

## **SUPPLEMENTAL MATERIAL**

**Table S1. Number of individuals with available measurements.** The first three columns indicate the number of normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM) subjects at a given day of the study. Numbers are decreasing since fasting days were different for different subjects. We also presented the number of SBP (N\_sbp) and DBP (N\_dbp) values available as some of the measurements were missing.

	N (individuals in study)			N_sbp (N with SBP available)			N_dbp (N with DBP available)		
	HTNM	HTM	NT	HTNM	HTM	NT	HTNM	HTM	NT
Day 1	313	377	920	306	358	920	306	358	920
Day 2	313	377	920	292	359	879	292	359	879
Day 3	313	377	920	294	361	886	294	361	886
Day 4	313	377	920	304	366	874	304	366	872
Day 5	313	375	919	298	365	884	298	365	884
Day 6	309	371	911	287	359	868	287	359	865
Day 7	281	303	760	263	290	723	263	290	723
Day 8	238	261	609	222	253	576	222	253	575
Day 9	194	229	502	180	217	477	180	217	477
Day 10	154	169	386	142	161	369	142	162	369
Day 11	109	124	261	98	121	251	98	121	253
Day 12	91	99	190	84	96	176	85	96	176
Day 13	79	83	161	76	79	144	76	79	144
Day 14	71	77	141	68	74	131	68	74	131
Day 15	60	73	125	55	71	120	55	70	120
Day 16	47	61	92	46	60	86	46	60	86
Day 17	27	33	46	27	33	45	27	33	45
Day 18	18	25	31	18	24	31	18	24	31
Day 19	14	20	23	13	20	23	13	20	24
Day 20	12	19	18	12	18	17	12	18	17
REF1	312	377	917	269	350	809	269	349	809
REF2	290	360	872	234	305	713	234	305	714
REF3	210	287	654	152	206	456	152	206	456
REF4	102	120	268	63	74	162	63	74	162
FUP 1	313	377	920	88	123	237	87	125	237
FUP 2	313	377	920	49	71	136	49	71	135
FUP 3	313	377	920	29	55	105	28	55	105

SBP indicates systolic blood pressure; N\_sbp, number of available SBP values; DBP, diastolic blood pressure; N\_dbp, number of available DBP values; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.

**Table S2. Statistical significance of the day-to-day difference to baselines for SBP.**

Estimates and their SE of least square means, as well as the Tukey adjusted p-value, from a linear-mixed model adjusting for sex and BMI are provided for normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM).

SBP contrast	HTNM			HTM			NT		
	estimate	SE	p-value	estimate	SE	p-value	estimate	SE	p-value
Day 1 - Day 2	7.5	0.8	3.6E-13	0.9	0.7	1.0E+00	-0.9	0.5	1E+00
Day 1 - Day 3	9.4	0.8	0.0E+00	1.7	0.7	8.8E-01	0.7	0.5	1E+00
Day 1 - Day 4	10.3	0.8	0.0E+00	2.9	0.7	2.7E-02	0.6	0.5	1E+00
Day 1 - Day 5	11.9	0.8	0.0E+00	4.0	0.7	2.2E-05	0.9	0.5	1E+00
Day 1 - Day 6	12.8	0.8	0.0E+00	5.0	0.7	8.9E-09	1.5	0.5	3E-01
Day 1 - Day 7	13.1	0.8	0.0E+00	6.1	0.8	5.6E-12	1.8	0.5	8E-02
Day 1 - Day 8	15.6	0.9	0.0E+00	7.1	0.8	2.6E-13	2.3	0.5	7E-03
Day 1 - Day 9	15.9	1.0	0.0E+00	7.7	0.9	2.1E-13	2.1	0.6	4E-02
Day 1 - Day 10	15.8	1.0	0.0E+00	8.5	1.0	2.2E-13	3.5	0.6	5E-06
Day 1 - Day 11	16.9	1.2	0.0E+00	9.0	1.1	3.8E-13	4.1	0.7	6E-06
Day 1 - Day 12	17.1	1.3	0.0E+00	8.0	1.2	4.7E-09	3.6	0.8	6E-03
Day 1 - Day 13	18.2	1.3	0.0E+00	9.4	1.3	7.8E-11	5.0	0.9	7E-06
Day 1 - Day 14	17.4	1.4	0.0E+00	9.7	1.3	1.1E-10	5.8	0.9	2E-07
Day 1 - Day 15	19.2	1.5	0.0E+00	10.6	1.3	1.3E-12	6.3	1.0	4E-08
Day 1 - Day 16	18.2	1.6	5.0E-14	11.3	1.4	2.2E-12	6.2	1.1	1E-05
Day 1 - Day 17	20.6	2.1	2.2E-13	11.7	1.9	6.5E-07	4.6	1.5	3E-01
Day 1 - Day 18	20.0	2.5	5.0E-13	10.9	2.3	9.6E-04	8.0	1.8	3E-03
Day 1 - Day 19	22.3	2.9	5.1E-12	14.1	2.6	2.2E-05	6.0	2.0	4E-01
Day 1 - Day 20	23.4	3.0	3.9E-12	10.9	2.6	8.6E-03	6.4	2.4	6E-01
Day 1 - Day 21	19.4	3.3	2.0E-06	13.8	2.9	6.4E-04	3.6	2.5	1E+00
Day 1 - REF1	16.7	0.8	0.0E+00	6.9	0.8	3.1E-13	3.2	0.5	4E-09
Day 1 - REF2	20.2	0.9	0.0E+00	9.3	0.8	0.0E+00	4.2	0.5	3E-13
Day 1 - REF3	16.6	1.0	0.0E+00	7.8	0.9	2.2E-13	3.6	0.6	1E-07
Day 1 - REF4	18.2	1.4	0.0E+00	7.2	1.3	1.7E-05	3.2	0.9	5E-02
Day 1 - FUP 1	16.1	1.2	0.0E+00	6.4	1.1	9.7E-07	-0.7	0.7	1E+00
Day 1 - FUP 2	17.6	1.6	1.1E-13	6.5	1.4	6.2E-04	-1.7	0.9	1E+00
Day 1 - FUP 3	15.2	2.1	6.6E-11	3.2	1.5	9.5E-01	-1.5	1.1	1E+00

