

**SUPPLEMENTARY DATA**

## APPENDIX 1. List of PREDIMED-Plus study investigators

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Table 1 of the supplementary data. Association between polyphenol intake and cardiovascular risk scores

Polyphenol intake	Framingham						Framingham-REGICOR					
	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P
FLAVONOIDS	Ref.	0.27 (-0.87 to 1.42)	-0.41 (-1.56 to 0.74)	0.00 (-1.14 to 1.15)	-0.71 (-1.86 to 0.43)	.194	Ref.	-0.08 (-0.35 to 0.18)	-0.18 (-0.45 to 0.08)	0.00 (-0.27 to 0.27)	-0.13 (-0.39 to 0.14)	.570
LIGNANS	Ref.	0.37 (-0.78 to 1.52)	-0.22 (-1.37 to 0.92)	0.69 (-0.46 to 1.84)	0.56 (-0.59 to 1.71)	.273	Ref.	-0.02 (-0.29 to 0.24)	-0.11 (-0.37 to 0.16)	0.11 (-0.16 to 0.38)	0.04 (-0.23 to 0.31)	.490
STILBENES	Ref.	0.57 (-0.57 to 1.72)	-0.24 (-1.39 to 0.90)	0.05 (-1.10 to 1.20)	0.15 (-1.00 to 1.30)	.859	Ref.	0.01 (-0.26 to 0.27)	-0.06 (-0.33 to 0.20)	-0.02 (-0.29 to 0.24)	-0.10 (-0.36 to 0.17)	.461
PHENOLIC ACIDS	Ref.	0.33 (-0.81 to 1.48)	0.06 (-1.09 to 1.21)	0.47 (-0.68 to 1.61)	1.91 (0.76 to 3.06)	.003	Ref.	0.04 (-0.23 to 0.30)	-0.01 (-0.28 to 0.26)	0.04 (-0.23 to 0.31)	0.27 (0.00 to 0.54)	.074
OTHER POLYPHENOLS	Ref.	-0.27 (-1.41 to 0.88)	-0.32 (-1.47 to 0.83)	-0.54 (-1.69 to 0.60)	-1.22 (-2.37 to -0.07)	.039	Ref.	0.03 (-0.24 to 0.29)	0.02 (-0.25 to 0.29)	-0.02 (-0.29 to 0.24)	-0.17 (-0.44 to 0.09)	.194
TOTAL	Ref.	0.77 (-0.38 to 1.92)	0.12 (-1.03 to 1.27)	0.12 (-1.03 to 1.27)	-0.13 (-1.28 to 1.02)	.485	Ref.	0.04 (-0.22 to 0.31)	-0.03 (-0.30 to 0.23)	-0.04 (-0.31 to 0.22)	-0.02 (-0.29 to 0.25)	.680
Polyphenol intake	SCORE						Life's Simple 7					
	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P
FLAVONOIDS	Ref.	0.02 (-0.22 to 0.25)	0.02 (-0.21 to 0.25)	0.16 (-0.07 to 0.40)	0.12 (-0.12 to 0.35)	.152	Ref.	0.10 (0.03 to 0.17)	0.14 (0.07 to 0.20)	0.11 (0.04 to 0.17)	0.17 (0.10 to 0.24)	.000
LIGNANS	Ref.	0.22 (-0.01 to 0.45)	0.12 (-0.12 to 0.35)	0.32 (0.09 to 0.55)	0.48 (0.25 to 0.71)	.000	Ref.	0.12 (0.06 to 0.19)	0.17 (0.10 to 0.24)	0.18 (0.11 to 0.25)	0.23 (0.16 to 0.30)	.000
STILBENES	Ref.	-0.02 (-0.25 to 0.21)	-0.05 (-0.28 to 0.18)	0.15 (-0.08 to 0.39)	0.38 (0.15 to 0.62)	.000	Ref.	0.02 (-0.05 to 0.08)	0.04 (-0.03 to 0.10)	0.04 (-0.03 to 0.10)	0.03 (-0.04 to 0.10)	.124
PHENOLIC ACIDS	Ref.	-0.04 (-0.27 to 0.19)	-0.12 (-0.36 to 0.11)	-0.17 (-0.41 to 0.06)	0.02 (-0.22 to 0.25)	.693	Ref.	0.05 (-0.02 to 0.12)	0.04 (-0.02 to 0.11)	-0.03 (-0.10 to 0.04)	-0.03 (-0.10 to 0.03)	.015
OTHER POLYPHENOLS	Ref.	-0.22 (-0.45 to 0.02)	-0.18 (-0.41 to 0.05)	-0.23 (-0.46 to 0.01)	-0.32 (-0.55 to -0.08)	.016	Ref.	-0.03 (-0.10 to 0.04)	0.04 (-0.02 to 0.11)	0.02 (-0.05 to 0.08)	0.06 (-0.01 to 0.12)	.000
TOTAL	Ref.	0.11 (-0.13 to 0.34)	0.01 (-0.22 to 0.24)	0.11 (-0.12 to 0.34)	0.10 (-0.13 to 0.34)	.433	Ref.	0.05 (-0.02 to 0.11)	0.07 (0.00 to 0.13)	0.09 (0.02 to 0.16)	0.10 (0.04 to 0.17)	.000

