**SUPPLEMENTAL FIGURE 1**  Participant flow throughout the study

**Letters sent to volunteers in subject database**  
\( n = 3,251 \)

**Leaflets sent in Vlaardingen and surrounding areas**  
\( n = 500,000 \)

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- **Attended information meeting**  
  \( n = 699 \)

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- **Completed selection questionnaires after information meeting**  
  \( n = 658 \)

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- **Invited for screening**  
  \( n = 512 \)

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- **Excluded based on screening results**  
  \( n = 198 \)
- Did not show up  
  \( n = 15 \)
- Cancelled before screening  
  \( n = 8 \)

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- **Excluded based on selection questionnaire**  
  \( n = 143 \)
- Cancelled screening appointment  
  \( n = 3 \)

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- **Eligible for the study**  
  \( n = 249 \)

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- **Drop-outs before study start because of medical (n=3) and personal (n=6) reasons**  
  \( n = 9 \)

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- **Number of participants at start of study (pre-intervention):**  
  \( n = 204 \) (+ 1 reserve)  
  (107 men/ 98 women)

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- **Randomized (end of pre-intervention)**

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- **Allocated to placebo capsules**  
  \( n = 68 \)
  Received placebo

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- **Lost to follow-up**  
  \( n = 0 \)
- Discontinued intervention  
  \( n = 1 \)
  (dermatitis)

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- **Lost to follow-up**  
  \( n = 0 \)

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- **Allocated to hesperidin capsules (800mg/d)**  
  \( n = 64 \)
  Received hesperidin

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- **Lost to follow-up**  
  \( n = 0 \)
- Discontinued intervention  
  \( n = 1 \)
  (unspecifed gastroduodenitis)

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- **Lost to follow-up**  
  \( n = 0 \)

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- **Allocated to naringin capsules (500 mg/d)**  
  \( n = 65 \)
  Received naringin

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- **Lost to follow-up**  
  \( n = 0 \)
- Discontinued intervention  
  \( n = 1 \)
  (unspecified psychosis)

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- **Lost to follow-up**  
  \( n = 1 \)

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- **Analyzed**  
  \( n = 64 \)
- Excluded from analysis  
  \( n = 0 \)

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- **Analyzed**  
  \( n = 59 \)
- Excluded from analysis  
  \( n = 4 \)
- (Non compliance to background diet \( n = 1 \),  
  weight change > 2 kg \( n = 2 \), outlier triglycerides \( n = 1 \))

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- **Analyzed**  
  \( n = 59 \)
- Excluded from analysis  
  \( n = 2 \)
- (Non compliance to test product intake \( n = 1 \),  
  weight change > 2 kg \( n = 1 \))

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- **Analyzed**  
  \( n = 65 \)
- Excluded from analysis  
  \( n = 2 \)
- (Non compliance to test product intake \( n = 1 \),  
  weight change > 2 kg \( n = 1 \))