**Supplementary Table 1.** List of excluded studies

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| --- | --- | --- | --- |
| **Ref details** | **Intervention** | **Outcome measures** | **Reason for exclusion** |
| ***Asis et. al.*** (2019)Ann of the New York Academy of Sciences | Resveratrol | Biomarkers of bone health | More recent and/or more comprehensive meta-analysis available (1) |
| ***Fogacci et. al.*** (2019)Critical Reviews in Food Science & Nutrition | Resveratrol | Blood pressure | More comprehensive meta-analyses available also covering obese individual (2) |
| ***Marx et. al.*** (2018)Nutrition reviews | Resveratrol | Cognitive performance | Non-explained heterogeneity for outcomes |
| ***Farzaei et. al.***(2018)Pharmacological research | Resveratrol | Cognitive/memory performance | Non-explained heterogeneity for outcomes |
| ***d'Unienville et. al.***(2021)Journal of the International Society of Sports Nutrition | Plant-based foods rich in polyphenols | Exercise performance | Plant-based products covered in other chapters |
| ***Somerville et. al.***(2017)Sports medicine | Mixture of plant-based products and polyphenol supplements | Exercise performance | Mixture of plant-based foods and polyphenol supplements  |
| ***Haghighatdoost et. al.*** (2019)European Journal of Clinical Nutrition | Resveratrol | Inflammation | More recent and/or more comprehensive meta-analyses available (3, 4) |
| ***Tabrizi et. al.*** (2018)Food & function | Resveratrol | Inflammation | More recent and/or more comprehensive meta-analyses available (3, 4) |
| ***Sahebkar et. al.*** (2015)International journal of cardiology | Resveratrol | Inflammation | More recent and/or more comprehensive meta-analyses available (3, 4) |
| ***Kilchoer et. al.***(2020)Nutrients | Resveratrol  | Lipid profile | Low quality study |
| ***Haghighatdoost et. al.*** (2018)Pharmacological Research | Resveratrol | Lipid profile | Non-explained heterogeneity for outcomes |
| ***Sahebkar et. al.***(2013)Nutrition Reviews | Resveratrol | Lipid profile | More recent and/or more comprehensive meta-analysis available (5) |
| ***Akbari et. al.***(2020)Lipids in Health & Disease | Resveratrol | Lipid profile and liver enzymes | More recent and/or more comprehensive meta-analysis available (5) |
| ***Wei et. al.***(2021)Complementary therapies in medicine |  Resveratrol | Variables related to NAFLD | More recent and/or more comprehensive meta-analyses available (5) |
| ***Jakubczyk et. al.***(2020)Nutrients | Resveratrol | Variables related to NAFLD | More recent and/or more comprehensive meta-analyses available (5) |
| ***Elgebaly et. al.***(2017)Journal of gastrointestinal and liver diseases | Resveratrol | Variables related to NAFLD | More recent and/or more comprehensive meta-analyses available (5) |
| ***Darand et. al.*** (2021)International journal of clinical practice | Resveratrol | Variables related to NAFLD | More recent and/or more comprehensive meta-analyses available (5) |
| ***Rafiee et. al.*** (2021), Complementary therapies in clinical practice | Resveratrol | Variables related to NAFLD | More recent and/or more comprehensive meta-analyses available (5) |
| ***Delpino et. al.*** (2021)Clinical nutrition ESPEN | Resveratrol | Variables related to obesity | Non-explained heterogeneity for outcomes |
| ***Tabrizi et. al.***(2020)Critical reviews in food science and nutrition | Resveratrol | Variables related to obesity | Non-explained heterogeneity for outcomes, low quality |
| ***Omidian et. al.***(2020)Endocrine, metabolic & immune disorders drug targets | Resveratrol | Variables related to oxidative stress | More recent and/or more comprehensive meta-analyses available (6) |
| ***Hosseini et. al.*** (2020)Complementary therapies in medicine | Resveratrol | Variables related to T2D | More recent and/or more comprehensive meta-analyses available (5) |
| ***Jeyaraman et. al.*** (2020)The Cochrane database of systematic reviews | Resveratrol | Variables related to T2D | More recent and/or more comprehensive meta-analyses available (5) |
| ***Zhao et al.*** (2019)Obesity | Resveratrol | Variables related to T2D | More recent and/or more comprehensive meta-analyses available (5) |
| ***Hausenblas et. al.***(2015)Molecular nutrition & food research | Resveratrol | Variables related to T2D | More recent and/or more comprehensive meta-analyses available (5) |

T2D: Type 2 diabetes mellitus, MetS: Metabolic syndrome, NAFLD: non-alcoholic fatty liver disease.

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