The table shows the adjusted difference in the cardiovascular risk scores of polyphenol intake and the P for trend.

Results from multivariable linear regression models adjusted for recruiting center, intervention group, and cluster.

Table 2 of the supplementary data. Association between polyphenol intake and cardiovascular risk scores in men

Polyphenol intake	Framingham						Framingham-REGICOR					
	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P
FLAVONOIDS	Ref.	0.12 (-1.47 to 1.71)	-0.50 (-2.08 to 1.09)	0.32 (-1.27 to 1.91)	-0.02 (-1.61 to 1.57)	.932	Ref.	-0.16 (-0.56 to 0.25)	-0.17 (-0.58 to 0.23)	0.19 (-0.21 to 0.60)	0.17 (-0.24 to 0.57)	.138
LIGNANS	Ref.	-0.07 (-1.66 to 1.51)	-0.08 (-1.67 to 1.51)	1.29 (-0.30 to 2.88)	1.41 (-0.18 to 3.00)	.022	Ref.	0.00 (-0.40 to 0.41)	0.04 (-0.37 to 0.44)	0.34 (-0.06 to 0.75)	0.40 (-0.01 to 0.80)	.014
STILBENES	Ref.	1.39 (-0.20 to 2.97)	-0.35 (-1.94 to 1.24)	0.53 (-1.06 to 2.11)	0.97 (-0.62 to 2.56)	.553	Ref.	0.17 (-0.24 to 0.57)	-0.04 (-0.44 to 0.37)	0.19 (-0.22 to 0.59)	0.25 (-0.15 to 0.66)	.253
PHENOLIC ACIDS	Ref.	1.14 (-0.44 to 2.73)	0.40 (-1.19 to 1.99)	1.42 (-0.17 to 3.01)	2.79 (1.20 to 4.37)	.001	Ref.	0.25 (-0.16 to 0.65)	0.06 (-0.35 to 0.47)	0.25 (-0.15 to 0.66)	0.38 (-0.02 to 0.79)	.094
OTHER POLYPHENOLS	Ref.	-0.32 (-1.91 to 1.28)	0.28 (-1.31 to 1.87)	0.03 (-1.55 to 1.62)	-0.75 (-2.34 to 0.84)	.524	Ref.	0.05 (-0.35 to 0.46)	0.21 (-0.19 to 0.62)	0.17 (-0.23 to 0.58)	0.08 (-0.32 to 0.49)	.538
TOTAL	Ref.	1.01 (-0.58 to 2.59)	0.59 (-1.00 to 2.18)	0.92 (-0.67 to 2.51)	0.97 (-0.61 to 2.56)	.304	Ref.	0.17 (-0.24 to 0.57)	0.22 (-0.18 to 0.63)	0.23 (-0.17 to 0.64)	0.42 (0.01 to 0.82)	.051
Polyphenol intake	SCORE						Life's Simple 7					
	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	P
FLAVONOIDS	Ref.	-0.06 (-0.42 to 0.31)	0.01 (-0.35 to 0.37)	0.28 (-0.08 to 0.64)	0.31 (-0.05 to 0.68)	.020	Ref.	0.12 (0.02 to 0.21)	0.16 (0.07 to 0.26)	0.14 (0.05 to 0.24)	0.16 (0.07 to 0.26)	.000
LIGNANS	Ref.	0.16 (-0.20 to 0.52)	0.13 (-0.23 to 0.49)	0.45 (0.09 to 0.81)	0.73 (0.37 to 1.09)	.000	Ref.	0.18 (0.08 to 0.27)	0.17 (0.07 to 0.26)	0.22 (0.12 to 0.31)	0.27 (0.18 to 0.36)	.000
STILBENES	Ref.	0.00 (-0.36 to 0.36)	0.00 (-0.36 to 0.36)	0.34 (-0.02 to 0.70)	0.64 (0.28 to 1.00)	.000	Ref.	-0.01 (-0.10 to 0.09)	0.01 (-0.08 to 0.11)	0.04 (-0.05 to 0.13)	-0.02 (-0.11 to 0.07)	.654

