

### GENERAL INFORMATION OF THE CLINICAL TRIAL

RPCEC code	RPCEC00000268
Public title	Biomarkers of exposition_Uchuva Dorada
Scientific title	Pilot study to identify candidates for biomarkers associated with Cape gooseberry consumption
Intervention description	Physalis Administration, Oral

### PARTICIPANT FLOW

Evaluated	21
Excluded	3
Domestic calamity	1
Alteration in lipid profile that required medical monitoring	1
Required antibiotics during the preparation week	1
Randomized (For studies where it does not apply, it refers to those included)	18

Characteristics	Group 1	Total
Randomized	18	18
Interrupt	0	0
Cause 1	--	--
Cause 2	--	--
...		
Finished the study	18	18
Used in analysis	18	18

### BASELINE CHARACTERISTICS

Table 1. Baseline data

Characteristics	Group 1 t <sub>0</sub>	Total
<b>Age</b>		
Media	36.6	18
Minimum	27.0	
Maximum	49.0	
<b>Gender</b>		
Female	0 (%)	0
Male	18 (100%)	18
<b>Systolic blood pressure (mmHg)</b>		
Media	120.6	18
Minimum	109.0	
Maximum	136.0	
<b>Diastolic blood pressure (mmHg)</b>		
Media	76.1	18
Minimum	62.0	
Maximum	97.0	
<b>BMI (kg/m<sup>2</sup>)</b>		
Media	24.1	18
Minimum	19.9	
Maximum	28.2	
<b>Glucose (mg/dL)</b>		
Media	88.0	18
Minimum	76.0	
Maximum	98.0	
<b>Glycosylated hemoglobin (%)</b>		
Media	5.5	18
Minimum	5.0	
Maximum	6.0	
<b>Insulin (μIU/ml)</b>		
Media	6.5	18
Minimum	1.8	
Maximum	11.6	
<b>HOMA IR</b>		
Media	1.4	18
Minimum	0.4	
Maximum	2.5	
<b>HDL (mg/dL)</b>		
Media	46.6	18
Minimum	36.0	

## Summary results of Clinical Trial

Characteristics	Group 1 t <sub>0</sub>	Total
Maximum	65.0	
<b>LDL (mg/dL)</b>		
Media	109.8	18
Minimum	77.0	
Maximum	146.0	
<b>Triglycerides (mg/dL)</b>		
Media	112.9	18
Minimum	55.0	
Maximum	259.0	
<b>Creatinine blood (mg/dL)</b>		
Media	1.0	18
Minimum	0.8	
Maximum	1.2	
<b>AST (U/L)</b>		
Media	21.3	18
Minimum	14.9	
Maximum	34.5	
<b>ALT (U/L)</b>		
Media	21.2	18
Minimum	11.7	
Maximum	50.4	

ALT: Alanine Aminotransferase; AST: aspartate aminotransferase; BMI: body mass index; HDL: high-density lipoprotein; HOMA IR: insulin resistance index using the homeostasis model assessment; LDL: low-density lipoprotein.

### OUTCOME MEASURES

#### a) Primary outcomes

**Table 2.** List of biomarkers identified with high confidence, significantly changed after acute intervention with cape gosseberry. N=18

