Absorption Profile of (Poly)Phenolic Compounds after Consumption of Three Food Supplements Containing 36 Different Fruits, Vegetables, and Berries

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Table S1. List of forbidden and permitted foods during the (poly)phenol-poor diet.

| Forbidden Foods                                                                 | Allowed Foods                                                                                           |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Coffee and foods or beverages containing coffee                                | Milk, yogurt and ice cream (without chocolate, coffee, fruits, nuts and all ingredients reported in the forbidden list) |
| Cocoa and chocolate and sweet products containing cocoa or chocolate (such as biscuits, ice cream, pies, yogurt, beverages, snacks…) | Butter and margarine                                                                                        |
| Tea and foods or beverages containing tea                                      | Refined cereal-based products (pasta, biscuits and pies without chocolate or coffee or fruits, refined bread and substitutes) |
| Infusions                                                                      | Refined rice                                                                                             |
| Barley and beverages containing barley                                         | Refined breakfast cereal (without chocolate, fruits or nuts)                                             |
| Alcoholic drinks (such as wine and beer)                                       | Meat and ham                                                                                             |
| Spirits aged in wood (such as whisky and rum)                                 | Cheese                                                                                                   |
| Fruits, dried fruit and fruit juices (such as oranges, apples, pears, berries, peaches, prunes, apricots, exotic fruits, cherries, grape…) | Fish                                                                                                     |
| Nuts                                                                           | Eggs                                                                                                     |
| Seeds (sesame, poppy, sunflower,…..)                                          | Oil (if extra virgin olive oil: only one teaspoon per day)                                                |
| Vegetables and vegetable soup (all, particularly onion, cabbage, sauerkraut, broccoli, green pepper, carrots, except all the vegetables included in allowed foods) | Banana (max 1 per day) or melon (max 1 slice per day) or watermelon (max 1 slice per day) or pineapple (max 2 slices per day) |
| Legumes (such as lentils, beans, peas, fava beans, soybean and soybean-based products, …) | Salad (max 1 plate per day), eggplant (max 1 per day), red or yellow sweet pepper (max 1 per day), cucumber (max 1 per day), gherkin (max 5 per day), fresh mushrooms (max 100g per day), dried mushrooms (max 20g per day), and courgette (max 1 per day) |
| Potatoes                                                                       | Tomato (allowed only the first day of the diet)                                                          |
| Olives                                                                         | Balsamic vinaigrette (one spoon per day)                                                                |
| Wholemeal products (such as wholemeal pasta, cereal, bread and bread substitutes, biscuits, snacks) | Refined wheat products are allowed!                                                                    |
| Cereal and cereal products (rye, oat, corn, and others…. Refined wheat products are allowed! See below) | Honey (one spoon per day)                                                                                  |
Spices and herbs (such as sage, rosemary, thyme, oregano, basil, mint, cloves, chives, dill, curry, cinnamon)
Guarana and beverages containing guarana
Tomato ketchup
Jam, marmalade and jellies
Muesli
Maple syrup
Peanut butter
Apfelstrüdel and Sachertorte

Soft drinks (excluding soft drinks with fruit, such as Fanta or lemonade)

**Figure S1.** Absorption curves of (A) hippuric acid, (B) 4-hydroxyhippuric acid, (C) feruloylglycine. Data are expressed as mean values and bars represent standard error of means (SEM).