SBP indicates systolic blood pressure; SE, standard error; BMI, body mass index; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.

**Table S3. Statistical significance of the day-to-day difference to baselines for DBP.**

Estimates and their SE of least square means, as well as the Tukey adjusted p-value, from a linear-mixed model adjusting for sex and BMI are provided for normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM).

DBP contrast	HTNM			HTM			NT		
	estimate	SE	p-value	estimate	SE	p-value	estimate	SE	p-value
Day 1 - Day 2	3.9	0.5	2E-11	1.3	0.5	5.0E-01	-0.1	0.3	1.0E+00
Day 1 - Day 3	5.4	0.5	3E-13	1.8	0.5	2.9E-02	0.7	0.3	7.9E-01
Day 1 - Day 4	6.4	0.5	0	3.0	0.5	2.3E-08	0.8	0.3	6.7E-01
Day 1 - Day 5	7.2	0.5	0	3.2	0.5	2.0E-09	0.7	0.3	8.9E-01
Day 1 - Day 6	7.5	0.5	0	3.9	0.5	3.3E-13	0.7	0.3	9.1E-01
Day 1 - Day 7	8.2	0.5	0	4.1	0.5	4.7E-13	0.9	0.3	4.1E-01
Day 1 - Day 8	8.3	0.6	0	4.6	0.5	2.1E-13	1.4	0.3	5.7E-03
Day 1 - Day 9	8.8	0.6	0	4.6	0.5	2.8E-13	1.3	0.4	4.6E-02
Day 1 - Day 10	9.2	0.7	0	5.3	0.6	2.5E-13	1.8	0.4	7.8E-04
Day 1 - Day 11	9.6	0.8	0	6.2	0.7	3.8E-13	2.8	0.5	2.8E-07
Day 1 - Day 12	9.6	0.8	0	6.4	0.7	2.6E-13	2.0	0.5	2.7E-02
Day 1 - Day 13	10.2	0.8	0	5.6	0.8	7.6E-10	2.4	0.6	7.6E-03
Day 1 - Day 14	10.3	0.9	0	5.8	0.8	1.8E-09	2.8	0.6	1.1E-03
Day 1 - Day 15	10.1	0.9	3E-13	6.6	0.8	3.6E-12	4.3	0.6	1.3E-09
Day 1 - Day 16	9.7	1.0	2E-13	6.5	0.9	2.7E-10	4.4	0.7	2.0E-07
Day 1 - Day 17	12.0	1.3	3E-13	6.7	1.2	1.7E-05	2.8	0.9	4.0E-01
Day 1 - Day 18	13.1	1.5	3E-13	6.0	1.5	1.1E-02	3.6	1.1	2.4E-01
Day 1 - Day 19	12.2	1.8	1E-08	10.3	1.6	1.1E-07	2.6	1.3	9.6E-01
Day 1 - Day 20	10.2	1.9	3E-05	4.8	1.6	3.9E-01	3.6	1.5	8.4E-01
Day 1 - Day 21	12.3	2.1	2E-06	8.4	1.8	1.2E-03	2.4	1.6	1.0E+00
Day 1 - REF1	9.2	0.5	0	4.6	0.5	2.8E-13	1.7	0.3	5.3E-06
Day 1 - REF2	10.0	0.5	0	5.1	0.5	2.8E-13	2.2	0.3	3.1E-10
Day 1 - REF3	8.8	0.6	0	5.0	0.6	1.9E-13	2.0	0.4	6.8E-06
Day 1 - REF4	10.1	0.9	0	5.9	0.8	3.5E-10	1.4	0.5	7.1E-01
Day 1 - FUP 1	10.3	0.8	0	5.2	0.7	4.3E-12	2.3	0.5	2.0E-04
Day 1 - FUP 2	10.1	1.0	3E-13	6.9	0.9	8.3E-13	1.6	0.6	6.0E-01
Day 1 - FUP 3	9.4	1.3	2E-10	4.0	0.9	6.8E-03	1.2	0.7	9.9E-01

