

Table S1. Search strings and retrieved records. Numbers reported in bold characters are the final references included. Numbers reflect the records that were retrieved until June 22nd, 2018.

Search string	N of records
PubMed	
fruits[MeSH Terms] OR "fruit" OR "fruits"	146515
vegetables[MeSH Terms] OR "vegetable" OR "vegetables"	65817
"concentrate" OR "concentrates"	42962
((fruits[MeSH Terms] OR "fruit" OR "fruits") OR (vegetables[MeSH Terms] OR "vegetable" OR "vegetables")) AND ("concentrate" OR "concentrates")	1285
((fruits[MeSH Terms] OR "fruit" OR "fruits") OR (vegetables[MeSH Terms] OR "vegetable" OR "vegetables")) AND ("concentrate" OR "concentrates")	310
Scopus	
TITLE-ABS-KEY(fruit) OR TITLE-ABS-KEY(frui <u>t</u> s)	280395
TITLE-ABS-KEY(vegetable) OR TITLE-ABS-KEY(vegetables)	196186
ALL(concentrate) OR ALL(concentrates)	292282
((TITLE-ABS-KEY(fruit) OR TITLE-ABS-KEY(frui <u>t</u> s)) OR (TITLE-ABS-KEY(vegetable) OR TITLE-ABS-KEY(vegetables))) AND (ALL(concentrate) OR ALL(concentrates))	9970
((TITLE-ABS-KEY(fruit) OR TITLE-ABS-KEY(frui <u>t</u> s)) OR (TITLE-ABS-KEY(vegetable) OR TITLE-ABS-KEY(vegetables))) AND (ALL(concentrate) OR ALL(concentrates)) AND (LIMIT-TO(EXACTKEYWORD, "Human") AND LIMIT-TO(SUBJAREA, "MEDI"))	1287
Web of Science	
TOPIC: (fruit) OR TOPIC: (frui <u>t</u> s)	220306
TOPIC: (vegetable) OR TOPIC: (vegetables)	102998
TOPIC: (concentrate) OR TOPIC: (concentrates)	276583
((TOPIC: (fruit) OR TOPIC: (frui <u>t</u> s)) OR (TOPIC: (vegetable) OR TOPIC: (vegetables))) AND (TOPIC: (concentrate) OR TOPIC: (concentrates))	3959
((TOPIC: (fruit) OR TOPIC: (frui <u>t</u> s)) OR (TOPIC: (vegetable) OR TOPIC: (vegetables))) AND (TOPIC: (concentrate) OR TOPIC: (concentrates))	232
Embase	
'fruit'/exp OR 'fruit'	165,734
'vegetable'/exp OR 'vegetable'	204,332
'concentrate' OR 'concentrates'	67,055
(('fruit'/exp OR 'fruit') OR ('vegetable'/exp OR 'vegetable')) AND ('concentrate' OR 'concentrates')	2,372
(('fruit'/exp OR 'fruit') OR ('vegetable'/exp OR 'vegetable')) AND ('concentrate' OR 'concentrates')	549

Table S2. Articles used to estimate the effect size of a single concentrate product on a specific clinical surrogate.

Population	Healthy						Metabolic syndrome						Hypertension						
	Surrogate	TC	LDL	HCY	BMI	SBP	TNF- α	TC	LDL	HCY	BMI	SBP	TNF- α	TC	LDL	HCY	BMI	SBP	TNF- α
Encapsulated FV concentrate	Novembrino 2011 [1]	Plotnick 2003 [2]	Panunzio 2003 [3]	-	-	-	Lamprecht 2007 [4]	Ali 2011 [5] Williams 2017 [6]*	Ali 2011 [5] Williams 2017 [6]*	-	Ali 2011 [5] Williams 2017 [6]*	-	Lamprecht 2013 [7] Williams 2017 [6]*	-	-	-	-	-	-
Artichoke	-	-	-	-	-	-	-	-	-	-	-	-	-	Roghani 2009 [8]	Roghani 2009 [8]	-	Roghani 2009 [8]	Roghani 2009 [8]	-
Jerusalem artichoke	-	-	-	-	-	-	Antal 2008 [9]	Antal 2008 [9]	-	-	-	-	-	-	-	-	-	-	-
Orange juice	Cesar 2010 [10]	Cesar 2010 [10]	-	Cesar 2010 [10]	-	-	Cesar 2010 [10]	Cesar 2010 [10]	-	Cesar 2010 [10]	-	-	-	-	-	-	-	-	-
Fruit and vegetable drink	George 2012 [11]	George 2012 [11]	George 2012 [11]	George 2012 [11]	George 2012 [11]	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cherry Juice	Lynn 2014 [12]	-	-	-	Lynn 2014 [12]	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit juice	Van Berg 2001 [13]	Den Berg 2001 [13]	-	-	Van Den Berg 2001 [13]	-	-	-	-	-	-	-	-	-	-	-	-	-	-

*The pooled effect was used for the purpose of the simulation

Van Den Berg et al. 2001 [13]	330 mL	Fruit juice	1.2 g	33.3 g	<0.2 g		<0.03 mg	52.5 mg					580 KJ	
Williams et al. 2017 [6]	6 capsules	Encapsulated FV concentrate					3.05 mg/day	300 mg/day		350 mg/day				

References

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