

Supplementary Materials: Impact of Natural Juice Consumption on Plasma Antioxidant Status: A Systematic Review and Meta-Analysis

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Table S1. Main reasons for study exclusion.

| Reason for Exclusion | Number of Studies |
|---|--------------------------|
| Type of study or study design (e.g., reviews, trials without a control group or not randomized) | 21 |
| Type of intervention different from fruit or vegetables juice (e.g., capsules, plant extracts) | 12 |
| Outcome measures not related to oxidative stress or antioxidant capacity in human plasma | 11 |
| Impossibility of data collection | 4 |
| Population (e.g., athletes) | 3 |

Table S2. Jadad Scale. Scores obtained for each study included in the systematic review.

| STUDY [Ref] | 1. Was the Study Described as Randomized? | 2. The Randomization Method was Described in the Paper, and that Method was Appropriate. | 3. Was the Study Described as Double Blind? | 4. The Method of Blinding was Described, and It was Appropriate. | 5. Was there a Description of Withdrawals and Dropouts? | SCORE |
|-----------------|---|--|---|--|---|-------|
| Amagase 2009 | YES | NOT MENTIONED | YES | NOT MENTIONED | YES | 3 |
| Brivida 2004 | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | 1 |
| Bub 2003 | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | 1 |
| Duthie 2006 | YES | NOT MENTIONED | YES | NOT MENTIONED | NO | 2 |
| Ellinger 2012 | YES | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | 2 |
| García-A. 2012 | YES | NOT MENTIONED | NO | NOT MENTIONED | YES | 2 |
| Ghavipour 2014 | YES | NOT MENTIONED | NO | NOT MENTIONED | YES | 2 |
| Guo 2008 | YES | NOT MENTIONED | NO | NOT MENTIONED | NO | 1 |
| Jacob 2008 | YES | NOT MENTIONED | NO | NOT MENTIONED | NO | 1 |
| Khan 2014 | YES | YES | YES | NOT MENTIONED | YES | 4 |
| Kuntz 2014 | YES | YES | YES | NOT MENTIONED | NOT MENTIONED | 3 |
| Lynn 2012 | YES | YES | NO | NOT MENTIONED | YES | 3 |
| Mathison 2014 | YES | YES | YES | NOT MENTIONED | NOT MENTIONED | 3 |
| Parashar 2011 | YES | NOT MENTIONED | NO | NOT MENTIONED | NO | 1 |
| Park 2009 | YES | NOT MENTIONED | YES | NOT MENTIONED | NO | 2 |
| Pourhamdi, 2015 | YES | YES | YES | NOT MENTIONED | YES | 4 |
| Soriano-M. 2014 | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | YES | 2 |
| Butalla 2012 | YES | NOT MENTIONED | NO | NOT MENTIONED | YES | 2 |
| Basu 2011 | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | YES | 2 |
| Castilla 2006 | YES | NOT MENTIONED | NO | NOT MENTIONED | YES | 2 |
| Castilla 2008 | YES | NOT MENTIONED | NO | NOT MENTIONED | YES | 2 |
| Guo 2014 | YES | NOT MENTIONED | YES | NOT MENTIONED | YES | 3 |
| Karlsen 2010 | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | YES | 2 |
| Lee 2011 | YES | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | NOT MENTIONED | 1 |
| Sabitha 2009 | YES | NOT MENTIONED | YES | NOT MENTIONED | NOT MENTIONED | 2 |
| Shema-Didi 2012 | YES | YES | YES | NOT MENTIONED | YES | 4 |
| Sohrab 2015 | YES | NOT MENTIONED | YES | NOT MENTIONED | YES | 3 |
| Uprichart 2000 | YES | NOT MENTIONED | NO | NOT MENTIONED | YES | 2 |

