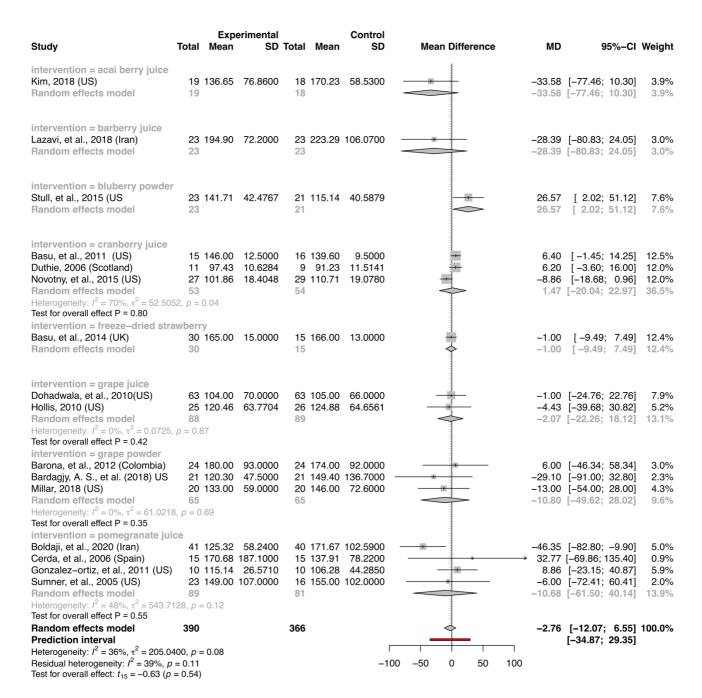


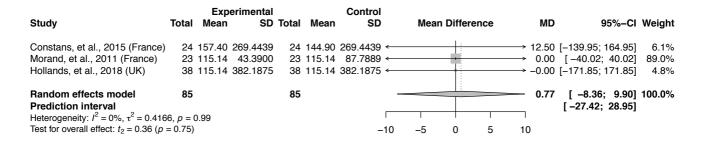
e. Funnel plot of investigated effect of berry group on LDL-C

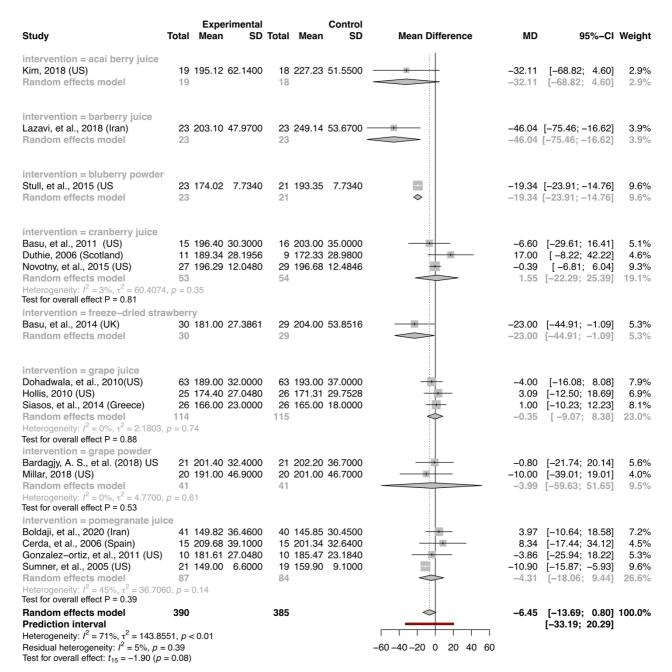
f. Funnel plot of investigated effect of berry group on HDL-C

Supplemental Figure 1. Funnel plots of the effects of berries interventions on a.SBP, b.DBP, c.TAG, d.TC, e. LDL-C, f. HDL-C



