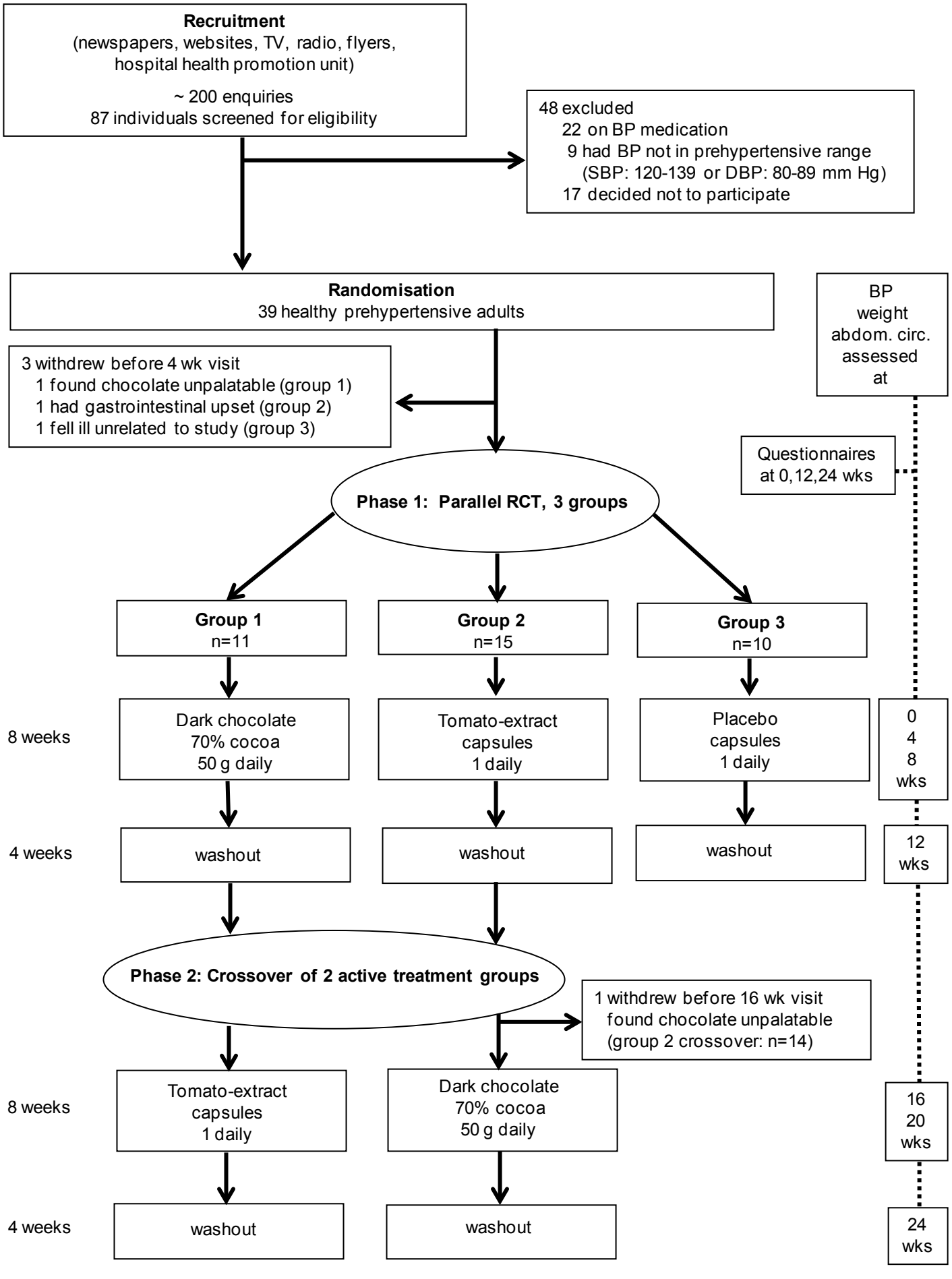
Recruitment
(newspapers, websites, TV, radio, flyers, hospital health promotion unit)
~ 200 enquiries
87 individuals screened for eligibility
48 excluded
22 on BP medication
9 had BP not in prehypertensive range (SBP: 120-139 or DBP: 80-89 mm Hg)
17 decided not to participate
Randomisation
39 healthy prehypertensive adults
3 withdrew before 4 wk visit
1 found chocolate unpalatable (group 1)
1 had gastrointestinal upset (group 2)
1 fell ill unrelated to study (group 3)
BP
weight
abdom. circ.
assessed at
Questionnaires at 0,12,24 wks
Phase 1: Parallel RCT, 3 groups
Group 1
n=11
Group 2
n=15
Group 3
n=10
8 weeks
Dark chocolate
70% cocoa
50 g daily
Tomato-extract
capsules
1 daily
Placebo
capsules
1 daily
0
4
8
wks
4 weeks
washout
washout
washout
12
wks
Phase 2: Crossover of 2 active treatment groups
1 withdrew before 16 wk visit
found chocolate unpalatable
(group 2 crossover: n=14)
8 weeks
Tomato-extract
capsules
1 daily
Dark chocolate
70% cocoa
50 g daily
16
20
wks
4 weeks
washout
washout
24
wks