

**Supplementary Table 1.** Characteristics of the 10 test products consumed by healthy volunteers in Study 1

	25 ml dairy emulsion	25 ml dairy emulsion + 300 mg potato protease inhibitor	67.5g yogurt drink	67.5g yogurt drink + 3g protein	67.5g yogurt drink + 80 mg curcumin	250ml coffee	250ml tea	250ml semi-skimmed milk	20ml high-fat emulsion	4ml high-fat emulsion
Drink size ( <i>ml</i> )	25	25	67.5	67.5	67.5	250	250	250	20	4
Plant stanol ester ( <i>g</i> )	3.41	3.41	3.41	3.41	3.41	0	0	0	0	0
Fat including stanol ( <i>g</i> )	1.38	1.38	1.48	1.5	1.48	0	0	4.5	10	2
Protein ( <i>g</i> )	0.88	0.93	1.9	3.08	1.9	0	0	9	0	0
Maximum % gallbladder volume change	17±3**	19±4**	11±3**	19±4**	23±5*	22±4*	18±6**	41±3	42±7	27±8
% gallbladder volume change at t=45 min	8±4*	12±5	-3±6**	9±5*	17±4	11±7	7±9*	32±3	32±7	19±10
AUC for gallbladder volumes ( <i>ml·min</i> )	1686±192*	1530±224	1363±154	1457±195	1571±229*	1508±192	1657±214**	1204±113	1218±109	1256±173
Time to maximum gallbladder volume change ( <i>min</i> )	36±8	51±5	45±7	35±6	31±6*	48±7	43±9	39±7	60±2	43±8

Abbreviations: AUC, area under the curve. Values are mean±s.e.m., *n*=8. Dunnett's multiple comparisons test versus the 20 ml high fat emulsion \* *P*<0.05, \*\* *P*<0.01