DBP indicates diastolic blood pressure; SE, standard error; BMI, body mass index; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.

**Table S4. Statistical significance of the day-to-day difference to baselines for SBP in males.** Estimates and their SE of least square means, as well as the Tukey adjusted p-value, from a linear-mixed model adjusting for BMI are provided for normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM).

SBP MALES contrast	HTNM			HTM			NT		
	estimate	SE	p-value	estimate	SE	p-value	estimate	SE	p-value
Day 1 - Day 2	6.3	1.2	1E-04	0.9	1.0	1E+00	-2.0	0.8	8E-01
Day 1 - Day 3	8.7	1.2	4E-10	1.0	1.0	1E+00	0.4	0.8	1E+00
Day 1 - Day 4	9.7	1.2	2E-12	3.1	1.0	2E-01	-0.3	0.8	1E+00
Day 1 - Day 5	11.0	1.2	6E-12	3.5	1.0	9E-02	0.3	0.8	1E+00
Day 1 - Day 6	11.4	1.2	4E-12	5.2	1.0	6E-05	1.0	0.8	1E+00
Day 1 - Day 7	12.2	1.3	5E-13	7.2	1.0	2E-09	1.3	0.9	1E+00
Day 1 - Day 8	16.2	1.3	7E-12	7.5	1.1	3E-09	0.9	1.0	1E+00
Day 1 - Day 9	15.9	1.4	5E-12	8.0	1.2	2E-09	2.3	1.0	9E-01
Day 1 - Day 10	15.0	1.6	3E-12	11.4	1.3	4E-12	3.8	1.1	1E-01
Day 1 - Day 11	17.9	1.8	1E-11	11.1	1.4	5E-12	4.9	1.4	8E-02
Day 1 - Day 12	15.4	1.9	5E-12	10.6	1.6	8E-09	4.5	1.6	4E-01
Day 1 - Day 13	18.5	2.0	3E-13	10.8	1.7	8E-08	5.4	1.7	3E-01
Day 1 - Day 14	17.3	2.0	4E-12	11.2	1.7	4E-08	7.9	1.9	1E-02
Day 1 - Day 15	19.2	2.3	2E-12	12.4	1.8	1E-09	7.4	1.8	2E-02
Day 1 - Day 16	18.4	2.5	3E-11	12.6	1.9	2E-08	7.0	2.2	2E-01
Day 1 - Day 17	22.4	3.0	5E-11	13.6	2.5	3E-05	7.0	3.0	8E-01
Day 1 - Day 18	24.1	3.4	1E-09	17.3	3.1	8E-06	11.1	3.6	3E-01
Day 1 - Day 19	23.8	4.2	5E-06	15.6	3.4	2E-03	11.8	5.8	1E+00
Day 1 - Day 20	24.7	4.6	2E-05	12.0	3.4	9E-02	7.4	5.8	1E+00
Day 1 - Day 21	25.7	5.1	1E-04	17.9	4.1	5E-03	15.0	7.1	9E-01
Day 1 - REF1	18.4	1.3	4E-14	8.4	1.0	0E+00	2.2	0.9	7E-01
Day 1 - REF2	20.8	1.3	5E-12	10.5	1.1	4E-12	4.6	0.9	2E-04
Day 1 - REF3	17.1	1.5	2E-12	9.1	1.2	3E-11	3.7	1.1	1E-01
Day 1 - REF4	21.4	2.2	4E-12	7.0	1.7	1E-02	5.6	1.8	3E-01
Day 1 - FUP 1	13.1	1.9	2E-09	7.6	1.5	9E-05	-2.8	1.3	9E-01
Day 1 - FUP 2	14.4	2.4	4E-07	6.2	2.0	2E-01	-1.6	1.9	1E+00
Day 1 - FUP 3	8.5	3.3	7E-01	5.4	2.4	9E-01	-3.0	1.8	1E+00

