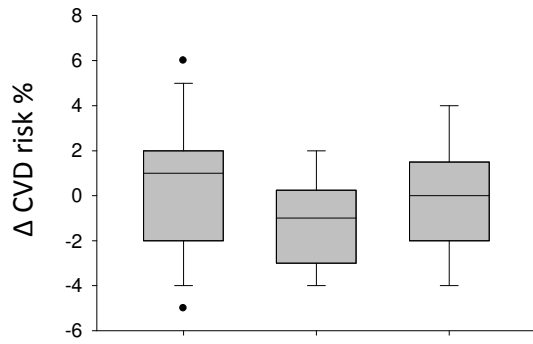
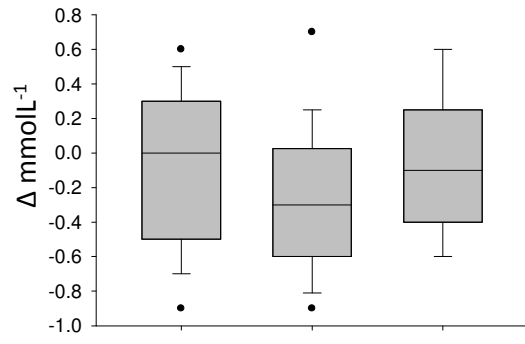


SUPPLEMENTAL FIGURE S1. Tricarboxylic acid cycle with anaplerotic reactions (green) and cataplerotic reactions (red)