Match	HMDB	PUBCHEM	KEGG	Average Base line	Average St	Fold change	P-value BvsA	VIP BvsST
Uridine	HMDB0000296	6 029,00	C00299	1,16	0,62	<b>-1,88</b>	8,04E-11	2,56
Putrescine	HMDB0001414	1 045,00	C02896	1,05	0,53	<b>-1,98</b>	5,63E-08	2,34
Diethanolamine	HMDB0004437	8 113,00	C06772	0,87	1,31	<b>1,51</b>	8,31E-07	2,23
Syringic acid	HMDB0002085	10 742,00	C10833	0,39	1,82	<b>4,67</b>	3,40E-05	2,05
N1-Acetylspermidine	HMDB0001276	496	C00612	1,15	0,79	<b>-1,45</b>	2,54E-05	1,95
<i>Adenosine</i>	<i>HMDB0000051</i>	<i>60 962,00</i>	<i>C00213</i>	1,7	0,53	<b>-3,2</b>	1,56E-04	1,92
1-Methylguanosine	HMDB0001563	96 373,00	C04545	0,99	0,78	<b>-1,27</b>	1,43E-04	1,82
Ethanolamine	HMDB0000151	702	C00191	1,05	0,86	<b>-1,23</b>	8,54E-05	1,8
(R)-1-Aminopropan-2-ol	METPA0372	UNKNOWN	C03194	1,04	1,28	<b>1,24</b>	2,45E-04	1,78
Uracil	HMDB0000300	1 174,00	C00106	1,16	0,89	<b>-1,31</b>	2,08E-04	1,78
Prolyl-Valine	HMDB0029030	152 307,00	UNKNOWN	1,29	1,64	<b>1,27</b>	2,82E-04	1,73
5'-Deoxyadenosine	HMDB0001983	439 182,00	C05198	0,86	1,28	<b>1,49</b>	3,44E-04	1,72
L-3-Aminodihydro-2(3H)-furanone	HMDB0029387	73 509,00	C02926	1,91	2,47	<b>1,3</b>	3,92E-04	1,72
5-Hydroxylysine	HMDB0000450	4433	C16741	0,86	1,07	<b>1,25</b>	4,27E-03	1,67
Leucyl-Glutamate	HMDB0028928	7 009 630,00	UNKNOWN	0,9	1,09	<b>1,21</b>	3,63E-03	1,63
3-Hydroxyphenylacetic acid	HMDB0000440	12 122,00	C05593	0,85	1	<b>1,18</b>	3,02E-03	1,6
4,6-Dihydroxyquinoline	HMDB0004077	440 738,00	C05639	1,35	1,12	<b>-1,2</b>	9,46E-04	1,57
Monodehydroascorbate	METPA0114	UNKNOWN	C01041	1,03	0,8	<b>-1,28</b>	2,27E-03	1,51
L-Proline	HMDB0000162	145 742,00	C00148	0,93	1,06	<b>1,13</b>	2,27E-03	1,5
L-Kynurenine	HMDB0000684	161 166,00	C00328	1,05	0,84	<b>-1,24</b>	1,79E-03	1,48
4-Hydroxyproline	HMDB0000725	5 810,00	C01157	1,02	0,81	<b>-1,26</b>	3,91E-03	1,44
Saccharopine	HMDB0000280	160557	C00450	0,82	1,14	<b>1,4</b>	5,32E-03	1,43
3-Hydroxyanthranilic acid	HMDB0001476	86	C00632	0,7	1,15	<b>1,65</b>	4,60E-03	1,42
p-Aminobenzoic acid	HMDB0001392	978	C00568	0,91	1,1	<b>1,21</b>	3,87E-03	1,42
5-Aminolevulinic acid	HMDB0001149	137	C00430	1	1,13	<b>1,12</b>	4,28E-02	1,39
3-Hydroxy-L-proline	HMDB0002113	11 137 200,00	C04397	1,39	0,83	<b>-1,67</b>	1,06E-02	1,35
Citrulline	HMDB0000904	9 750,00	C00327	1,04	0,86	<b>-1,2</b>	9,29E-03	1,34
4-Hydroxyphenylglyoxylate	UNKNOWN	6 381,00	C03590	0,93	1,08	<b>1,16</b>	9,76E-03	1,33
<i>L-Cystine</i>	<i>HMDB0000193</i>	<i>67679</i>	<i>C00492</i>	1,04	0,83	<b>-1,24</b>	1,01E-02	1,32
Amino adipic acid	HMDB0000510	469	C00956	0,71	1,01	<b>1,44</b>	2,37E-02	1,31
L-prolyl-L-proline	HMDB0011180	263 469,00	UNKNOWN	1,23	1,58	<b>1,28</b>	6,75E-03	1,31