SBP indicates systolic blood pressure; SE, standard error; BMI, body mass index; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.

**Table S5. Statistical significance of the day-to-day difference to baselines for DBP in males.** Estimates and their SE of least square means, as well as the Tukey adjusted p-value, from a linear-mixed model adjusting for BMI are provided for normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM).

DBP MALES	HTNM			HTM			NT		
	contrast	estimate	SE	p-value	estimate	SE	p-value	estimate	SE
Day 1 - Day 2	3.8	0.8	2E-04	1.7	0.6	6E-01	-0.8	0.5	1E+00
Day 1 - Day 3	5.2	0.8	2E-09	2.0	0.6	2E-01	0.5	0.5	1E+00
Day 1 - Day 4	7.1	0.7	0E+00	4.1	0.6	9E-09	0.9	0.5	1E+00
Day 1 - Day 5	7.3	0.8	7E-13	3.9	0.6	8E-08	0.2	0.5	1E+00
Day 1 - Day 6	7.8	0.8	3E-12	5.0	0.6	4E-12	1.2	0.5	9E-01
Day 1 - Day 7	7.5	0.8	2E-12	4.9	0.7	4E-11	1.3	0.6	9E-01
Day 1 - Day 8	8.5	0.8	1E-12	4.8	0.7	6E-10	1.6	0.6	6E-01
Day 1 - Day 9	8.9	0.9	4E-12	5.1	0.7	5E-10	2.1	0.6	2E-01
Day 1 - Day 10	9.9	1.0	4E-12	7.1	0.8	4E-12	1.5	0.7	9E-01
Day 1 - Day 11	9.9	1.1	2E-12	7.6	0.9	6E-12	3.8	0.9	2E-03
Day 1 - Day 12	9.3	1.2	4E-13	7.2	1.0	9E-11	2.9	1.0	4E-01
Day 1 - Day 13	10.0	1.2	1E-13	5.8	1.1	2E-05	2.4	1.1	9E-01
Day 1 - Day 14	11.0	1.3	2E-12	5.8	1.1	3E-05	5.1	1.2	5E-03
Day 1 - Day 15	10.2	1.4	2E-10	7.2	1.1	3E-08	6.1	1.2	5E-05
Day 1 - Day 16	11.5	1.5	3E-11	6.6	1.2	1E-05	5.1	1.4	4E-02
Day 1 - Day 17	13.7	1.9	2E-10	7.2	1.6	2E-03	3.8	1.8	1E+00
Day 1 - Day 18	15.0	2.2	1E-09	8.8	1.9	2E-03	3.8	2.2	1E+00
Day 1 - Day 19	15.6	2.6	9E-07	13.3	2.1	2E-07	5.7	3.6	1E+00
Day 1 - Day 20	11.9	2.8	8E-03	3.9	2.1	1E+00	6.0	3.6	1E+00
Day 1 - Day 21	14.5	3.2	1E-03	6.7	2.6	7E-01	11.6	4.4	7E-01
Day 1 - REF1	10.0	0.8	3E-12	6.3	0.6	5E-12	1.9	0.5	9E-02
Day 1 - REF2	10.9	0.8	2E-12	5.9	0.7	2E-13	3.0	0.6	8E-05
Day 1 - REF3	9.7	1.0	4E-12	6.1	0.8	2E-12	2.6	0.7	3E-02
Day 1 - REF4	12.4	1.4	4E-12	5.9	1.0	6E-06	1.5	1.1	1E+00
Day 1 - FUP 1	8.7	1.2	7E-11	6.5	0.9	7E-10	-1.1	0.8	1E+00
Day 1 - FUP 2	7.4	1.5	2E-04	7.7	1.2	1E-07	-1.8	1.2	1E+00
Day 1 - FUP 3	6.1	2.1	4E-01	5.3	1.5	8E-02	-2.9	1.1	6E-01

DBP indicates diastolic blood pressure; SE, standard error; BMI, body mass index; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.