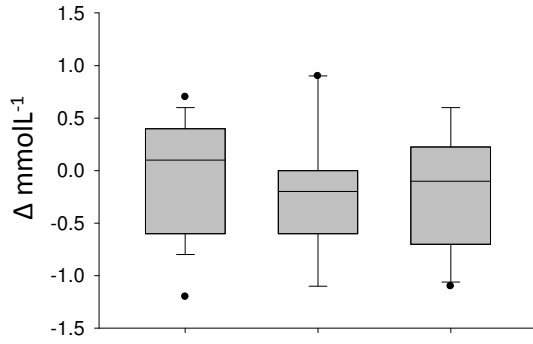
A 10 year CVD risk



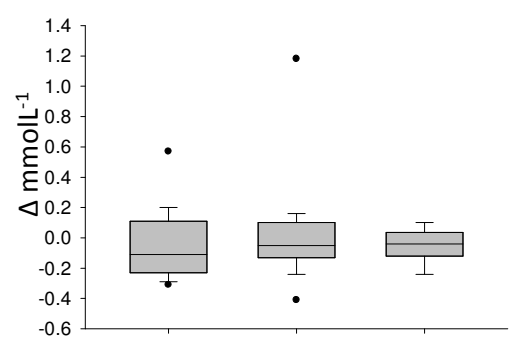
B LDL cholesterol



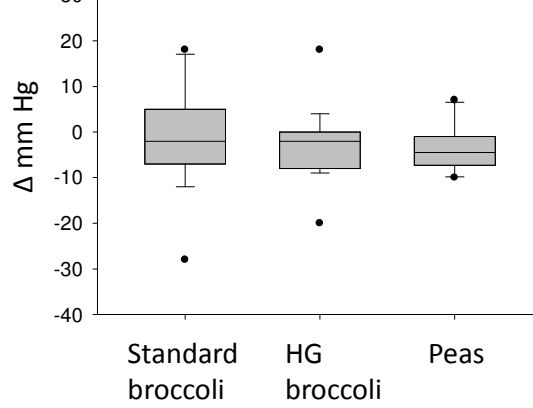
C Total cholesterol



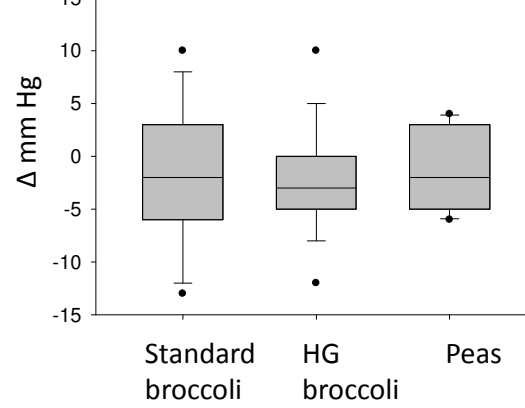
D HDL cholesterol

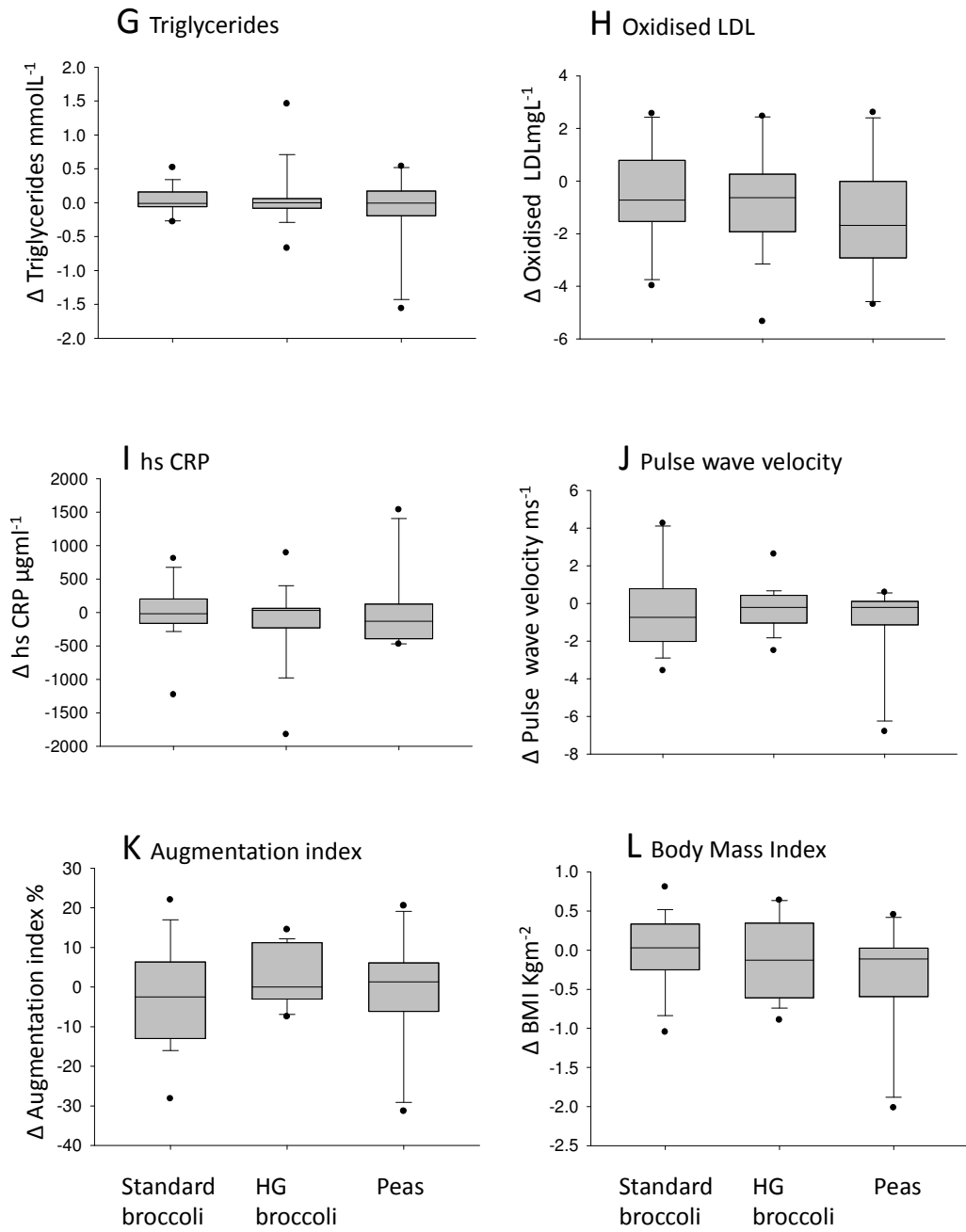


E Systolic BP

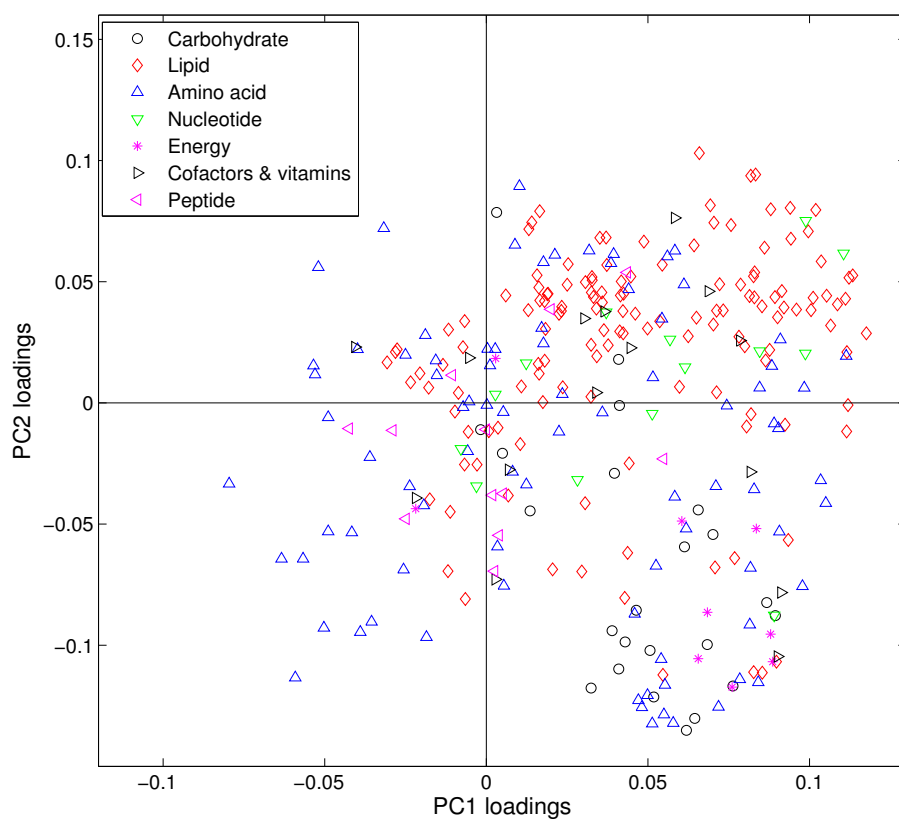


F Diastolic BP

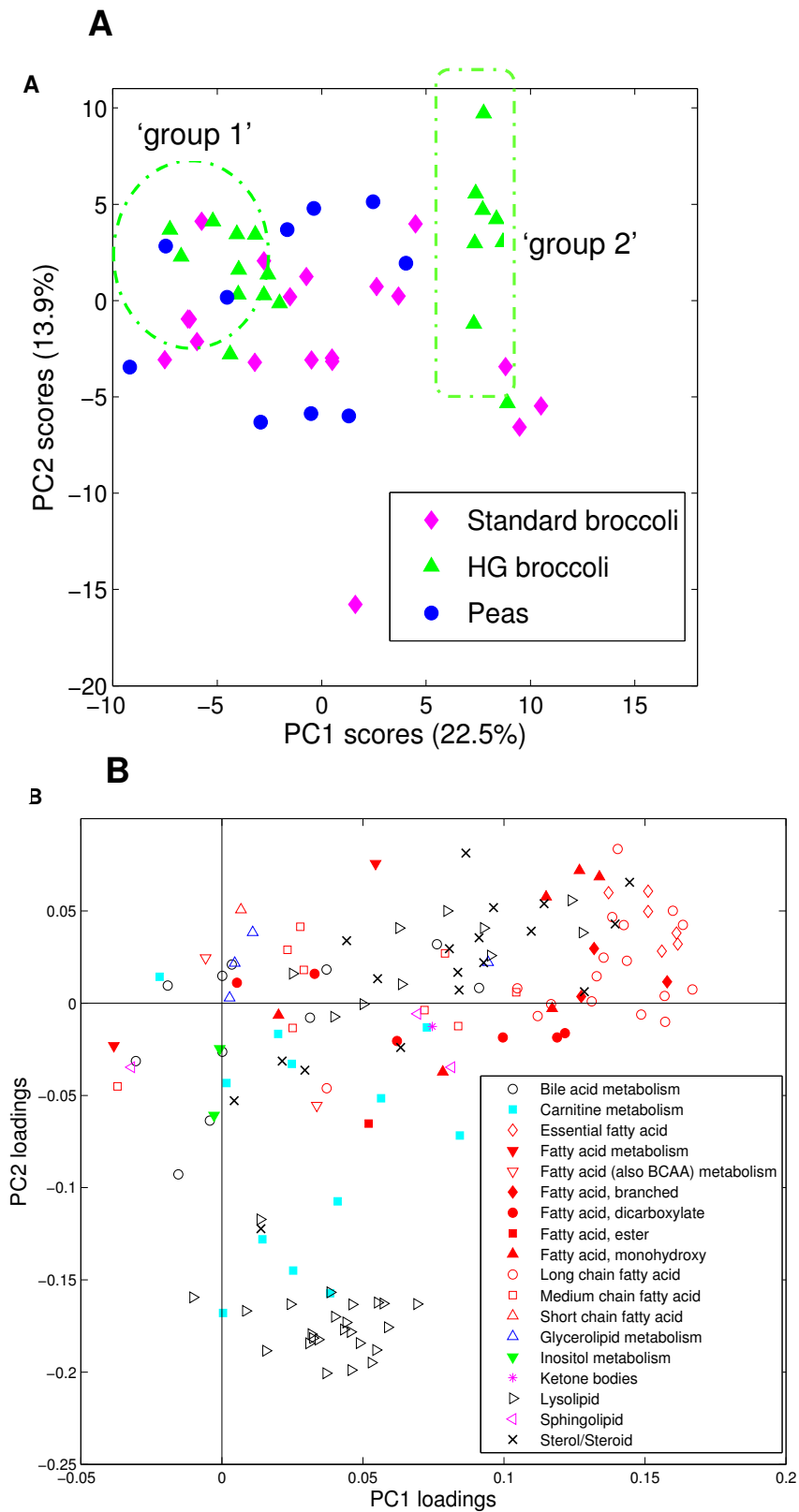




SUPPLEMENTAL FIGURE S2 Box plots showing changes in biomarkers associated with CVD risk following the 12 week. There are no significant differences between the changes observed amongst the three dietary arms



SUPPLEMENTAL FIGURE S3. PCA of metabolomics data, ratio post/pre-intervention. Loadings on 1st & 2nd axes showing the metabolites in terms of their super-pathways (N=48).



SUPPLEMENTAL FIGURE S4. PCA of lipid data, all volunteers, ratio post/pre-intervention. (A) Scores plot, and (B) loadings on 1st & 2nd axes showing the metabolites in terms of their sub-pathways (N=48).