

Table S1. Phenolic composition of the blueberry powder used in the blueberry supplementation study.

Phenolic compounds	Blueberry powder (mg/100 g of dry powder)
3-Chlorogenic acid	137.0
cyanidin-3-arabinoside	28.2
Cyanidin-3-galactoside	65.1
Cyanidin-3-glucoside	60.9
cyanidin-3-xyloside	1.5
Delphinidin-3-arabinoside	39.7
Delphinidin-3-galactoside	31.4
Delphinidin-3-glucoside	26.3
Delphinidin-3-xyloside	1.8
Malvidin-3-arabinoside	59.5
Malvidin-3-galactoside	71.4
Malvidin-3-glucoside	44.0
Malvidin-3-xyloside	2.3
Peonidin-3-arabinoside	6.5
Peonidin-3-galactoside	58.1
Peonidin-3-glucoside	14.9
Peonidin-3-xyloside	1.1
Petunidin-3-arabinoside	26.2
Petunidin-3-galactoside	43.2
Petunidin-3-glucoside	30.3
Petunidin-3-xyloside	1.9

Phenolic compounds were analyzed by Amandeep Sandhu at Institute for Food, Safety, and Health at Illinois Institute of Technology, Bedford Park, IL using liquid chromatography–mass spectrometry.^{1,2} Reproduced from Rutledge et al.³ with permission from the Royal Society of Chemistry.

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