Supplementary Materials

Metabolic effects of dark chocolate consumption on energy, gut microbiota and stress-related metabolism in free-living subjects

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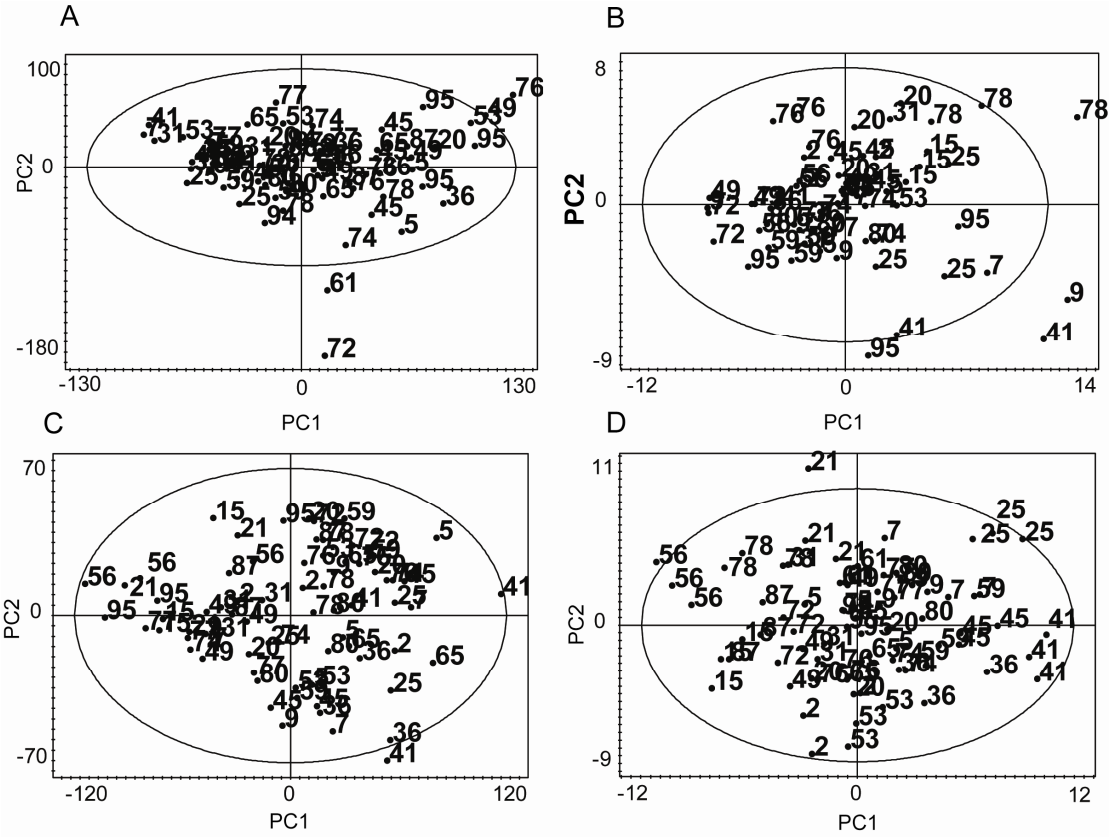
Supplementary Figure 1: Principal component analysis of biological matrices

PCA scores plots derived from ^{1}H NMR spectra (**A**) and MS data (**B**) of urine and from ^{1}H NMR CPMG spectra (**C**) and MS data (**D**) of plasma. Samples are labelled for each individual according to subject ID.



Supplementary Table 1. Summary of contrast test statistics to assess metabolic relationships between anxiety trait levels and chocolate consumption in urine and plasma

Metabolites/p-values	Measured by	Biofluids	Contrast (t1-t0) High vs. Low anxiety subjects	Contrast (t2-t0) High vs. Low anxiety subjects
3-Methoxytyrosine	MS	Urine	-	0.02
Acetate	NMR	Plasma	-	0.02
Aconitate	MS	Urine	-	-
Adrenaline	MS	Urine	-	0.01
Choline	NMR	Plasma	-	-
Citrate	NMR	Urine	-	0.06
DOPA	MS	Urine	0.09	-
Glutamate	NMR	Plasma	-	-
Glycine	NMR	Urine	-	0.02
Glycine	MS	Urine	-	0.01
Hippurate	NMR	Urine	-	-
Lycopene	MS	Plasma	-	-
Methylsuccinate	NMR	Urine	-	-
Normetanephrine	MS	Plasma	-	-
p-Cresol sulfate	MS	Urine	-	-
Proline	MS	Urine	-	-
Trimethylamine	NMR	Urine	0.06	-
Trans-Aconitate	NMR	Urine	0.01	0.02
β-alanine	MS	Urine	-	-
β-Carotene	MS	Plasma	-	-

Key: - designates difference not significant at 95% and 90% confidence level.