<b>PHENOLIC ACIDS</b>	<i>Ref.</i>	0.06 (-0.30 to 0.43)	-0.15 (-0.51 to 0.21)	-0.13 (-0.49 to 0.23)	-0.01 (-0.37 to 0.35)	.594	<i>Ref.</i>	0.01 (-0.08 to 0.10)	-0.02 (-0.12 to 0.07)	-0.09 (-0.18 to 0.01)	-0.07 (-0.16 to 0.03)	.008
<b>OTHER POLYPHENOLS</b>	<i>Ref.</i>	-0.28 (-0.65 to 0.08)	-0.12 (-0.48 to 0.24)	-0.17 (-0.53 to 0.19)	-0.30 (-0.66 to 0.06)	.237	<i>Ref.</i>	-0.04 (-0.13 to 0.05)	0.03 (-0.06 to 0.12)	0.01 (-0.09 to 0.10)	0.06 (-0.04 to 0.15)	.002
<b>TOTAL</b>	<i>Ref.</i>	0.10 (-0.27 to 0.46)	-0.05 (-0.41 to 0.31)	0.25 (-0.11 to 0.62)	0.29 (-0.07 to 0.65)	.072	<i>Ref.</i>	0.01 (-0.08 to 0.11)	0.09 (0.00 to 0.19)	0.07 (-0.02 to 0.16)	0.08 (-0.01 to 0.18)	.007

The table shows the adjusted difference in the cardiovascular risk scores of polyphenol intake and the *P* for trend in men. Results from multivariable linear regression models adjusted for recruiting centre, intervention group, and cluster.

Table 3 of the supplementary data. Association between polyphenol intake and cardiovascular risk scores in women