**Table S6. Statistical significance of the day-to-day difference to baselines for SBP in females.** Estimates and their SE of least square means, as well as the Tukey adjusted p-value, from a linear-mixed model adjusting for BMI are provided for normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM).

SBP FEMALES	HTNM			HTM			NT		
	contrast	estimate	SE	p-value	estimate	SE	p-value	estimate	SE
Day 1 - Day 2	8.5	1.1	0E+00	0.8	1.1	1E+00	-0.4	0.6	1E+00
Day 1 - Day 3	10.1	1.1	0E+00	2.7	1.1	8E-01	0.9	0.6	1E+00
Day 1 - Day 4	10.9	1.1	0E+00	2.5	1.1	9E-01	1.0	0.6	1E+00
Day 1 - Day 5	12.7	1.1	0E+00	4.7	1.1	1E-02	1.2	0.6	9E-01
Day 1 - Day 6	14.0	1.1	0E+00	4.7	1.1	1E-02	1.7	0.6	4E-01
Day 1 - Day 7	13.9	1.1	0E+00	4.5	1.2	5E-02	2.0	0.6	1E-01
Day 1 - Day 8	15.1	1.2	0E+00	6.5	1.3	1E-04	2.9	0.6	2E-03
Day 1 - Day 9	16.0	1.3	0E+00	7.3	1.3	1E-05	2.0	0.7	3E-01
Day 1 - Day 10	16.5	1.4	0E+00	4.8	1.5	2E-01	3.4	0.7	1E-03
Day 1 - Day 11	16.0	1.6	0E+00	5.9	1.7	1E-01	3.8	0.8	2E-03
Day 1 - Day 12	18.8	1.7	0E+00	4.5	1.8	8E-01	3.2	1.0	2E-01
Day 1 - Day 13	17.9	1.8	0E+00	7.4	2.0	4E-02	4.9	1.0	8E-04
Day 1 - Day 14	17.4	1.9	0E+00	7.4	2.1	8E-02	5.2	1.1	5E-04
Day 1 - Day 15	19.3	2.0	0E+00	8.1	2.1	3E-02	5.9	1.1	9E-05
Day 1 - Day 16	18.0	2.1	0E+00	9.5	2.2	7E-03	6.0	1.3	2E-03
Day 1 - Day 17	18.9	2.8	7E-09	8.8	3.0	4E-01	3.8	1.7	9E-01
Day 1 - Day 18	15.3	3.5	4E-03	1.9	3.5	1E+00	7.0	2.1	1E-01
Day 1 - Day 19	21.0	4.0	8E-05	11.8	4.1	4E-01	5.1	2.2	8E-01
Day 1 - Day 20	22.4	4.0	1E-05	9.2	4.1	9E-01	6.2	2.6	8E-01
Day 1 - Day 21	14.4	4.4	2E-01	9.2	4.1	9E-01	1.9	2.6	1E+00
Day 1 - REF1	15.3	1.1	0E+00	4.8	1.1	7E-03	3.7	0.6	2E-08
Day 1 - REF2	19.7	1.2	0E+00	7.7	1.2	3E-08	4.1	0.6	9E-10
Day 1 - REF3	16.3	1.3	0E+00	6.2	1.3	8E-04	3.6	0.7	4E-05
Day 1 - REF4	15.7	1.9	0E+00	8.2	2.2	5E-02	2.5	1.0	7E-01
Day 1 - FUP 1	18.5	1.6	0E+00	4.8	1.6	3E-01	0.4	0.9	1E+00
Day 1 - FUP 2	20.5	2.1	0E+00	6.6	1.9	1E-01	-1.7	1.1	1E+00
Day 1 - FUP 3	19.8	2.6	0E+00	1.3	2.0	1E+00	-0.5	1.3	1E+00