Supplemental Figure 2. The effect of the berry interventions on TAG



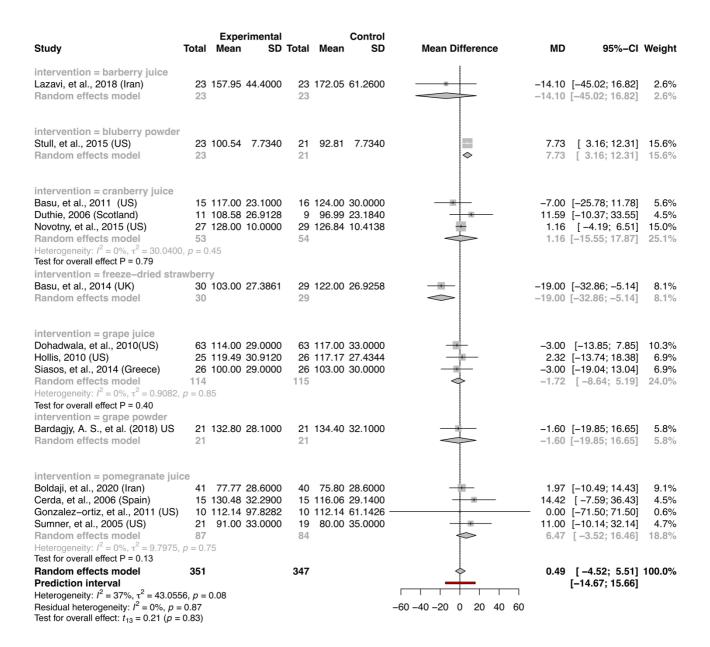


Supplemental Figure 4. The effect of the berry interventions on TAG

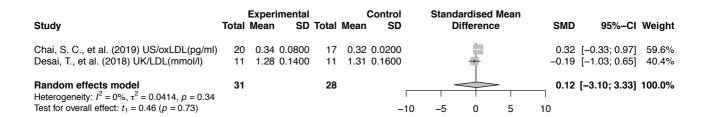
Study	Ex Total M	xperimental lean SD	Total	Control Mean SD	Mean Difference	MD 95%-CI Weight
Lynn, et al., 2014 (UK) Desai, T., et al. (2018) UK		4.22 0.7700 2.94 0.2000	21 11	4.12 0.6700 3.17 0.0600	•	0.10 [-0.32; 0.52] 30.7% -0.23 [-0.35; -0.11] 69.3%
Random effects model Heterogeneity: $I^2 = 55\%$, $\tau^2 = 100$ Test for overall effect: $t_1 = -00$			32		-4 -2 0 2 4	-0.13 [-2.06; 1.80] 100.0%

a. The effect of cherry juice interventions on TC

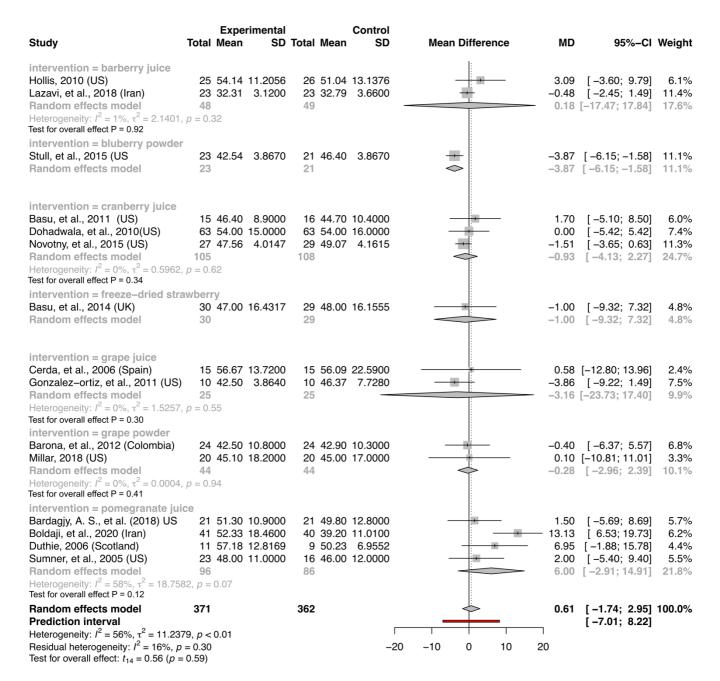
		Exp	erimental			Control							
Study	Total	Mean	SD	Total	Mean	SD)	Mean	Differer	ice	ME	95%-CI	Weight
Constans, et al., 2015 (France)	24	249.80	102.8786	24	228.40	102.8786	i	_			21.40	[-36.81; 79.61]	7.0%
Morand, et al., 2011 (France)	23	220.42	37.0910	23	212.69	37.0910	1		-		7.73	3 [-13.70; 29.17]	41.1%
Hollands, et al., 2018 (UK)	38	197.22	38.6700	38	201.08	42.5370)	-			-3.87	' [–22.14; 14.41]	51.9%
Random effects model Prediction interval	85			85				-	\Rightarrow		2.66	[-20.35; 25.68] [-99.82; 105.14]	
Heterogeneity: $I^2 = 0\%$, $\tau^2 = 36.44$	43 n -	0.58					\equiv				$\overline{}$	[-99.62, 105.14]	
Test for overall effect: $t_2 = 0.50$ (p						-	-100	-50	0	50	100		