L-prolyl-L-phenylalanine	HMDB11179	5 226 097,00	UNKNOWN	1,15	1,32	<b>1,15</b>	1,79E-02	1,27
Thymine	HMDB0000262	1 135,00	C00178	0,92	0,75	<b>-1,23</b>	1,91E-02	1,27
4,5-Dihydroxyphthalate	METPA0377	UNKNOWN	C03233	0,85	1,13	<b>1,32</b>	3,61E-02	1,26
7-Aminomethyl-7-carbaguanine	HMDB0011690	171	C16675	0,8	1,18	<b>1,46</b>	4,18E-02	1,26
Diaminopimelic acid	HMDB0001370	99 290,00	C00666	1,02	1,18	<b>1,15</b>	3,06E-02	1,26
5-Aminopenta	HMDB0012815	443 849,00	C12455	1,08	0,98	<b>-1,1</b>	1,63E-02	1,25
L-Cysteine	HMDB0000574	5 862,00	C00097	1,24	0,97	<b>-1,27</b>	1,21E-02	1,25
Ribothymidine	HMDB0000884	445 408,00	UNKNOWN	1,04	0,94	<b>-1,1</b>	3,13E-02	1,25
Glycine	HMDB0000123	750	C00037	1,04	0,89	<b>-1,16</b>	1,67E-02	1,24
5'-Methylthioadenosine	HMDB0001174	439 177,00	C00171	0,76	0,91	<b>1,19</b>	1,38E-02	1,23
N-Acetylindoxyl	METPA0269	UNKNOWN	C02298	0,82	1,23	<b>1,51</b>	1,41E-02	1,23
Prolyl-Asparagine	HMDB0029012	7 408 193,00	UNKNOWN	1,17	1,36	<b>1,17</b>	4,82E-02	1,21
Symmetric dimethylarginine	HMDB0003334	169 148,00	UNKNOWN	1,01	0,9	<b>-1,12</b>	2,36E-02	1,21
Pyrimidodiazepine	UNKNOWN	5 579,00	C02587	0,92	1,09	<b>1,18</b>	1,95E-02	1,2
Biopterin	HMDB0000468	445 040,00	C06313	1	1,48	<b>1,48</b>	2,11E-02	1,19
Debrisoquine	HMDB0006543	2 966,00	C13650	1,33	1,71	<b>1,29</b>	3,13E-02	1,17
Prolyl-Glutamate	HMDB0029016	3 563 697,00	UNKNOWN	1,01	1,28	<b>1,27</b>	1,85E-02	1,17
4-Methylaminobutyrate	METPA1234	UNKNOWN	C15987	1,02	1,11	<b>1,09</b>	4,55E-02	1,14
N-Methyl-a-aminoisobutyric acid	HMDB0002141	75 725,00	UNKNOWN	1,13	1,23	<b>1,08</b>	4,72E-02	1,11
2-Hydroxy-2,4-pentadienoate	METPA0060	UNKNOWN	C00596	0,93	1,11	<b>1,19</b>	3,50E-02	1,1
Isoglutamine	METPA1415	UNKNOWN	C16673	1,11	1	<b>-1,11</b>	3,14E-02	1,1
Ornithine	HMDB0000214	6 262,00	C00077	1,28	1,11	<b>-1,15</b>	3,88E-02	1,09
Prolyl-Histidine	HMDB0029019	9 856 353,00	UNKNOWN	1,29	1,52	<b>1,17</b>	3,67E-02	1,09
7,8-Dihydroxanthopterin	UNKNOWN	295 369 327,00	C21065	1,11	0,94	<b>-1,18</b>	3,52E-02	1,08
2-Amino-4-oxopentanoic acid	METPA0387	UNKNOWN	C03341	1,27	1,06	<b>-1,2</b>	3,63E-02	1,05
Formiminoglutamic acid	HMDB0000854	439 233,00	C00439	1,05	0,93	<b>-1,13</b>	4,81E-02	1,05
D-Proline	HMDB0003411	8 988,00	C00763	0,7	0,79	<b>1,13</b>	4,99E-02	0,98

**Table 3.** List of biomarkers identified with high confidence, significantly changed after mid-term nutritional intervention with cape gosseberry. N=18

Match	HMDB	PUBCHEM	KEGG	Average Base line	Average St	Fold change	P-value BvsA	VIP BvsST
3,4-Dihydroxymandelaldehyde	HMDB0006242	151725	C05577	1,22	0,89	-1,37	2,11E-01	2,27
4-Hydroxymethylsalicylate	METPA1849	UNKNOWN	C14109	1,21	0,89	-1,36	1,87E-01	2,25
<b>2-Hydroxy-2,4-pentadienoate</b>	<b>METPA0060</b>	<b>UNKNOWN</b>	<b>C00596</b>	0,93	1,34	1,43	3,50E-02	2,00
4-Hydroxybenzoic acid	HMDB0000500	135	C00156	1,13	0,93	-1,22	6,96E-01	2,07
<b>5'-Methylthioadenosine</b>	<b>HMDB0001173</b>	<b>439176</b>	<b>C00170</b>	0,76	1,04	1,37	1,38E-02	1,92

