

Supplemented 1. Composition (%) of to3mato extract-olive oil in each container of 20 mL

	Olive oil-tomato extract
Lycopene (%)	0.05
Beta-carotene (%)	0.005
Phytosterols (%)	0.16
Oleic acid (%)	71.62
Tocopherols (%)	0.04
Phytoene/phytofluene (%)	0.01
Tomatoes oil (%)	0.58
Linoleic acid (%)	9.29
Linolenic acid (%)	1.07
Gadoleic acid (%)	0.26
Palmitoleic acid (%)	1.03
Palmitic acid (%)	11.9
Margaroleic (%)	0.14
Arachidic acid (%)	0.47
Phospholipids (%)	0.07
Stearic acid (%)	3.24
Antioxidant capacity	
ABTS (mM Trolox)	3.21 ± 0.032
DPPH (mM Trolox)	670 ± 68
FRAP (mM)	0.826 ± 0.05
Antiradical capacity	
HRSA (% inhibition)	91.1 ± 0.90
SRSA (% inhibition)	42.6 ± 10.1

Supplemented 2. Characteristics of the study subjects at the beginning of study

	Females (n=25)	Males (n=55)
Age (y)	58±13	61± 12
Energy (Kcal)	1865 ± 442	2013 ± 168
Carbohydrates (g)	166 ± 54	168 ± 45
Protein (g)	65 ± 20	97 ± 20
Fiber (g)	17.8 ± 6.8	15.7 ± 4.7
Cholesterol (mg)	371 ± 109	377 ± 90
Fatty acids		
SFA	33.7 ± 23.3	26.3 ± 8.3
MUFAs	50.6 ± 32.9	45.4 ± 11.8
PUFAs	15.8 ± 13.4	12.2 ± 3.8
Vitamin B12 (µg)	5.7 ± 2.1	6.2 ± 2.2
Vitamin C (mg)	148.2 ± 71.9	109.3 ± 41.8
Vitamin D (µg)	10.4 ± 10.7	4.07 ± 5.55
Folic acid (µg)	508 ± 276	240 ± 107
Calcium (mg)	848 ± 288	753 ± 287
Magnesium (mg)	273 ± 73	261 ± 71
Fe (mg)	12.4 ± 3.8	12.3 ± 3.0