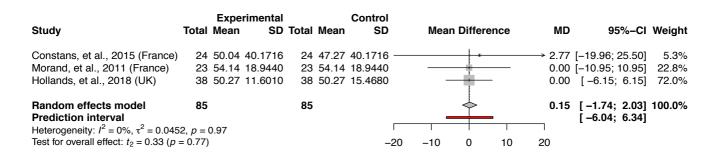
Supplemental Figure 6. The effect of the berry interventions on LDL-C



Supplemental Figure 7. The effect of cherry juice interventions on LDL-C

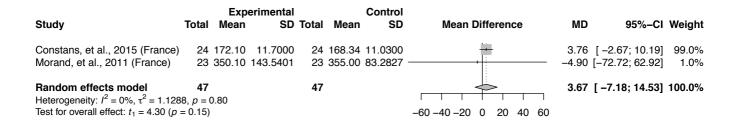


Supplemental Figure 8. The effect of the berry interventions on HDL-C

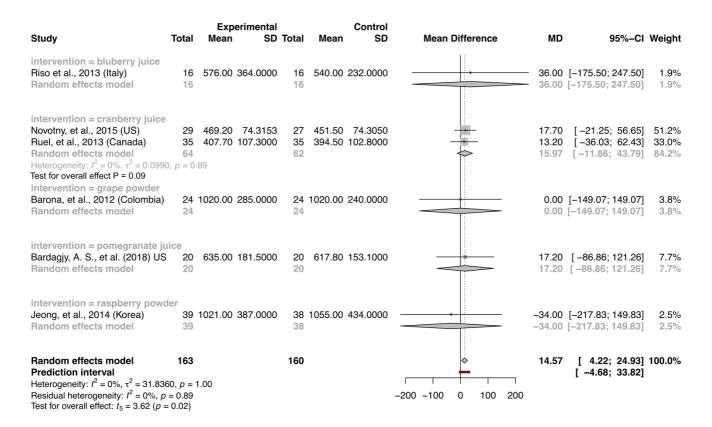


Study	Experiment Total Mean S	al Control D Total Mean SD	Mean Difference	MD 95%-CI Weight
intervention = cranberry juice Novotny, et al., 2015 (US) Ruel, et al., 2013 (Canada) Random effects model Heterogeneity: $l^2 = 0\%$, $\tau^2 = 30.68$ Test for overall effect P = 0.45	29 263.60 40.92 35 212.30 47.00 64			-15.30 [-36.79; 6.19] 34.6% -0.80 [-23.56; 21.96] 31.6% -8.39 [-100.41; 83.64] 66.3%
intervention = grape powder Barona, et al., 2012 (Colombia Random effects model	24 142.00 50.000 24	00 24 151.00 51.0000 24		-9.00 [-37.57; 19.57] 21.7% -9.00 [-37.57; 19.57] 21.7%
intervention = pomegranate j Bardagjy, A. S., et al. (2018) US Random effects model		00 21 211.50 66.4000 21	*	14.20 [-30.27; 58.67] 9.8% 14.20 [-30.27; 58.67] 9.8%
