

Supplemental Table 1. Absolute forearm blood flow (FBF) ($\text{ml}\cdot\text{min}^{-1}\cdot 100\text{ ml}^{-1}$) of the interventional- and control arm during intra-arterial saline infusion before (PRE), and 3 hours (3H POST) and 4 weeks (4WK POST) after the interventions with nitrate-rich (Nitrate) or nitrate-depleted (Placebo) beetroot juice.

Nitrate				
	Basal FBF prior to acetylcholine infusion		Basal FBF prior to glyceryltrinitrate infusion	
	Interventional arm	Control arm	Interventional arm	Control arm
PRE	5.7 ± 1.1	6.1 ± 1.2	5.6 ± 1.4	5.8 ± 1.9
3H POST	4.4 ± 1.2	4.9 ± 1.1	4.3 ± 1.2	4.6 ± 1.0
4WK POST	6.1 ± 1.0	7.3 ± 1.7	5.5 ± 1.1	5.9 ± 1.6
Placebo				
	Basal FBF prior to acetylcholine infusion		Basal FBF prior to glyceryltrinitrate infusion	
	Interventional arm	Control arm	Interventional arm	Control arm
PRE	5.9 ± 1.1	6.3 ± 1.3	5.7 ± 1.2	6.3 ± 1.3
3H POST	5.1 ± 0.9	5.6 ± 1.1	5.1 ± 1.2	5.4 ± 1.0
4WK POST	5.9 ± 1.2	7.2 ± 1.9	5.8 ± 1.1	6.9 ± 2.3

Values are mean ± 95% confidence interval. Data were compared using a repeated-measures linear mixed-model.