**Supplementary table 1.** Main phenolic compounds (flavanols and phenolic acids) of the grape seed polyphenol extract (GSPE) used in this study, analysed by HPLC-MS/MS. Extracted from Margalef et al. 2016 (15).

| Compound                 | Concentration<br>(mg/g) |
|--------------------------|-------------------------|
| Gallic acid              | $31.07 \pm 0.08$        |
| Protocatechuic acid      | $1.34 \pm 0.02$         |
| Vanillic acid            | $0.77 \pm 0.04$         |
| PA dimer B2              | 33.24 ± 1.39            |
| PA dimer B11             | 88.80 ± 3.46            |
| PA dimer B31             | $46.09 \pm 2.07$        |
| Catechin                 | $121.32 \pm 3.41$       |
| Epicatechin              | 93.44 ± 4.27            |
| Dimer gallate1           | $8.86 \pm 0.14$         |
| Epicatechin gallate      | $21.24 \pm 1.08$        |
| Epigallocatechin gallate | $0.03 \pm 0.00$         |
| Epigallocatechin2        | $0.27 \pm 0.03$         |
| PA trimer1               | $4.90\pm0.47$           |
| PA tetramer1             | $0.05 \pm 0.01$         |

Abbreviations: PA (proanthocyanidin). The results are expressed on a wet basis as the mean  $\pm$  SD (n=3). The results are expressed as mg of phenolic compound/g of GSPE. <sup>1</sup>Quantified using the calibration curve of proanthocyanidin B2. <sup>2</sup>Quantified using the calibration curve of epigallocatechin gallte.