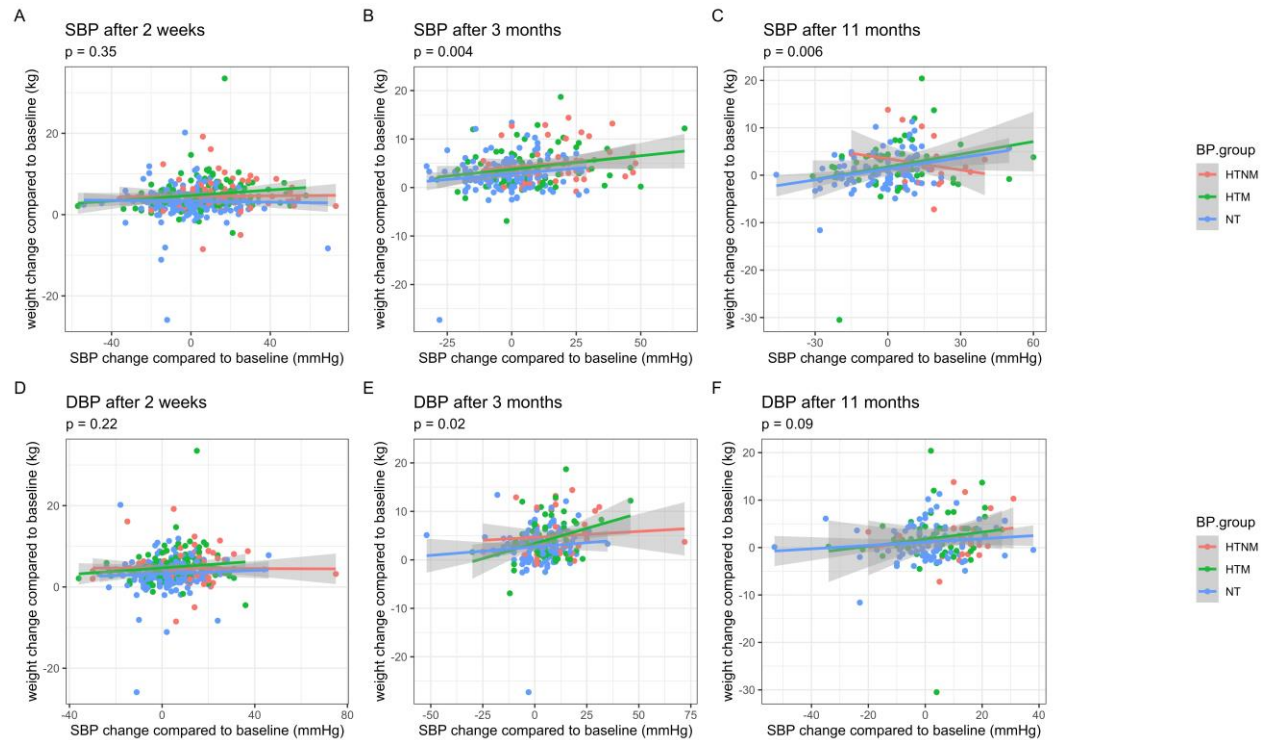
SBP indicates systolic blood pressure; SE, standard error; BMI, body mass index; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.

**Table S7. Statistical significance of the day-to-day difference to baselines for DBP in females.** Estimates and their SE of least square means, as well as the Tukey adjusted p-value, from a linear-mixed model adjusting for BMI are provided for normotensive (NT), hypertensive non-medicated (HTNM), and medicated (HTM).

