

Reference	Trial duration (days)	Curcumin dose [mg]	Comparator	Malondialdehyde (MDA) baseline						
				resveratrol			PBO			
				unit	Ø	±	n	Ø	±	n
Saraf-Bank/2019/Iran/Academia	70	500	PBO	µM	143.36	81.69	30	121.4	60.13	30
Alizadeh/2017/Iran/Academia	70	80	PBO	µmol/l	0.96	0.09	28	1.05	0.1	28
Ghazimoradi/2017/Iran/Academia	42	1000	PBO							
Nasseri/2017/Iran/Academia	84	1000	PBO	µmol/l	41.03	14.96	31	38.7	12.24	30

^quartile

Malondialdehyde (MDA) endopint							Plasma total antioxidant capacity (TAC)						Plasma total ar		
resveratrol			PBO				resveratrol			PBO			resv		
unit	Ø	±	n	Ø	±	n	unit	Ø	±	n	Ø	±	n	unit	Ø
µM	73.78	51.5	30	103.23	39.55	30	mM	0.22	0.03	30	0.23	0.04	30	mM	0.23
µmol/l	0.73	0.07	28	1.08	0.1	28	µmol/l	1.24	0.07	28	1.36	0.08	28	µmol/l	1.95
µmol/l	37.12	11.7	31	39.9	12.37	30	µmol/L	187.09	82.26	31	191.46	76.16	30	µmol/L	207.96

Endpoint	PBO	Catalase (CAT) baseline						Catalase (CAT) endpoint								
		resveratrol			PBO			resveratrol			PBO					
	±	n	unit	Ø	±	n	Ø	±	n	unit	Ø	±	n	Ø	±	n
87.89-128.36^		36	µ/mL	5.68	3.95	31	6.2	3.73	30	µ/mL	5.81	3.76	31	6.01	3.87	30