Polyphenol intake	Framingham						Framingham-REGICO R					
	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	<i>P</i>	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	<i>P</i>
<b>FLAVONOIDS</b>	<i>Ref.</i>	0.45 (-0.60 to 1.50)	-0.42 (-1.47 to 0.63)	-0.43 (-1.48 to 0.62)	-1.52 (-2.56 to -0.47)	.001	<i>Ref.</i>	0.00 (-0.26 to 0.26)	-0.21 (-0.47 to 0.05)	-0.23 (-0.48 to 0.03)	-0.45 (-0.71 to -0.19)	.000
<b>LIGNANS</b>	<i>Ref.</i>	0.74 (-0.32 to 1.79)	-0.39 (-1.43 to 0.66)	0.06 (-0.99 to 1.11)	-0.31 (-1.37 to 0.74)	.279	<i>Ref.</i>	-0.07 (-0.33 to 0.19)	-0.27 (-0.53 to -0.01)	-0.14 (-0.40 to 0.11)	-0.34 (-0.60 to -0.08)	.010
<b>STILBENES</b>	<i>Ref.</i>	-0.16 (-1.22 to 0.89)	0.12 (-0.93 to 1.17)	-0.38 (-1.43 to 0.67)	-0.65 (-1.70 to 0.41)	.209	<i>Ref.</i>	-0.15 (-0.41 to 0.11)	-0.05 (-0.31 to 0.21)	-0.22 (-0.48 to 0.04)	-0.47 (-0.73 to -0.21)	.001
<b>PHENOLIC ACIDS</b>	<i>Ref.</i>	-0.54 (-1.59 to 0.52)	-0.28 (-1.33 to 0.77)	-0.44 (-1.48 to 0.61)	0.85 (-0.20 to 1.90)	.137	<i>Ref.</i>	-0.19 (-0.45 to 0.07)	-0.08 (-0.34 to 0.18)	-0.17 (-0.43 to 0.08)	0.13 (-0.13 to 0.39)	.375
<b>OTHER POLYPHENOLS</b>	<i>Ref.</i>	-0.22 (-1.27 to 0.83)	-0.92 (-1.97 to 0.12)	-1.13 (-2.17 to -0.08)	-1.79 (-2.84 to -0.73)	.000	<i>Ref.</i>	0.00 (-0.26 to 0.26)	-0.19 (-0.45 to 0.07)	-0.22 (-0.48 to 0.04)	-0.46 (-0.72 to -0.20)	.000
<b>TOTAL</b>	<i>Ref.</i>	0.49 (-0.56 to 1.54)	-0.40 (-1.45 to 0.65)	-0.79 (-1.84 to 0.26)	-1.40 (-2.45 to -0.35)	.001	<i>Ref.</i>	-0.10 (-0.36 to 0.16)	-0.31 (-0.57 to -0.05)	-0.35 (-0.61 to -0.09)	-0.50 (-0.76 to -0.24)	.000
Polyphenol intake	SCORE						Life's Simple 7					
	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	<i>P</i>	Q1	Q2 vsQ1	Q3 vsQ1	Q4 vsQ1	Q5 vsQ1	<i>P</i>
<b>FLAVONOIDS</b>	<i>Ref.</i>	0.10 (-0.14 to 0.35)	-0.01 (-0.25 to 0.24)	0.01 (-0.23 to 0.26)	-0.12 (-0.36 to 0.12)	.232	<i>Ref.</i>	0.08 (-0.02 to 0.18)	0.11 (0.01 to 0.21)	0.06 (-0.04 to 0.16)	0.17 (0.08 to 0.27)	.000
<b>LIGNANS</b>	<i>Ref.</i>	0.28 (0.03 to 0.52)	0.08 (-0.16 to 0.32)	0.15 (-0.09 to 0.39)	0.19 (-0.05 to 0.43)	.366	<i>Ref.</i>	0.06 (-0.03 to 0.16)	0.17 (0.07 to 0.27)	0.14 (0.04 to 0.24)	0.18 (0.08 to 0.28)	.000
<b>STILBENES</b>	<i>Ref.</i>	-0.04 (-0.28 to 0.21)	-0.08 (-0.32 to 0.17)	-0.04 (-0.28 to 0.21)	0.13 (-0.12 to 0.37)	.368	<i>Ref.</i>	0.04 (-0.06 to 0.14)	0.06 (-0.04 to 0.16)	0.04 (-0.06 to 0.14)	0.08 (-0.02 to 0.18)	.008
<b>PHENOLIC ACIDS</b>	<i>Ref.</i>	-0.14 (-0.39 to 0.10)	-0.09 (-0.34 to 0.15)	-0.22 (-0.46 to 0.03)	0.03 (-0.21 to 0.27)	.960	<i>Ref.</i>	0.09 (-0.01 to 0.19)	0.12 (0.02 to 0.22)	0.02 (-0.07 to 0.12)	0.00 (-0.10 to 0.10)	.396
<b>OTHER POLYPHENOLS</b>	<i>Ref.</i>	-0.13 (-0.38 to 0.11)	-0.25 (-0.50 to -0.01)	-0.29 (-0.53 to -0.05)	-0.32 (-0.56 to -0.08)	.004	<i>Ref.</i>	-0.02 (-0.12 to 0.08)	0.05 (-0.04 to 0.15)	0.03 (-0.07 to 0.13)	0.06 (-0.04 to 0.16)	.000
<b>TOTAL</b>	<i>Ref.</i>	0.11 (-0.13 to 0.36)	0.06 (-0.19 to 0.30)	-0.07 (-0.31 to 0.18)	-0.13 (-0.37 to 0.12)	.116	<i>Ref.</i>	0.08 (-0.02 to 0.18)	0.04 (-0.06 to 0.13)	0.11 (0.01 to 0.20)	0.13 (0.03 to 0.23)	.000

The table shows the adjusted difference in the cardiovascular risk scores of polyphenol intake and the *P* for trend in women. Results from multivariable linear regression models adjusted for recruiting centre, intervention group, and cluster.