Electronic Supplementary Information (ESI)

Table S1. Phenolic composition of the blueberry powder used in the blueberry supplementation study.

Phenolic compounds	Blueberry powder (mg/100 g of dry powder)
3-Chlorogenic acid	137.0
cyanidin-3-arabinoside	28.2
Cyanidin-3-galactoside	65.1
Cyanidin-3-glucoside	60.9
cyanidin-3-xyloside	1.5
Delphinidin-3-arabinoside	39.7
Delphinidin-3-galactoside	31.4
Delphinidin-3-glucoside	26.3
Delphinidin-3-xyloside	1.8
Malvidin-3-arabinoside	59.5
Malvidin-3-galactoside	71.4
Malvidin-3-glucoside	44.0
Malvidin-3-xyloside	2.3
Peonidin-3-arabinoside	6.5
Peonidin-3-galactoside	58.1
Peonidin-3-glucoside	14.9
Peonidin-3-xyloside	1.1
Petunidin-3-arabinoside	26.2
Petunidin-3-galactoside	43.2
Petunidin-3-glucoside	30.3
Petunidin-3-xyloside	1.9

Phenolic compounds analyzed by Amandeep Sandhu at Institute for Food, Safety, and Health at Illinois Institute of Technology, Bedford Park, IL using liquid chromatography–mass spectrometry[31,32]

Table S2. Phenolic composition of the strawberry powder used in the strawberry supplementation study.

Phenolic compounds	Strawberry powder (mg/100 g of dry powder)
Gallic acid	0.40
3,4-dihydrobenzoic acid	0.16
Procyanidin B1	30.62
(+)-catechin	25.04
Cyanidin-3-glucoside	11.63
Syringic acid	0.02
Pelargonidin-3-glucoside	396.90
p-coumaric acid	0.26
2-hydroxycinnamic acid	0.20
Rutin (quercetin-rutinoside)	3.35
Ellagic acid	12.59
Isoquercetin (quercetin-glucoside)	6.62
Sinapic acid	0.40
Tiliroside (kaempferol-3-glucoside-6”-p-coumaroyl)	0.74
Quercetin	1.46
Kaempferol	0.36

Phenolic compounds analyzed by Jack Cappozzo at Institute for Food, Safety, and Health at Illinois Institute of Technology, Bedford Park, IL using liquid chromatography–mass spectrometry[31,32]