




		Proteins (g)	Carbo- hydrates (g)	Fats (g)	Dietary Fibre (g)	Energy (kcal)
Standardized breakfast						
	Natural yogurt, 250 g	10	14	7	0	154
	Sugar, 16 g	0	16	0	0	64
	Gouda cheese, 20 g	5	0	5	0	60
	Ham, 60 g	18	6	9	0	182
	White bread, 50 g	4	25	2	2	136
Standardized lunch						
	Paella, 750 g*	26	173	39	3	1162
	White bread, 90 g	8	46	1	3	235
	Yogurt, 125 g	5	7	3	0	77
Standardized afternoon snack						
	Muffin, 29 g	1	15	7	0.5	128
	Yogurt, 125 g	5	7	3	0	77

Figure 1S. Macronutrient composition (g) and energy value (Kcal) of breakfast, lunch and afternoon snack provided to the volunteers during the study visits. Data were calculated using DIAL software for Windows [version 3.0.0.5; Department of Nutrition, School of Pharmacy (UCM) and Alce Ingeniería, S.A. Madrid, Spain]. *The paella recipe was made without the commonly included vegetables (onion, green and red peppers, and tomato) to avoid polyphenols in the meal, and otherwise had common ingredients, such as chicken and seafood. The initial amount of paella provided to the volunteers was a large portion (750 g), so that volunteers could eat *ad libitum* until they were comfortably full and satisfied.

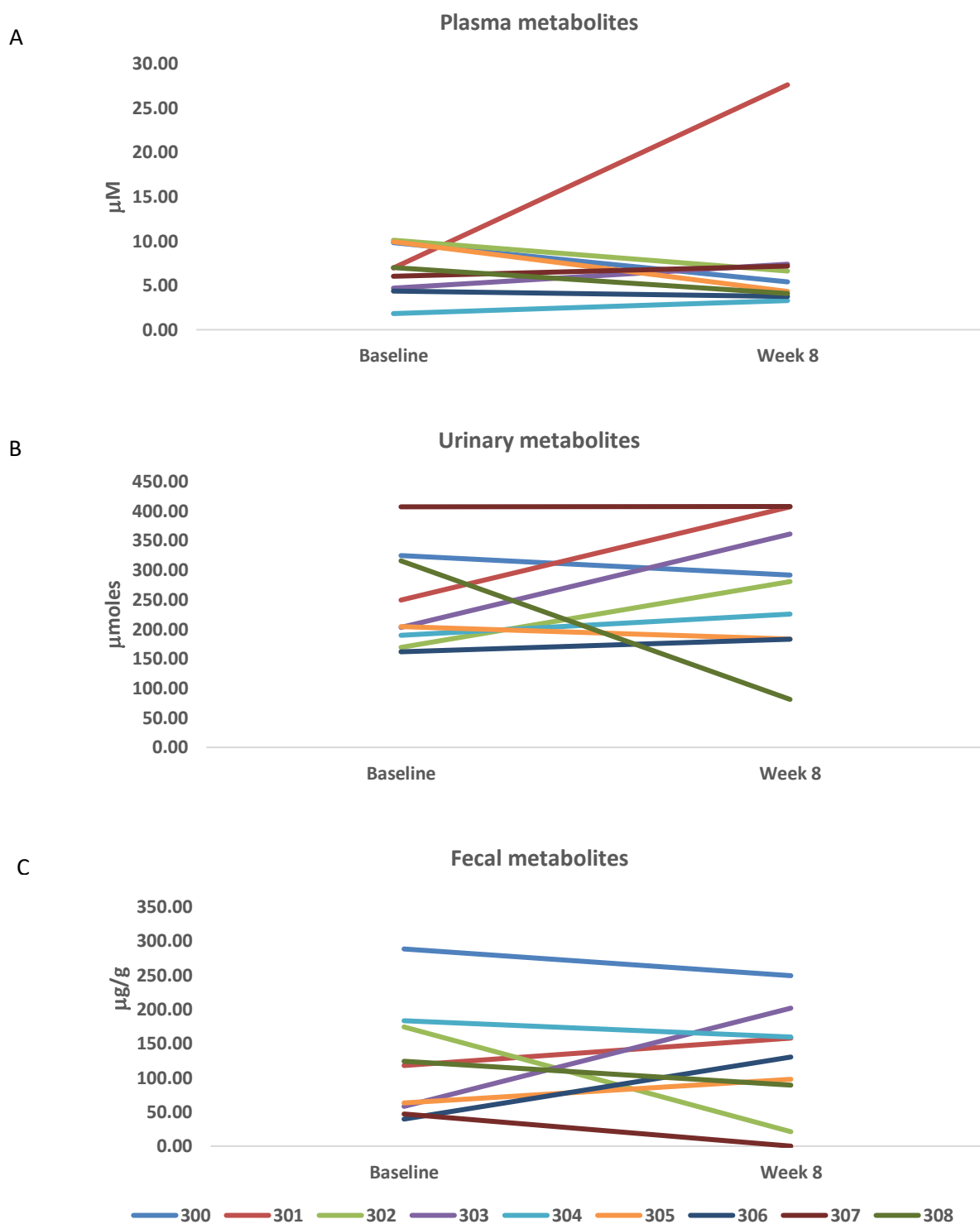


Figure 2S. Interindividual variability in the presence of phenolic metabolites in plasma (A), urine (B) and feces (C) at baseline and after 8 weeks consuming a nutraceutical combining a green coffee phenolic extract and beta-glucans.

Table 1S. Composition and nutritional information of the nutraceutical combining green coffee phenolic extract (300 mg hydroxycinnamic acids) and oat beta-glucan (2.5 g).

	Values obtained per 100 g of product	Values obtained by sachet (dose)
Quantitative composition (g)		
B-CAN [®] Soluble Oat Fiber 70%.	44.75	3.58
Whey protein concentrate 80%	44.75	3.58
Green Coffee (<i>Coffea arabica</i> , fruits) Dry Extract 45.8%-Decaffeinated	8.25	0.66
Flavour (vanilla/chocolate)	2.25	0.18
<i>TOTAL GRAMS :</i>	<i>100.00</i>	<i>8.00</i>
Nutritional information (g)		
Proteins	33.94	2.88
Carbohydrates	52.81	4.49
of which sugars	2.31	0.20
Fats	2.62	0.22
of which saturated fats	2.62	0.22
Dietary fibre	36.67	3.12
Energy	0.95	0.08

B-Can[™] 70% was purchased from Garuda International, Inc. (California, USA), and the decaffeinated green coffee extract rich in phenols (45%) was purchased from Quimifarma Laboratorios S.L. (Toledo, Spain), who were responsible for the preparation of the nutraceutical sachets.