

30. Strawberry	1 tbsp								
31. Raw cabbage	4 tbsp								
32. Soybean	1 tbsp								
33. Pineapple juice from a box	1 cup (250mL)								
34. Natural Pineapple Juice	1 cup (250mL)								
35. Orange juice from a box	1 cup (250mL)								
36. Natural orange juice	½ cup (130mL)								
37. Lemon juice from a box	2 cups (500mL)								
38. Natural lemon juice	2 cups (500mL)								
39. Boxed apple juice –	1 cup (250mL)								
40. Natural apple juice	1 cup (250mL)								
41. Passion fruit juice from a box	2 cups (500mL)								
42. Natural passion fruit juice	2 cups (500mL)								
43. Strawberry juice from a box	1 cup (250mL)								
44. Natural strawberry juice	1 cup (250mL)								
45. Grape Juice Box	½ cup (130mL)								
46. Natural grape juice	½ cup (130mL)								
47. Tangerine (silver)	1 large unit								
48. Grape	15 units								
49. Açai (juice or cream)	200 mL								

Tbsp = table spoon; Tc = tea cup.

Table S3 Polyphenols identified in *P. setacea*'s pulp and their respective phenolic metabolites found in the plasma of volunteers after 14 days of consumption of PS50g.

Polyphenols	Phenolic metabolites
Orientin (luteolin-8C-glucoside) Isoorientin (luteolin-6C-glucoside)	Hydroxi-luteolin-glucuronide
	Isoorientin-Sulfate
Proanthocyanidins	Epicatechin-Glucuronide

Table S4 Molecular docking results on the interactions of phenolic metabolites found in the plasma of volunteers after 14 days of consumption of *Passiflora setacea* and proteins involved in the insulin signaling pathway Akt, IRS and PPAR- γ , using MCULE software. Values expressed in kcal/mol.

Docking (kcal/mol)			
	Epicatechin-7-Glucuronide	Isoorientin 7- -Sulfate	Hydroxi-luteolin Glucuronide
Akt	-10	-9.5	-7.8
IRS	-8.9	-8.9	-7.5
PPAR- γ	-9.5	-9.3	-8