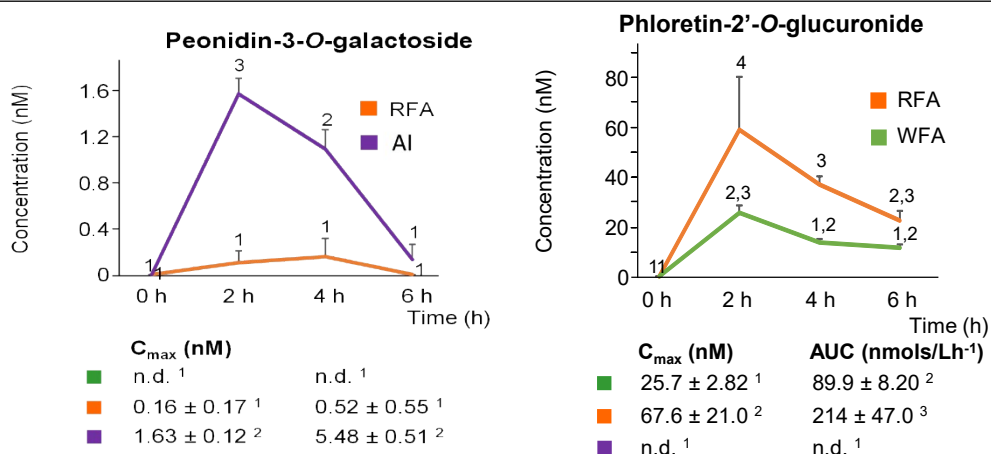


**Supplemental Table 4.** Increase in plasma concentration (nM ± SEM) of the main phenolic metabolites generated after the sustained intake for 6 weeks of WFA and RFA snacks, and ARO infusion.

	$\Delta$ Concentration (day 6 w – day 0)		
	WFA snack	RFA snack	AI
<i>Anthocyanins</i>			
Peonidin-3- <i>O</i> -galactoside	n.d. <sup>1</sup>	0.73 ± 0.03 <sup>2</sup>	0.63 ± 0.02 <sup>2</sup>
<i>Dihydrochalcones</i>			
Phloretin-2'- <i>O</i> -glucuronide	0.36 ± 0.34 <sup>1</sup>	8.83 ± 0.37 <sup>2</sup>	n.d. <sup>1</sup>



**Supplemental Table 5.** Increase in the 24-h urine excretion (µmols ± SEM) of the main phenolic metabolites generated after the sustained intake for 6 weeks of WFA and RFA snacks, and ARO infusion.

	$\Delta$ Concentration (day 6 w – day 0)		
	WFA snack	RFA snack	AI
<i>Anthocyanins</i>			
Peonidin-3- <i>O</i> -galactoside	n.d. <sup>1</sup>	4.94 ± 0.36 <sup>2</sup>	18.4 ± 0.22 <sup>3</sup>
<i>Dihydrochalcones</i>			
Phloretin-2'- <i>O</i> -glucuronide	0.63 ± 0.03 <sup>2</sup>	1.50 ± 0.03 <sup>3</sup>	-0.06 ± 0.03 <sup>1</sup>