Adenosine	HMDB0000050	60961	C00212	1,70	0,56	-3,06	1,56E-04	2,24
<b>L-3-Aminodihydro-2(3H)-furanone</b>	<b>HMDB0029387</b>	<b>73509</b>	<b>C02926</b>	1,91	2,66	1,39	3,92E-04	2,21
2-Keto-6-aminocaproate	HMDB0012151	439954	C03239	0,95	1,12	1,18	1,75E-01	1,82
3,4-Dihydroxymandelic acid	HMDB0001866	85782	C05580	0,90	0,75	-1,19	8,94E-01	2,13
L-Lysine	HMDB0000182	5962	C00047	0,85	1,04	1,22	7,33E-01	1,83
Spermidine	HMDB0001257	1102	C00315	0,95	1,39	1,46	1,68E-01	1,46
<b>Amino adipic acid</b>	<b>HMDB0000510</b>	<b>469</b>	<b>C00956</b>	0,71	0,99	1,41	2,37E-02	1,60
<b>N-Acetylindoxyl</b>	<b>METPA0269</b>	<b>UNKNOWN</b>	<b>C02298</b>	0,82	1,40	1,72	1,41E-02	1,20
2'-O-Methyladenosine	HMDB0004326	317398	C04779	0,85	1,18	1,39	2,55E-01	1,27
<b>3-Hydroxyanthranilic acid</b>	<b>HMDB0001476</b>	<b>86</b>	<b>C00632</b>	0,70	1,25	1,80	4,60E-03	1,19
p-Aminobenzoic acid	HMDB0001392	978	C00568	0,83	0,99	1,19	3,19E-01	1,99
L-Homoserine	HMDB0000719	12647	C00263	0,90	1,12	1,25	2,28E-01	1,23
<b>Dihydroxyfumaric acid</b>	<b>HMDB0002050</b>	<b>8618</b>	<b>C00975</b>	1,09	0,97	-1,12	3,06E-01	1,65
<i>Valyl-Lysine</i>	<i>HMDB0029132</i>	<i>5253210</i>	<i>UNKNOWN</i>	1,19	0,93	-1,28	4,07E-01	1,17
7-Aminomethyl-7-carbaguanine	HMDB0011690	171	C16675	0,80	1,15	1,43	4,18E-02	1,43
Ethanolamine	HMDB0000150	701	C00190	1,05	0,94	-1,12	8,54E-05	1,11
Saccharopine	HMDB0000280	160557	C00450	0,82	1,00	1,22	5,32E-03	1,24
(S)-4-Amino-5-oxopentanoate	METPA0432	UNKNOWN	C03741	1,28	1,09	-1,18	5,82E-02	1,12
<b>5'-Deoxyadenosine</b>	<b>HMDB0001983</b>	<b>439182</b>	<b>C05198</b>	0,86	1,03	1,20	3,44E-04	1,28
5-Aminopentanamide	HMDB0012176	439358	C00990	0,87	1,15	1,33	1,15E-01	1,19
Acetylhomoserine	HMDB0029423	528	C01077	0,73	0,97	1,34	5,84E-02	1,34
Biopterin	HMDB0000468	445040	C06313	0,91	1,17	1,29	7,33E-01	1,37
<b>4,5-Dihydroxyphthalate</b>	<b>METPA0377</b>	<b>UNKNOWN</b>	<b>C03233</b>	0,85	1,08	1,27	3,61E-02	1,40
Sepiapterin	HMDB0000238	65253	C00835	0,98	1,27	1,29	7,80E-01	1,30
Norepinephrine	HMDB0000216	439260	C00547	1,47	0,87	-1,70	2,45E-01	1,05
L-Arginine	HMDB0000517	6322	C00062	1,37	1,20	-1,15	8,61E-02	1,10
2-Hydroxy-3-(4-hydroxyphenyl)propenoic acid	HMDB0006915	636708	C05350	1,15	1,49	1,30	8,92E-02	1,09
2-Hydroxymucote semialdehyde	METPA0068	UNKNOWN	C00682	0,74	0,91	1,23	7,30E-02	1,25
<i>Valyl-Alanine</i>	<i>HMDB0029120</i>	<i>6992638</i>	<i>UNKNOWN</i>	1,24	1,10	-1,13	7,31E-01	1,03
<i>Diethanolamine</i>	<i>HMDB0004437</i>	<i>8113</i>	<i>C06772</i>	0,87	1,04	1,20	8,31E-07	1,08
4-Hydroxystyrene	HMDB0004072	62453	C05627	1,00	0,93	-1,08	6,56E-01	1,00
4-Aminobutyraldehyde	HMDB0001080	3835	C02903	1,04	0,89	-1,17	2,12E-01	1,18
4-Hydroxyphenylacetaldehyde	HMDB0003767	440113	C03765	0,94	1,11	1,19	8,08E-02	1,08
<b>7-Cyano-7-carbaguanine</b>	<b>MA3TEM072</b>	<b>47205307</b>	<b>C15996</b>	0,93	1,05	1,14	6,67E-01	1,37
<b>Putrescine</b>	<b>HMDB0001414</b>	<b>1045</b>	<b>C02896</b>	1,05	0,88	-1,19	5,63E-08	1,02
<b>Alanyl-Alanine</b>	<b>HMDB0028680</b>	<b>5484352</b>	<b>C00993</b>	1,17	1,01	-1,16	2,58E-01	0,99
N5-Citryl-D-ornithine	UNKNOWN	384585159	C22101	0,88	1,13	1,29	3,65E-01	1,06
L-2-Amino-3-oxobutanoic acid	HMDB0006454	440033	C03508	0,77	0,89	1,15	4,31E-01	1,02

