

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

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

  

**Peonidin-3-O-galactoside**

Time (h)	RFA (nM)	AI (nM)
0 h	0.16 ± 0.17 <sup>1</sup>	n.d. <sup>1</sup>
2 h	0.16 ± 0.17 <sup>1</sup>	1.63 ± 0.12 <sup>2</sup>
4 h	0.52 ± 0.55 <sup>1</sup>	5.48 ± 0.51 <sup>2</sup>
6 h	0.16 ± 0.17 <sup>1</sup>	1.63 ± 0.12 <sup>2</sup>

**Phloretin-2'-O-glucuronide**

Time (h)	WFA (nM)	RFA (nM)
0 h	0	0
2 h	25.7 ± 2.82 <sup>1</sup>	67.6 ± 21.0 <sup>2</sup>
4 h	18.4 ± 0.22 <sup>3</sup>	38.0 ± 10.0 <sup>2</sup>
6 h	18.4 ± 0.22 <sup>3</sup>	21.4 ± 47.0 <sup>3</sup>

**Supplemental Table 5.** Increase in the 24-h urine excretion ( $\mu\text{mols} \pm \text{SEM}$ ) of the main phenolic metabolites generated after the sustained intake for 6 weeks of WFA and RFA snacks, and ARO infusion.

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

