

Supplementary Material

Table S1: Participant timeline

		Study day x*			Study day y*			
	Enrollment	Pre-allocation	Allocation	Post-allocation	Pre-allocation	Allocation	Post-allocation	
Time point	Before first study day	T ₋₁	T ₀	T ₁	T ₋₁	T ₀	T ₁	After second study day
Enrollment								
Eligibility screen	x							
Informed consent	x							
Interventions (depending on number in sealed envelope)								
Capsules with cocoa flavanols			x					
Capsules with placebo						x		
Assessments								
Baseline variables: Body mass index, venous blood sample		x			x			
Flow-mediated dilation measurement		x		x	x		x	
Blood pressure measurement		x		x	x		x	
Dynamic handgrip exercise test with Near-infrared spectroscopy				x			x	

Additional measurements: Accelerometer and continuous glucose monitoring system								x
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*: the intake of the capsules is randomized so study day x or study day y can be the first or the second study day.