### b) Secondary outcomes

#### Microbiota evaluation:

Relative abundance of groupings at the taxonomic level of phylum and OTUs (Taxonomic Operational Units, defined to 97% similarity of DNA sequences of variable regions of the 16S rRNA gene). Measurement moment: Day 1 (t<sub>0</sub>)= a stool sample. Day 23 (t<sub>1</sub>)= a stool sample. Post intervention (t<sub>2</sub>)= a stool sample, 30 days after the consumption of cape gooseberry.

**Table 4.** Analysis of the gut microbiota at the taxonomic level of phylum. N=18

Characteristic	Day 1 (t <sub>0</sub> )	Day 23 (t <sub>1</sub> )	Post intervention (t <sub>2</sub> )
<b>Actinobacteria</b>			
Median	0.023	0.0213	0.0168
Minimum	0.0101	0.0102	0.0148
Maximum	0.137	0.0822	0.139
<b>Bacteria</b>			
Median	0.0135	0.0115	0.0118
Minimum	0.0124	0.0102	0.0107
Maximum	0.0146	0.0127	0.0149
<b>Bacteroidetes</b>			
Median	0.32	0.34	0.338
Minimum	0.0334	0.0367	0.0351
Maximum	0.774	0.747	0.557
<b>Firmicutes</b>			
Median	0.536	0.559	0.601
Minimum	0.213	0.226	0.146
Maximum	0.911	0.952	0.944
<b>Fusobacteria</b>			
Median	<0.01	0.0116	0.566
Minimum	<0.01	0.0116	0.566

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
Maximum	<0.01	0.0116	0.566
<b>Proteobacteria</b>			
Median	0.0171	0.0226	0.0237
Minimum	0.0107	0.0111	0.0142
Maximum	0.378	0.569	0.203
<b>Tenericutes</b>			
Median	<0.01	<0.01	0.012
Minimum	<0.01	<0.01	0.012
Maximum	<0.01	<0.01	0.012
<b>Verrucomicrobia</b>			
Median	0.0126	0.0214	<0.01
Minimum	0.0115	0.0214	<0.01
Maximum	0.0136	0.0214	<0.01

