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SDC Table 3 | Baseline values of systolic and diastolic blood pressure in studies included in the meta-analysis[AQ20]

The gray lines correspond to studies in which isolated systolic hypertension (SBP > 140 mm Hg and DBP < 90 mmHg) can be suspected.

| nb | Reference | BP status | baseline values in Control (C) and Intervention (I) groups (mmHg; mean± SEM or SD) | |
|----|---------------------------------------|-----------|---|--|
| | | | SBP | DBP |
| 1 | Seppo et al. (2002) | HT | C:148± 5 I: 148 ± 4 | C:94 ± 2/ I: 93 ± 1 |
| 2 | Seppo et al. Am J Clin Nutr (2003) | HT | C:152 ± 13 (range 133-176)/ I: 155 ±13 (range 137-176) | C:97 ± 6 (range 86-108)/ I: 96 ± 6 (range 88-108) |
| 3 | Tuomilehto et al. (2004) | HT | C:156,6 C11,4 I: 152,7 ± 10,0 | C: 98.1 ± 7.2 I: 98.1 ± 7.0 |
| 4 | Engberink et al. Hypertension (2008) | PHT & HT | C: 140,7 ± 4,3 I: 141,6 ± 2,4 SE values on 1 of 3 I sub-groups (see paper) | C: 83.9 ± 1.3 I: 85.6± 1.9 |
| 5 | van der Zander et al. (2008b) | PHT & HT | whole population: 148.5 ± 5.9 | whole population: 89.3 ± 6.9 |
| 6 | van der Zander et al. (2008a) | HT | C: 150 ± 12,9 I: 150 ± 12,8 | C: 85.2 ± 9.2 I: 86.2 ± 9.3 |
| 7 | van Mierlo et al. (2009) | HT | 147.4 ± 9.0 (all subjects- dose A) | 89.0 ± 5.9 (all subjects- dose A) |
| | | | 144.9 ± 8.3 (all subjects- dose B) | 87.0 ± 6.4 (all subjects- dose B) |
| 8 | de Leeuw et al. Blood Pressure (2009) | HT | C: 148 ± 13 | C: 85 ± 9 |
| | | | I: 147 ± 12 | I: 85 ± 7 |
| | | | C: 148 ± 13 | C: 85 ± 9 |
| | | | I: 146 ± 14 | I: 85 ± 10 |
| | | | C: 148 ± 13 | C: 85 ± 9 |
| | | | I: 149 ± 15 | I: 85 ± 8 |
| 9 | Turpeinen at al. (2009) | HT | C:138,1 ± 11,2 I: 139,1 ± 12,4 | C: 86 ± 9 I: 87 ± 7 |
| 10 | Usinger et al. (2010) | PHT & HT | C:136,0 ± 8,8 I: 145,0 ± 10,9 | C: 89.4 ± 7.6 I: 92.6 ± 6.4 |
| | | | C:136,0 ± 8,8 I: 145,6 ± 1,7 | C: 89.4 ± 7.6 I: 93.4 ± 6.8 |
| 11 | Cicero et al. J Med. Food 2010 | NT | C: 118,3 ± 9,6 I: 120,1 ± 7,6 | C: 75.8 ± 4.4 I: 74.2 ± 6.5 |
| | | PHT | C: 137,0 ± 7,6 I: 138,5 ± 8,2 | C: 86.5 ± 6.2 I: 86.6 ± 7.2 |
| 12 | Cicero 2011 | NT/PHT | C: 132.7 ± 12.5 I: 133.5 ± 12.9 | C: 82.8 ± 8.3 I: 83.3± 8.7 |
| 13 | Cicero et al., 2012 | PHT & HT | C:132,69 ± 12,46 I: 133,49 ± 12,92 | C: 82.78 ± 78.33 I: 83.28 ± 8.75 |
| 14 | Turpeinen et al., 2012 | HT | C:156 ± 14 I: 155 ± 14 | C: 98 ± 9 I: 95 ± 7 |

BP, blood pressure; C, control group; DBP, diastolic blood pressure; HT, hypertension; I, intervention group; PHT, prehypertension; SBP, systolic blood pressure