

Online supplement.

CVC response to iontophoresis of acetylcholine (ACh) and sodium nitroprusside (SNP) on the forearm, finger and foot in the baseline, acute and chronic nitrate rich (BJ) and nitrate depleted (PL) beetroot juice supplementation conditions.

		<i>n</i>	ACh Max	ACh AUC	<i>n</i>	SNP Max	SNP AUC	T _{sk} (°C)
Forearm	Baseline	18	3.1 ± 1.7	15.3 ± 10.2	16	3.3 ± 1.5	12.7 ± 7.0	29.4 ± 0.3
	Acute NDBJ	17	4.4 ± 1.3	20.8 ± 7.9	16	4.1 ± 1.5	17.5 ± 8.2 ³	29.0 ± 0.4
	Acute BJ	17	4.9 ± 1.7 ²	21.9 ± 9.4	16	4.0 ± 1.3	14.7 ± 6.3	29.0 ± 0.4
	Chronic NDBJ	17	3.7 ± 2.0	15.8 ± 8.1	16	3.0 ± 2.0	11.5 ± 8.4	28.9 ± 0.6
	Chronic BJ	17	4.3 ± 1.7 ³	18.8 ± 11.1	16	4.7 ± 1.9 ^{1,3}	17.6 ± 8.0 ^{1,2}	29.0 ± 0.4
Finger	Baseline	15	2.5 ± 1.9	10.6 ± 9.5	15	1.6 ± 1.0	6.7 ± 4.8	28.4 ± 0.3
	Acute NDBJ	15	1.3 (0.8, 2.6)	6.8 (2.8, 9.4)	15	1.2 (0.4, 3.4)	5.7 (1.5, 14.7)	27.1 ± 0.5
	Acute BJ	15	1.9 (0.6, 6.1)	6.4 (2.0, 29.5)	15	1.6 (0.7, 4.0)	5.1 (2.6, 16.0)	27.3 ± 0.6
	Chronic NDBJ	15	2.9 ± 2.7	13.9 ± 19.1	15	2.2 ± 2.4	9.9 ± 12.3	27.2 ± 0.4
	Chronic BJ	15	2.7 ± 2.2	11.4 ± 11.1	15	2.1 ± 1.5	9.2 ± 7.8	27.4 ± 0.4
Foot	Baseline	15	1.7 ± 1.7	6.2 ± 6.9	15	1.1 ± 0.9	3.8 ± 3.2	27.4 ± 0.6
	Acute NDBJ	15	3.4 ± 2.8	11.3 ± 9.8	15	1.7 ± 1.8	5.8 ± 4.6	27.0 ± 0.52
	Acute BJ	15	2.7 ± 1.1	8.2 ± 4.3	15	1.6 ± 1.2	4.4 ± 3.5	26.7 ± 0.8
	Chronic NDBJ	15	2.2 ± 2.1	5.0 (1.4, 12.7)	15	1.8 ± 1.4	5.4 (2.3, 7.4)	26.6 ± 0.6
	Chronic BJ	15	3.4 ± 2.6	11.2 (6.0, 19.3)	15	2.5 ± 1.9	6.7 (2.9, 10.3)	26.6 ± 0.6

Data are presented as means ± SD or median and interquartile range (25 and 75 percentiles) for maximum CVC, area under the curve (AUC) and skin temperature (T_{sk}). ¹ = different to nitrate-depleted beetroot juice (PL) at the same time point and ² = different from baseline, ³ = trend (< 0.10) towards difference with baseline. For the endothelial function test, maximum CVC, AUC and T_{sk} were analysed using repeated-measures ANOVAs (baseline, acute BJ, chronic BJ, acute PL and chronic PL supplementation). Where data were not normally distributed Friedman tests were used with Wilcoxon follow ups.