62 ± 0.35	0.91			
IL-5	2	0.05 ± 0.13	-0.55 ± 0.41	0.42	-0.23 ± 0.25	0.88	-0.47 ± 0.25	0.25	0.73	0.01	0.76
	6	0.11 ± 0.13	-0.02 ± 0.25	0.98	-0.33 ± 0.20	0.75	-0.51 ± 0.21	0.28			
IL-6	2	-0.06 ± 0.05	-0.05 ± 0.06	0.55	0.01 ± 0.07	0.31	-0.07 ± 0.03	0.76	0.93	0.05	0.93
	6	-0.02 ± 0.06	-0.03 ± 0.06	0.70	0.01 ± 0.05	0.40	0.12 ± 0.10	0.41			
IL-7	2	-0.06 ± 0.11	0.12 ± 0.14	0.39	0.31 ± 0.19	0.15	0.03 ± 0.08	0.54	0.67	0.98	0.87
	6	-0.01 ± 0.13	0.12 ± 0.18	0.55	0.20 ± 0.14	0.24	0.31 ± 0.27	0.50			
IL-8	2	0.50 ± 0.52	1.53 ± 1.55	0.65	0.14 ± 0.33	0.78	-0.29 ± 0.36	0.45	0.54	0.09	0.91
	6	0.01 ± 0.09	-1.02 ± 0.89	0.95	0.74 ± 0.86	0.65	-0.43 ± 0.45	0.84			
IP-10	2	-54.42 ± 13.17	-42.91 ± 10.52	0.93	-44.27 ± 10.03	0.67	-44.34 ± 12.63	0.94	0.28	< 0.01	0.85
	6	-97.47 ± 22.31	-67.13 ± 13.37	0.70	-61.24 ± 11.29	0.48	-68.54 ± 20.73	0.22			
MCP-1	2	-25.93 ± 6.74	-24.48 ± 4.49	0.91	-21.26 ± 5.05	0.64	-33.19 ± 8.94	0.43	0.37	< 0.01	0.31
	6	-62.27 ± 18.73	-34.37 ± 5.76	0.11	-32.25 ± 5.50	0.04	-46.73 ± 10.52	0.48			
MIP-1α	2	-0.06 ± 0.20	-0.14 ± 0.29	0.95	-0.06 ± 0.18	0.55	-0.21 ± 0.16	0.60	0.72	0.04	0.93
	6	0.01 ± 0.17	0.06 ± 0.24	0.82	-0.01 ± 0.18	0.59	-0.15 ± 0.25	0.56			
MIP-1β	2	-0.60 ± 0.78	-1.48 ± 0.93	1.00	0.57 ± 0.89	0.33	-0.43 ± 0.84	0.86	0.61	0.14	0.93
	6	0.33 ± 1.03	0.47 ± 0.87	0.68	0.96 ± 0.91	0.36	1.24 ± 1.61	0.51			
TNF-α	2	-0.17 ± 0.11	-0.13 ± 0.11	0.38	0.04 ± 0.14	0.25	-0.16 ± 0.14	0.68	0.56	< 0.01	0.91
	6	-0.35 ± 0.15	-0.32 ± 0.17	0.62	-0.23 ± 0.13	0.77	-0.13 ± 0.25	0.57			
TNF-β	2	0.61 ± 0.39	-1.64 ± 1.21	0.52	-0.47 ± 0.63	0.93	-0.98 ± 0.70	0.43	0.69	0.10	0.87

Marker (pg/mL)	Time (h)	Placebo (n=32)	G (n=32) <sup>2)</sup>	<i>P</i> <sup>3)</sup>	T (n=37)	<i>P</i>	GT (n=32)	<i>P</i>	<i>Gr</i> <sup>3)</sup>	<i>Time</i>	<i>Gr*</i> <i>Time</i>
VEGF	6	0.59 ± 0.29	0.37 ± 0.68	0.62	-0.74 ± 0.57	0.45	-1.33 ± 0.49	0.90			
	2	1.41 ± 6.19	14.01 ± 7.92	0.36	8.70 ± 5.49	0.13	0.61 ± 4.24	0.99	0.25	0.36	0.50
	6	-7.29 ± 7.07	-2.44 ± 12.10	0.52	18.01 ± 9.19	0.08	11.28 ± 7.61	0.36			

1) Mean ± SE (all such values)

2) G, microencapsulated garlic powder; T, tomato extract; GT, mixture of microencapsulated garlic powder and tomato extract

3) P-values were obtained from the mixed model

**Supplementary Table 3.** Classification of subjects by compliance<sup>1</sup>).

Group	High compliance		Low compliance	
	$\Delta$ ALMA (ng/mg-Cr)	$\Delta$ Lycopene (mg/L)	$\Delta$ ALMA (ng/mg-Cr)	$\Delta$ Lycopene (mg/L)
<b>Placebo</b>	-8.49 $\pm$ 18.87	1.93 $\pm$ 6.14	8.15 $\pm$ 7.36	5.87 $\pm$ 3.24
<b>G<sup>2</sup></b>	-5.45 $\pm$ 24.31	0.35 $\pm$ 3.15	30.00 $\pm$ 47.28	5.54 $\pm$ 4.01
<b>T</b>	-0.80 $\pm$ 28.02	1.00 $\pm$ 4.77	20.97 $\pm$ 34.99	6.02 $\pm$ 4.63
<b>GT</b>	-6.54 $\pm$ 18.60	0.92 $\pm$ 4.70	20.03 $\pm$ 27.40	4.50 $\pm$ 3.09
	N = 83		N = 50	

1) Changes in urinary ALMA and plasma lycopene levels between screening and test visits. Means  $\pm$  SE (all such values)

2) G, microencapsulated garlic powder; T, tomato extract; GT, mixture of microencapsulated garlic powder and tomato extract