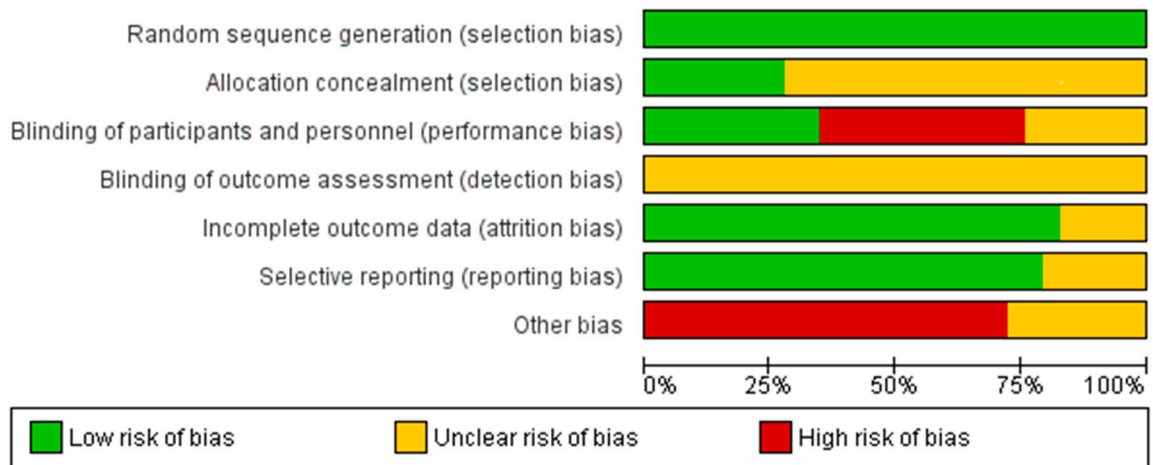


Figure S1 Risk of bias graph of all included studies according to the Cochrane Collaboration.

| | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|------------------------|---|---|---|---|--|--------------------------------------|------------|
| Amagase 2009 | + | ? | + | ? | + | + | - |
| Basu 2011 | + | ? | ? | ? | + | + | - |
| Brivida 2004 | + | ? | ? | ? | ? | ? | - |
| Bub 2003 | + | ? | ? | ? | + | + | - |
| Butalla 2012 | + | ? | - | ? | + | + | - |
| Castilla 2006 | + | ? | - | ? | + | + | - |
| Castilla 2008 | + | ? | - | ? | + | + | - |
| Duthie 2006 | + | ? | - | ? | + | ? | - |
| Ellinger 2012 | + | + | - | ? | + | + | - |
| García-Alonso 2012 | + | ? | ? | ? | + | + | - |
| Ghavi pour 2014 | + | ? | - | ? | + | + | ? |
| Guo 2008 | + | ? | - | ? | ? | ? | - |
| Guo 2014 | + | ? | + | ? | + | + | - |
| Jacob 2008 | + | ? | - | ? | ? | + | - |
| Karlsen 2010 | + | ? | ? | ? | + | + | ? |
| Khan 2014a | + | + | + | ? | + | + | - |
| Khan 2014b | + | + | + | ? | + | + | - |
| Kuntz 2014 | + | + | + | ? | + | + | - |
| Lee 2011 | + | ? | - | ? | + | + | ? |
| Lynn 2012 | + | + | - | ? | + | ? | ? |
| Mathison 2014 | + | + | + | ? | + | + | - |
| Parashar 2011 | + | ? | - | ? | ? | ? | ? |
| Park 2009 | + | ? | ? | ? | ? | + | - |
| Pourhamdi 2015 | + | + | + | ? | + | + | - |
| Sabitha 2009 | + | ? | + | ? | + | + | ? |
| Shema-Didi 2012 | + | + | + | ? | + | + | ? |
| Sohrab 2015 | + | ? | + | ? | + | + | ? |
| Soriano-Maldonado 2014 | + | ? | ? | ? | + | ? | - |
| Upritchard 2000 | + | ? | - | ? | + | + | - |

Figure S2. Risk of bias summary of all included studies.

Appendix 1—List of Excluded Studies [1–51]

1. Abbey, M.; Noakes, M.; Nestel, P.J. Dietary supplementation with orange and carrot juice in cigarette smokers lowers oxidation products in copper-oxidized low-density lipoproteins. *J. Am. Diet. Assoc.* **1995**, *95*, 671–675.
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12. Diaz-Rubio, M.E.; Perez-Jimenez, J.; Martinez-Bartolome, M.A.; Alvarez, I.; Saura-Calixto, F. Regular consumption of an antioxidant-rich juice improves oxidative status and causes metabolome changes in healthy adults. *Plant Foods Hum. Nutr.* **2015**, *70*, 9–14.
13. Eccleston, C.; Baoru, Y.; Tahvonon, R.; Kallio, H.; Rimbach, G.H.; Minihane, A.M. Effects of an antioxidant-rich juice (sea buckthorn) on risk factors for coronary heart disease in humans. *J. Nutr. Biochem.* **2002**, *13*, 346–354.
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