### SUPPLEMENTAL TABLE 1
Criteria used for the inclusion and exclusion of volunteers

**Inclusion criteria**

1. Apparently healthy men and postmenopausal (i.e. not having menstruated for at least 1 y at start of the study) or sterilized women aged ≥ 18 and ≤ 75 y at start of screening
2. $20 \text{ kg/m}^2 \leq \text{BMI} < 30 \text{ kg/m}^2$
3. Serum TC $\geq 5.0 \text{ mmol/L}$ and $\leq 8.0 \text{ mmol/L}$ at screening
4. Serum TC/HDL-C $< 8.0$
5. Serum TG $< 4.0 \text{ mmol/L}$
6. Non-smoker for at least 6 mo
7. Willing to refrain from consuming citrus fruits, their juices, and food supplements containing naringin or hesperidin other than the test product during the pre-intervention and intervention periods
8. Willing to refrain from consuming plant sterol/stanol-enriched foods or supplements claiming to affect cholesterol metabolism during pre-intervention and intervention periods
9. Apparently healthy: no reported current or previous metabolic diseases, chronic gastrointestinal disorders, cardiovascular or psychiatric disease which could affect study measurements
10. Consuming meat and/or fish at least twice/wk (in order to avoid including vegetarians and volunteers with uncommon dietary habits)

**Exclusion criteria**

1. Use of antibiotics during the 3-mo period preceding the study
2. Use of medication affecting cholesterol metabolism
3. Reported dietary restrictions (such as a medically prescribed or weight loss diet) after the information meeting
4. Reported food allergy
5. Use of medication, except aspirin, during the intervention phase
6. High alcohol consumption (>21 units/wk for females, >28 units/wk for males). One unit is defined as 8 g of pure alcohol
7. Intense sporting activities (>10 h/wk)
8. Reported weight loss or gain of $\geq 10\%$ body weight during the 6-mo period preceding the pre-study examination
9. 10-y mortality risk on CVD $>10\%$ according to NHG standard M84\(^1\). For participants $>65$ y of age and SBP $\geq 140 \text{ mmHg}$, eligibility assessed by the research physician

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