Assessed for eligibility (n=632)

Excluded (n=568)
- Not meeting inclusion criteria (n=534)
- Declined to participate (n=5)
- Other reasons (n=29)

Randomized (n=64)

Blend 1
Allocated to intervention (n=22)
- Received allocated intervention (n=18)
- Did not receive allocated intervention (n=4)
  - 3 no show
  - 1 anxiety/depression

Blend 2
Allocated to intervention (n=22)
- Received allocated intervention (n=22)

Placebo
Allocated to intervention (n=20)
- Received allocated intervention (n=19)
- Did not receive allocated intervention (n=1)
  - 1 no show

Assessment
8-week washout
Assessment

Follow-Up
Alternate Treatment Assignment (n=15)
(Blend 2 or Placebo)

Assessment
8-week washout
Assessment

Final Treatment Assignment (n=14)

Analysis

Alternate Treatment Assignment (n=15)
(Blend 1 or Placebo)

Alternate Treatment Assignment (n=18)
(Blend 1 or Blend 2)

Final Treatment Assignment (n=15)

Analyzed (n=44)
- Excluded from analysis (n=15)
  - 5 subjects developed diabetes/hyperglycemia
  - 1 did not tolerate endothelial function scan
  - 3 did not return for visits/scheduling difficulties
  - 1 motor vehicle accident
  - 5 developed other medical conditions (colon cancer, hernia, hyperlipidemia, diverticulosis)