DBP FEMALEES	HTNM			HTM			NT		
	estimate	SE	p-value	estimate	SE	p-value	estimate	SE	p-value
Day 1 - Day 2	3.9	0.7	7E-06	0.8	0.7	1E+00	0.3	0.4	1E+00
Day 1 - Day 3	5.5	0.7	0E+00	1.6	0.7	9E-01	0.8	0.3	8E-01
Day 1 - Day 4	5.9	0.7	0E+00	1.6	0.7	9E-01	0.7	0.4	1E+00
Day 1 - Day 5	7.1	0.7	0E+00	2.2	0.7	3E-01	0.9	0.3	7E-01
Day 1 - Day 6	7.2	0.7	0E+00	2.4	0.7	1E-01	0.4	0.4	1E+00
Day 1 - Day 7	8.8	0.7	0E+00	2.9	0.8	4E-02	0.7	0.4	1E+00
Day 1 - Day 8	8.1	0.8	0E+00	4.3	0.8	3E-05	1.3	0.4	2E-01
Day 1 - Day 9	8.6	0.8	0E+00	3.9	0.8	9E-04	1.0	0.4	9E-01
Day 1 - Day 10	8.6	0.9	0E+00	2.8	0.9	3E-01	2.0	0.5	5E-03
Day 1 - Day 11	9.2	1.0	0E+00	4.2	1.1	3E-02	2.4	0.5	2E-03
Day 1 - Day 12	9.9	1.1	0E+00	5.2	1.1	2E-03	1.7	0.6	6E-01
Day 1 - Day 13	10.4	1.1	0E+00	5.5	1.2	3E-03	2.4	0.7	7E-02
Day 1 - Day 14	9.7	1.2	0E+00	5.8	1.3	3E-03	2.0	0.7	4E-01
Day 1 - Day 15	10.0	1.2	0E+00	5.7	1.3	5E-03	3.6	0.7	2E-04
Day 1 - Day 16	8.2	1.3	4E-07	6.5	1.4	1E-03	4.1	0.8	2E-04
Day 1 - Day 17	10.4	1.8	1E-06	5.9	1.9	3E-01	2.4	1.1	9E-01
Day 1 - Day 18	11.1	2.2	2E-04	2.3	2.2	1E+00	3.5	1.3	6E-01
Day 1 - Day 19	8.9	2.5	1E-01	5.9	2.6	9E-01	2.1	1.4	1E+00
Day 1 - Day 20	8.8	2.5	1E-01	6.4	2.6	8E-01	3.0	1.7	1E+00
Day 1 - Day 21	10.4	2.8	5E-02	9.9	2.6	3E-02	1.0	1.7	1E+00
Day 1 - REF1	8.6	0.7	0E+00	2.4	0.7	2E-01	1.6	0.4	2E-03
Day 1 - REF2	9.3	0.7	0E+00	4.1	0.7	1E-05	1.9	0.4	6E-05
Day 1 - REF3	8.0	0.8	0E+00	3.6	0.8	4E-03	1.8	0.4	7E-03
Day 1 - REF4	8.3	1.2	1E-10	6.4	1.4	1E-03	1.3	0.6	9E-01
Day 1 - FUP 1	11.4	1.0	0E+00	3.5	1.0	7E-02	4.1	0.6	0E+00
Day 1 - FUP 2	12.5	1.4	0E+00	5.7	1.2	6E-04	2.8	0.7	1E-02
Day 1 - FUP 3	11.6	1.7	1E-09	2.7	1.2	9E-01	3.7	0.8	2E-03

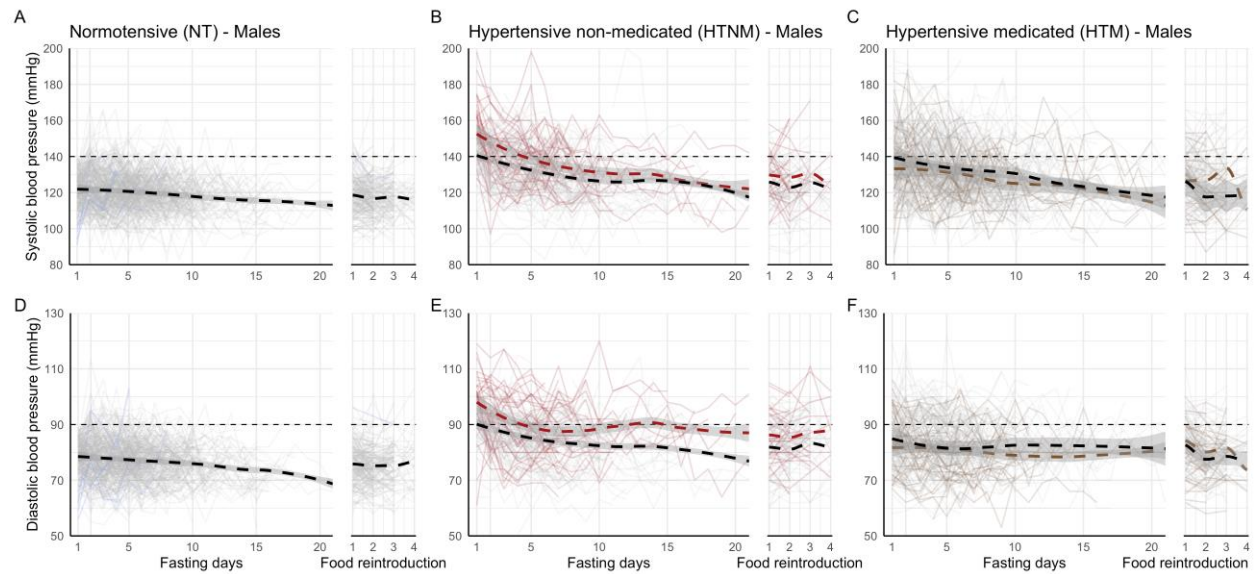
DBP indicates diastolic blood pressure; SE, standard error; BMI, body mass index; HTNM, hypertensive non-medicated; HTM, hypertensive medicated; NT, normotensive; REF, food reintroduction; FUP, follow-up.