intervention = raspberry pow Jeong, et al., 2014 (Korea) Random effects model	der 39 445.00 230.000 39	38 460.00 198.0000 38	-	-15.00 [-110.78; 80.78] 2.2% -15.00 [-110.78; 80.78] 2.2%
Random effects model Prediction interval Heterogeneity: $l^2 = 0\%$, $\tau^2 = 35.38$ Residual heterogeneity: $l^2 = 0\%$, $t^2 = 0\%$, $t^2 = 0\%$, $t^2 = 0\%$, $t^2 = 0\%$	0 = 0.36	145 -200	-100 0 100	-6.45 [-19.02; 6.12] 100.0% [-30.24; 17.34]

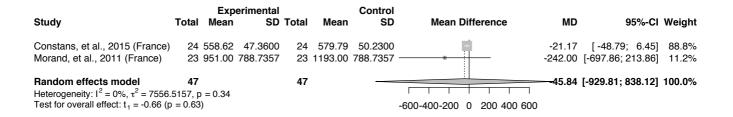
Supplemental Figure 10. The effect of the berry interventions on ICAM



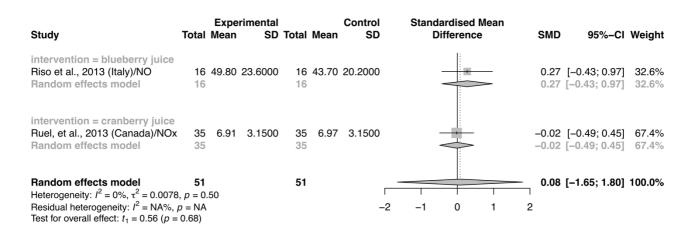
Supplemental Figure 11. The effect of orange juice interventions on ICAM

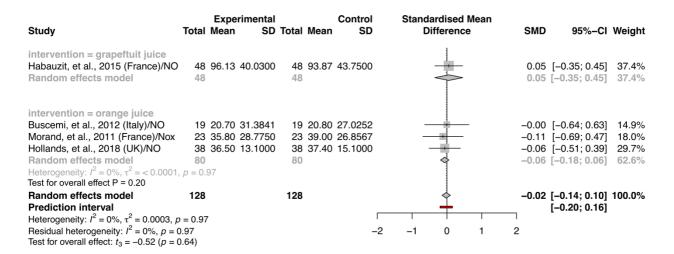


Supplemental Figure 12. The effect of the berry interventions on VCAM

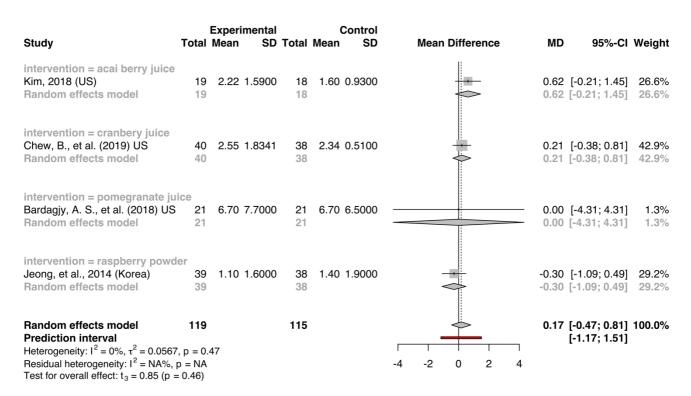


Supplemental Figure 13. The effect of orange juice interventions on VCAM





Supplemental Figure 15. The effect of citrus juice interventions on NO



Supplemental Figure 16. The effect of the berry interventions on hsCRP

