Supplementary Material: Apple consumption reduces markers of postprandial inflammation following a high fat meal in overweight and obese adults: A randomized, crossover trial

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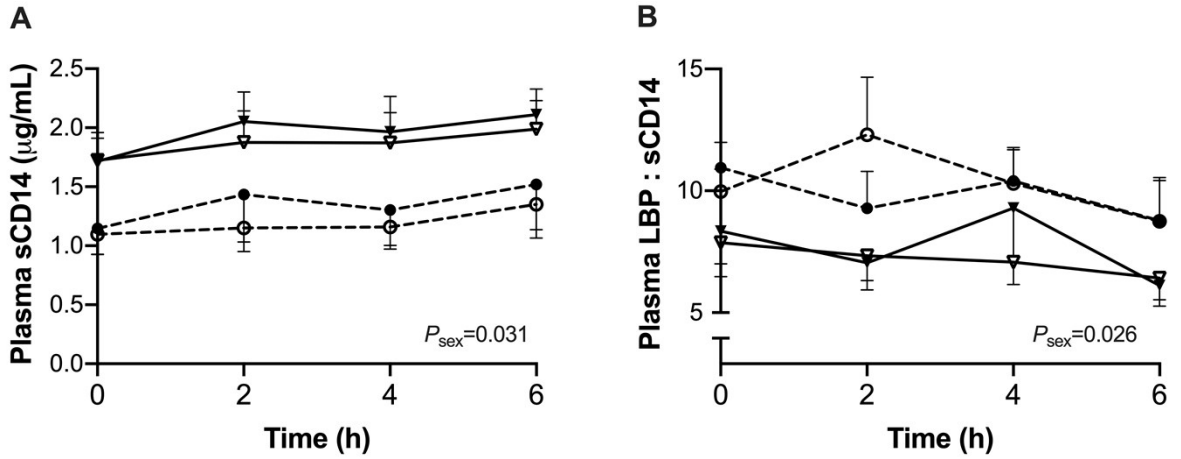

Supplementary Figure 1. Postprandial plasma biomarkers of endotoxin exposure including A) sCD14 and C) lipopolysaccharide-binding protein:sCD14 ratio for female (*n*=17) and male (*n*=9) participants with overweight and obesity who consumed a high fat meal with and without 3 whole apples (~200g). Values represent means ± SEM. One participant had missing data for the final 6-h timepoint during the study visit they consumed apple. Differences between study visits with and without apples were compared using repeated measures ANCOVA for the main effect of apples, time, and apples × time interaction, followed by Tukey's post-hoc test. Participant was designated as a random factor and participant characteristics (age, sex, body mass index and waist circumference) were also included in the model as fixed between-participant factors or covariates (for nominal or continuous values, respectively), but only those with significant effects were retained. *P<0.05* was considered statistically significant. --⊖-- Male, without apples; --●-- Male, with apples; —▽— Female, without apples; —▼— Female, with apples.