

Document 1 : Dietary restrictions and background diet

Volunteers were on a low polyphenol diet from midnight at the starts of day 1 until they produced the last urine sample on day 5 at approximately 08:00. During their 4 day stay in the unit they only received foods containing low amounts of polyphenols. They were not allowed to drink coffee, tea, fruit juices, beer, wine and beverages containing extracts of these products. Volunteers did also not consume fish and chocolate, and they did not consume significant amounts of onions, kale, broccoli, and apples or products containing (extracts of) these products. They consumed as little fruits and vegetables as possible, and use white bread instead of whole grain bread.

A simple dietary record was kept. Volunteers were encouraged to replicate the diet that they consumed during the treatments.

In the 10 days between the treatments volunteers were free to consume their habitual diet without any restrictions.