

Supplementary information

Table S1:

Parameter	Placebo	Cocoa flavanol
Daily serving size	4 capsules/day	4 capsules/day
Total cocoa flavanols (DP 1-7) ² (mg)	nd	1000
Total flavanol monomers ³ (mg)	nd	220
(-)-epicatechin ³ (mg)	nd	160
(+)-catechin ³ (mg)	nd	6.0
(-)-catechin ³ (mg)	nd	50
Calories (kcal)	<5	<5
Total fat (g)	<0.2	<0.2
Saturated fat (g)	<0.15	<0.15
Total carbohydrates (g)	<0.5	<0.5
Sugars (g)	0	0
Fiber (g)	<0.5	<0.5
Protein (g)	<0.1	<0.1
Theobromine (mg)	100	100
Caffeine (mg)	30	30

Table S1: Composition of daily cocoa flavanol and placebo interventions. The participants consumed 2 of capsules in the morning with breakfast and 2 at night with dinner. nd = not detected.

¹ Test material is not a significant source (≤ 1 mg/serving) of sodium, potassium, iron, magnesium, copper, manganese, phosphorous, or calcium.

² Analysis based on AOAC 2020.05. Cocoa flavanols includes flavanol monomers and procyanidins with a degree of polymerization (DP) up to 7 units.

³ Analysis based on AOAC official method. AOAC 2020.05-2020 Flavanol and Procyanidin (by Degree of Polymerization).

Available from:

http://www.aoacofficialmethod.org/index.php?main_page=product_info&products_id=3046