**Table 5.** Analysis of gut microbiota at the level of operational taxonomic units (OTUs).  
N=18

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
<b>Otu00001 (Prevotella copri)</b>			
Median	0.404	0.376	0.222
Minimum	0.292	0.0947	0.134
Maximum	0.676	0.588	0.446
<b>Otu00002 (Escherichia coli)</b>			
Median	0.354	<0.05	<0.05
Minimum	0.354	<0.05	<0.05
Maximum	0.354	<0.05	<0.05
<b>Otu00003 (Roseburia faecis)</b>			
Median	0.0808	0.117	0.0986
Minimum	0.0552	0.0619	0.0508



## Summary results of Clinical Trial

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
Maximum	0.267	0.434	0.321
<b>Otu00005 (Bacteroides sp.)</b>			
Median	0.0918	0.0813	0.165
Minimum	0.0504	0.0506	0.0517
Maximum	0.432	0.204	0.302
<b>Otu00006 (Faecalibacterium prausnitzii)</b>			
Median	0.0728	0.0835	0.0836
Minimum	0.0605	0.0592	0.0662
Maximum	0.121	0.121	0.129
<b>Otu00007 (Faecalibacterium prausnitzii)</b>			
Median	0.0531	0.0667	<0.05
Minimum	0.0531	0.0667	<0.05
Maximum	0.0531	0.0667	<0.05
<b>Otu00008 (Bifidobacterium adolescentis)</b>			
Median	0.0948	0.0765	0.115
Minimum	0.0673	0.0765	0.101
Maximum	0.133	0.0765	0.128
<b>Otu00009 (Blautia sp.)</b>			
Median	0.0691	0.0661	0.0843
Minimum	0.0524	0.0532	0.0723
Maximum	0.0728	0.0692	0.0843
<b>Otu00012 (Catenibacterium sp.)</b>			
Median	0.0754	0.171	0.268
Minimum	0.0702	0.0624	0.268
Maximum	0.0805	0.279	0.268
<b>Otu00013 (Ruminococcus bromii)</b>			
Median	0.0736	0.0531	0.0689

## Summary results of Clinical Trial

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
Minimum	0.0567	0.0531	0.0612
Maximum	0.0904	0.0531	0.0765
<b>Otu00015 (Bacteroides sp.)</b>			
Median	0.0933	0.182	0.119
Minimum	0.057	0.0706	0.115
Maximum	0.109	0.328	0.123
<b>Otu00016 (Oscillospira sp.)</b>			
Median	0.0837	0.0725	0.0574
Minimum	0.0837	0.0725	0.0574
Maximum	0.0837	0.0725	0.0574
<b>Otu00019 (Prevotella copri)</b>			
Median	0.479	0.259	0.0919
Minimum	0.479	0.259	0.0919
Maximum	0.479	0.259	0.0919
<b>Otu00021 (Succinivibrio sp.)</b>			
Median	0.368	0.56	0.194
Minimum	0.368	0.56	0.194
Maximum	0.368	0.56	0.194
<b>Otu00024 (Firmicutes unclassified)</b>			
Median	0.0531	<0.05	0.0561
Minimum	0.0531	<0.05	0.0561
Maximum	0.0531	<0.05	0.0561
<b>Otu00025 (Megamonas sp.)</b>			
Median	<0.05	0.338	0.11
Minimum	<0.05	0.189	0.0777
Maximum	<0.05	0.487	0.142
<b>Otu00026 (Bacteroides plebeius)</b>			
Median	0.105	0.158	0.152
Minimum	0.0566	0.0656	0.152

## Summary results of Clinical Trial

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
Maximum	0.153	0.251	0.152
<b>Otu00027 (Bacteroides uniformis)</b>			
Median	0.061	<0.05	<0.05
Minimum	0.0589	<0.05	<0.05
Maximum	0.0631	<0.05	<0.05
<b>Otu00028 (Firmicutes unclassified)</b>			
Median	<0.05	0.0557	<0.05
Minimum	<0.05	0.0557	<0.05
Maximum	<0.05	0.0557	<0.05
<b>Otu00029 (Coprococcus sp.)</b>			
Median	<0.05	<0.05	0.0534
Minimum	<0.05	<0.05	0.0534
Maximum	<0.05	<0.05	0.0534
<b>Otu00031 (Ruminococcaceae unclassified)</b>			
Median	<0.05	<0.05	0.417
Minimum	<0.05	<0.05	0.417
Maximum	<0.05	<0.05	0.417
<b>Otu00032 (Bacteroides sp.)</b>			
Median	<0.05	0.0654	0.0683
Minimum	<0.05	0.0654	0.053
Maximum	<0.05	0.0654	0.0835
<b>Otu00034 (Ruminococcus sp.)</b>			
Median	0.076	0.138	0.178
Minimum	0.076	0.138	0.178
Maximum	0.076	0.138	0.178
<b>Otu00038 (Bacteroides ovatus)</b>			
Median	0.0541	<0.05	<0.05
Minimum	0.0541	<0.05	<0.05

