Table S1. The effect of *Aronia melanocarpa* extract (AME) supplementation on ALT, ALP, bilirubin, and GGT as markers for liver function¹.

| Variable (Reference) | 90 mg Aronia (n=34) | 150 mg Aronia (n=35) | Placebo (n=32) | Main effect of treatment |
|----------------------|---------------------|----------------------|----------------|-------------------------|
| **ALT (7-56 U/L)**   |                     |                      |                |                         |
| Baseline             | 30.2 ± 2.7          | 24.0 ± 1.6           | 26.1 ± 2.6     | 0.883                   |
| 24 weeks             | 29.2 ± 2.1          | 24.5 ± 2.1           | 27.0 ± 3.0     |                         |
| **ALP (41-133 U/L)** |                     |                      |                |                         |
| Baseline             | 73.4 ± 4.0          | 73.9 ± 3.2           | 79.0 ± 3.1     | 0.878                   |
| 24 weeks             | 73.5 ± 4.1          | 70.3 ± 2.6           | 78.3 ± 3.2     |                         |
| **Bilirubin (2-21 μmol/L)** |                 |                      |                |                         |
| Baseline             | 9.2 ± 0.8           | 11.0 ± 1.4           | 8.6 ± 0.6      | 0.125                   |
| 24 weeks             | 9.8 ± 0.9           | 9.1 ± 0.7            | 8.7 ± 0.7      |                         |
| **GGT (9-85 U/L)**   |                     |                      |                |                         |
| Baseline             | 27.0 ± 4.0          | 27.4 ± 4.3           | 34.3 ± 10.1    | 0.950                   |
| 24 weeks             | 29.7 ± 3.2          | 26.8 ± 4.3           | 32.7 ± 6.5     |                         |

¹Data are presented as actual mean ± SEM. Analysis was performed with a linear mixed model containing treatment as a fixed factor, with correction for baseline values. Reference concentrations are added in brackets [29]. Lower scores indicate improved liver function. ALT: alanine aminotransferase; ALP: alkaline phosphatase; GGT: gamma-glutamyl transferase.
Table S2. The effect of *Aronia melanocarpa* extract (AME) supplementation on central systolic and diastolic blood pressure and maximal intima media thickness in each study group.

|                     | 90 mg Aronia (n=34) | 150 mg Aronia (n=35) | Placebo (n=32) | Time*treatment interaction | Main effect of time | Main effect of treatment |
|---------------------|----------------------|-----------------------|----------------|-----------------------------|---------------------|--------------------------|
| **Mean Central Systolic BP (mm Hg)** |          |                      |                |                             |                     |                          |
| Baseline            | 136.9 ± 2.7          | 135.7 ± 1.9           | 137.9 ± 2.5    |                             | 0.871<sup>a</sup> | 0.393<sup>b</sup> | 0.891<sup>b</sup> |
| 6 weeks             | 135.5 ± 2.4          | 135.8 ± 1.8           | 136.6 ± 1.9    |                             |                     |                          |
| 12 weeks            | 136.6 ± 2.4          | 136.1 ± 1.7           | 135.0 ± 2.0    |                             |                     |                          |
| 24 weeks            | 136.1 ± 2.5          | 134.0 ± 1.9           | 134.0 ± 2.1    |                             |                     |                          |
| **Mean Central Diastolic BP (mm Hg)** | 0.580<sup>a</sup> | 0.479<sup>b</sup> | 0.144<sup>b</sup> |                             |                     |                          |
| Baseline            | 76.3 ± 1.1           | 75.3 ± 1.1            | 75.8 ± 1.1     |                             |                     |                          |
| 6 weeks             | 76.0 ± 0.9           | 74.9 ± 1.0            | 76.4 ± 1.1     |                             |                     |                          |
| 12 weeks            | 76.6 ± 1.1           | 74.3 ± 1.1            | 75.0 ± 1.2     |                             |                     |                          |
| 24 weeks            | 76.2 ± 1.0           | 74.9 ± 1.0            | 75.2 ± 1.2     |                             |                     |                          |
| **max cIMT (mm)**   | 0.786<sup>a</sup> | 0.928<sup>b</sup> | 0.301<sup>b</sup> |                             |                     |                          |
| Baseline            | 0.81 ± 0.02          | 0.80 ± 0.02           | 0.81 ± 0.02    |                             |                     |                          |
| 6 weeks             | 0.78 ± 0.02          | 0.81 ± 0.01           | 0.80 ± 0.02    |                             |                     |                          |
| 12 weeks            | 0.80 ± 0.02          | 0.81 ± 0.02           | 0.79 ± 0.02    |                             |                     |                          |
| 24 weeks            | 0.79 ± 0.02          | 0.81 ± 0.02           | 0.80 ± 0.02    |                             |                     |                          |

<sup>a</sup>Data are presented as actual mean ± SEM. Analysis was performed with a linear mixed model using estimated means, with correction for baseline values. <sup>b</sup>p-values originate from the linear mixed model with a time*treatment interaction. <sup>c</sup>p-values originate from the linear mixed model without a time*treatment interaction. cIMT: carotid intima media thickness.