

Supplementary Table 1: Adverse effects related to study products following a 4-week of *T. indica* L. fruit juice intake

Event	Proportion of patients with events (n, %)	
	10% fruit pulp juice arm (n=25)	30% fruit pulp juice arm (n=25)
Heartburns	3 (12%)	6 (24%)
Loose stool	5 (20%)	5 (20%)
Bloating	1 (4%)	2 (8%)
Nausea	1 (4%)	0 (0%)

Supplementary Table 2: Pairwise comparisons of the effect of a 4-week of *T. indica* L. fruit juice intake on biochemical and anthropometric parameters at midline and endline

Parameter	10% fruit pulp juice arm (G)		30% fruit pulp juice arm (O)		Midline mean difference (O-G) (95% CI)	Endline mean difference (O-G) (95% CI)
	Effect at Midline (95% CI)	Effect at Endline (95% CI)	Effect at Midline (95% CI)	Effect at Endline (95% CI)		
TG (mg/dL)	23.5 (-19.4, 66.4)	-7.6 (-34.3, 19.1)	-27.2 (-72.0, 17.6)	-39.8 (-67.7, -11.9)	-40.7 (-110.1, 28.6), p=0.243	-22.3 (-75.9, 31.4), p=0.408
Total cholesterol (mg/dL)	-19 (-32.7, -6.4)	-10 (-22.3, 2.02)	-6.5 (-20.2, 7.3)	-8.7 (-21.4, 4.0)	13.8 (-37.8, 10.1), p=0.250	2.2 (-15.3, 19.7), p=0.802
LDL-c (mg/dL)	-59 (-122.8, 4.8)	-63.4 (-127.3, 0.51)	-11.7 (-72.1, 48.7)	-8.5 (-69, 51.9)	-9.1 (-28.1, 9.8), p=0.333	-1.6 (-22.4, 19.3), p=0.879
HDL-c (mg/dL)	0.04 (-2.7, 2.8)	1.0 (-1.6, 3.6)	-0.2 (-3.1, 2.7)	-1.6 (-4.3, 1.1)	4 (-1.5, 9.4), p=0.148	1.6 (-3.6, 6.8), p=0.542
FBG (mg/dL)	-0.7 (-11.9, 10.6)	-5.3 (-16, 5.2)	1.2 (-10.6, 13)	4.1 (-6.9, 15.2)	7.3 (-15.0, 29.6), p=0.514	14.9 (-4.1, 33.9), p=0.122
Fat mass (%)	0.7 (-0.96, 2.4)	2.9 (0.04, 5.7)	-0.6 (-2.4, 1.3)	1.5 (-1.3, 4.3)	-0.9 (-7.6, 5.8), p=0.796	-1.5 (-8.2, 5.2), p=0.659
Body weight (kg)	0.1 (-1.6, 1.8)	0.01 (-1.7, 1.8)	0.4 (-1.3, 2.1)	-1.1 (-2.8, 0.7)	0.8 (-8.97, 10.1), p=0.868	-0.6 (-10.1, 8.96), p=0.905
BMI (Kg/m ²)	-2.5 (-5.9, 0.9)	-1.0 (-3.7, 1.7)	-2.2 (-5.7, 1.3)	-2.7 (-5.4, 0.04)	-0.5 (-6.4, 5.4), p=0.874	-2.5 (-7.7, 2.7), p=0.342

Two-way repeated measures analysis of variance followed by Bonferroni post hoc test to compare changes within and between study groups over a 4-week study period; $P < 0.05$. Data presented as treatment effect and confidence interval. TG, Triglycerides; HDL-c: high-density lipoprotein cholesterol; LDL-c: low-density lipoprotein cholesterol, BMI, body mass index.

Supplementary Table 3: Pairwise comparisons of the effect of 4-week of *T. indica* L. fruit juice intake on markers of vascular function at midline and endline

Parameter	10% fruit pulp juice arm (G)		30% fruit pulp juice arm (O)		Midline mean difference (O-G) (95% CI)	Endline mean difference (O-G) (95% CI)
	Effect at Midline (95% CI)	Effect at Endline (95% CI)	Effect at Midline (95% CI)	Effect at Endline (95% CI)		
SBP (mmHg)	-1.8 (-9, 5.4)	-7.4 (-14.5, -0.26)	-2.1 (-9.8, 5.6)	-3.6 (-11.2, 4)	-3.6 (-13.8, 6.6), p=0.480	0.5 (-8.9, 9.8), p=0.920
DBP (mmHg)	-3.9 (-10.1, 2.2)	-5 (-11.1, 0.99)	-0.3 (-6.9, 6.3)	0.1 (-6.3, 6.6)	2.3 (-5.1, 9.8), p=0.534	3.8 (-3, 10.7), p=0.265
PWVao (m/s)	0.7 (-0.3, 1.7)	0.1 (-1.0, 1.3)	0.4 (-0.6, 1.5)	-0.1 (-1.3, 1.1),	-0.09 (-1.5, 1.3), p=0.901	-0.06 (-1.3, 1.4), p=0.660
SBPao (mmHg)	-12.3 (-23.4, -1.1)	-11.7 (-20.9, -2.6)	-4.8 (-16.3, 6.8)	-3.9 (-13.4, 5.7)	5.9 (-13.9, 25.7), p=0.553	6.2 (-8.9, 21.3), p=0.411
Aixao (%)	-4.5 (-10.9, 1.8)	-3.8 (-9.8, 2.2)	2.7 (-3.98, 9.3)	2.4 (-3.9, 8.6)	1.9 (-7.9, 11.7), p=0.701	0.9 (-8.6, 10.4), p=0.852
MAP (mmHg)	-2.1 (-5.6, 1.4)	-5.1 (-9.3, -0.99)	-3.2 (-6.9, 0.4)	-2.7 (-7.1, 1.6)	-2.3 (-10.1, 5.6), p=0.567	1.3 (-5.6, 8.1), p=0.707
HR (1/min)	-2.3 (-5.4, 0.9)	-1.9 (-6.3, 2.5)	-3 (-6.3, 0.3)	-3.5 (-8.1, 1.1),	2.6 (-4.8, 10), p=0.483	1.7 (-6.6, 10), p=0.684
PP (mmHg)	-3.7 (-11.5, 4.1)	-4.8 (-11.7, 2.1)	-0.7 (-8.8, 7.4)	-1.1 (-8.1, 5.9)	-0.5 (-12.7, 11.7), p=0.939	0.4 (-10.4, 9.5), p=0.929
PPao (mmHg)	1.9 (-2.5, 6.4)	-1.3 (-4.7, 2.1)	0.2 (-4.4, 4.8)	-2.2 (-5.7, 1.4)	-1.4 (-9, 6), p=0.690	-0.6 (-6.4, 5.2), p=0.838

Two-way repeated measures analysis of variance followed by Bonferroni post hoc test to compare changes within and between study groups over a 4-week study period; $P < 0.05$. Data presented as treatment effect and confidence interval; SBP, systolic blood pressure; DBP, diastolic blood pressure; PWVao, pulse wave velocity of aorta; SBPao, systolic blood pressure of aorta; Aixao, augmentation index of aorta; MAP, mean arterial pressure; HR, heart rate; PP, pulse pressure; PPao, pulse pressure of aorta.