## Summary results of Clinical Trial

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
Maximum	0.0541	<0.05	<0.05
<b>Otu00044 (Prevotella stercorea)</b>			
Median	0.159	0.0919	0.0554
Minimum	0.159	0.0919	0.0554
Maximum	0.159	0.0919	0.0554
<b>Otu00045 (Bacteroides sp.)</b>			
Median	<0.05	0.07	<0.05
Minimum	<0.05	0.07	<0.05
Maximum	<0.05	0.07	<0.05
<b>Otu00052 (Fusobacterium sp.)</b>			
Median	<0.05	<0.05	0.36
Minimum	<0.05	<0.05	0.36
Maximum	<0.05	<0.05	0.36
<b>Otu00056 (Bacteroides sp.)</b>			
Median	<0.05	0.0521	0.067
Minimum	<0.05	0.0521	0.067
Maximum	<0.05	0.0521	0.067
<b>Otu00076 (Ruminococcaceae unclassified)</b>			
Median	0.0854	<0.05	<0.05
Minimum	0.0854	<0.05	<0.05
Maximum	0.0854	<0.05	<0.05
<b>Otu00079 (Fusobacteriaceae unclassified)</b>			
Median	<0.05	<0.05	0.192
Minimum	<0.05	<0.05	0.192
Maximum	<0.05	<0.05	0.192

**Table 5.** Alpha diversity analysis of the gut microbiota. N=18

## Summary results of Clinical Trial

Characteristic	Day 1 (t0)	Day 23 (t1)	Post intervention (t2)
<b>Riqueza OTUs</b>			
Media	882	827	873
Minimum	446	333	225
Maximum	1622	1725	1638
<b>Shannon</b>			
Media	3.87	3.74	3.89
Minimum	2.00	2.30	2.47
Maximum	4.93	5.11	5.11
<b>Equidad de Pielou</b>			
Media	0.57	0.56	0.58
Minimum	0.33	0.40	0.46
Maximum	0.68	0.69	0.69

**Table 6.** Other markers at baseline and mid-term of cape gosseberry consumption.  
N=18

Characteristics	Day 1 (t0)	Day 23 (t1)
<b>8-Isoprostane pg/mL</b>		
Media	410.1	261.9
Minimum	<4.080	<4.080
Maximum	1440	529.6
<b>Interleukin 1b pg/mL</b>		
Media	34.12	34.92
Minimum	0.000	0.000
Maximum	>143.7	>143.7
<b>Interleukin 6 pg/mL</b>		
Media	64.52	39.37
Minimum	0.1258	0.3841

## Summary results of Clinical Trial

Maximum	558.2	235.6
<b>Interleukin 8 pg/mL</b>		
Media	16.99	16.24
Minimum	0.000	0.000
Maximum	83.53	104.2
<b>Interleukin 18 pg/mL</b>		
Media	203.9	193.1
Minimum	69.08	59.10
Maximum	356.9	403.8
<b>TNF-<math>\alpha</math> pg/mL</b>		
Media	101.5	97.74
Minimum	0.000	0.000
Maximum	916.8	808.0

### ADVERSE EVENTS

The comparisons were done among the baseline  $t_0$ ,  $t_1$  and  $t_2$  and within the same group, therefore, only one group is reports. Just one volunteer reported mild and tolerable stomach acidity.

Presence of AE	Group 1		Total	
	N	%	N	%
<b>Yes</b>	1	5.6	1	5.6
<b>No</b>	17	94.4	1	94.4
<b>Total</b>	<b>18</b>	<b>100.0</b>	<b>18</b>	<b>100.0</b>