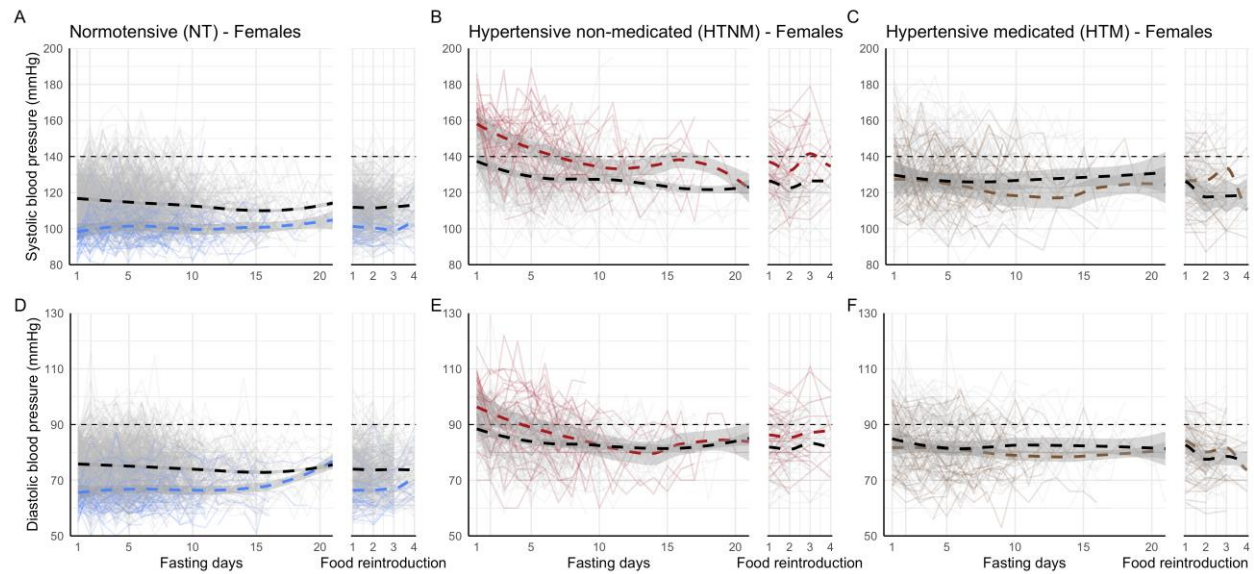
**Figure S1. The persistence of BP changes during the follow-up period correlates with the persistence of the weight loss.** Although the response to the follow-up were limited after two weeks ( $n=448$ ), three months ( $n=256$ ) and eleven months ( $n=188$ ), the correlation of the persistence of weight loss and BP changes suggests that long-term effects on BP could be caused by a persistence of the weight loss.

BP indicates blood pressure; SBP, systolic blood pressure; DBP, diastolic blood pressure.



**Figure S2. Systolic and diastolic blood pressure during long-term fasting in male individuals.** The BP in normal (A, SBP ; D, DBP), hypertensive (B, SBP ; E, DBP) and medicated subjects (C, SBP ; F, DBP) is presented during the first 20 days of fast and the consecutive refeeding. Individual changes in BP are displayed as grey lines. Smoothed conditional means are plotted as dashed lines to illustrate global trends. A colour code is used to highlight subgroups consisting of 5 males with low blood pressure (<100/60 mmHg, in blue in panels A and D, no smoothed conditional means presented because of the low number of individuals), 36 males with very high BP (>160/100 mmHg, in red in panels B and E), as well as 58 males who stopped their antihypertensive treatment (in brown in panels E and F).

BP indicates blood pressure; SBP, systolic blood pressure; DBP, diastolic blood pressure.



**Figure S3. Systolic and diastolic blood pressure during long-term fasting in female individuals.** The BP in normal (A, SBP ; D, DBP), hypertensive (B, SBP ; E, DBP) and medicated subjects (C, SBP ; F, DBP) is presented during the first 20 days of fast and the consecutive refeeding. Individual changes in BP are displayed as grey lines. Smoothed conditional means are plotted as dashed lines to illustrate global trends. A colour code is used to highlight subgroups consisting of 69 subjects with low blood pressure (<100/60 mmHg, in blue in panels A and D), 40 females with very high BP (>160/100 mmHg, in red in panels B and E), as well as 31 females who stopped their antihypertensive treatment (in brown in panels E and F).

BP indicates blood pressure; SBP, systolic blood pressure; DBP, diastolic blood pressure.