Electronic Supplementary Material 1

Table E1. Normality test for baseline and endpoint variables of resting SBP, DBP, HR, HGS, saliva NO_2,NO_3 and urine NO_3, Vitamin C.			
	Shapiro-Wilk		
Variables	**Statistic**	**df**	**Sig.**
Resting SBP - Baseline	.904	10	.241
Resting DBP - Baseline	.955	10	.726
Resting HR - Baseline	.944	10	.594
HGS - Baseline	.800	10	.051
Saliva NO_2^- - Baseline	.845	10	.061
Saliva NO_3^- - Baseline	.863	10	.082
Urine NO_3^- - Baseline	.844	10	.050
Vitamin C Urine - Baseline	.625	10	<.001
LOG 10 Vitamin C Urine - Baseline	.945	10	.606
8-isoprostanes - Endpoint	.834	10	.133
Saliva NO_2^- by strip - Endpoint	.744	10	.223
Resting SBP - Endpoint	.954	10	.713
Resetting DBP - Endpoint	.935	10	.504
Resting HR - Endpoint	.822	10	.067
HGS - Endpoint	.934	10	.071
Saliva NO_2^- - Endpoint	.887	10	.156
Saliva NO_3^- - Endpoint	.863	10	.083
Urine NO_3^- - Endpoint	.877	10	.119
Vitamin C Urine - Endpoint	.831	10	.094
8-Isoprostanes - Endpoint	.734	10	.053
Saliva NO_2^- by strip - Endpoint	.644	10	.063
Day 0 SBP	.976	10	.941
Day 1 SBP	.865	10	.087
Day 2 SBP	.963	10	.821
Day 3 SBP	.918	10	.342
Day 0 DBP	.847	10	.053
Day 1 DBP	.926	10	.412
Day 2 DBP	.976	10	.938
Day 3 DBP	.942	10	.577

Keys: SBP: systolic blood pressure; DBP: diastolic blood pressure; HR: heart rate; HGS, hand-grip strength. NO_2^-: nitrite; NO_3^- : nitrate, LOG; logarithm

https://doi.org/10.1024/0300-9831/a000799

Table E2. Normality test for baseline Finapres variables			
Variables	**Shapiro-Wilk**		
	Statistic	**df**	**Sig.**
Resting systolic BP (mmHg)	.947	10	.631
Resting diastolic BP (mmHg)	.852	10	.061
Resting HR (bpm)	.830	10	.083
Resting SV(ml)	.962	10	.803
Resting CO (ml/min)	.949	10	.657
Resting TPR (mm Hg·min/L)	.943	10	.584
HG Systolic BP (mmHg)	.946	10	.618
HG Diastolic BP (mmHg)	.756	10	.084
HG HR (beats/min)	.912	10	.299
HG SV (ml)	.923	10	.383
HG CO (ml/min)	.935	10	.500
HG TPR (mm Hg·min/L)	.900	10	.219
Recovery Systolic BP (mmHg)	.848	10	.055
Recovery Diastolic BP (mmHg)	.817	10	.093
Recovery HR (beats/min)	.929	10	.441
Recovery SV (ml)	.920	10	.354
Recovery CO (ml/min)	.872	10	.105
Recovery TPR (mm Hg·min/L)	.672	10	.541
Resting systolic BP (mmHg)	.975	10	.931
Resting diastolic BP(mmHg)	.948	10	.645
Resting HR(bpm)	.952	10	.688
Resting SV(ml)	.904	10	.240
Resting CO (ml/min)	.959	10	.773
Resting TPR (mm Hg·min/L)	.953	10	.708
HG Systolic BP (mmHg)	.850	10	.058
HG Diastolic BP (mmHg)	.882	10	.137
HG HR (beats/min)	.893	10	.183
HG SV (ml)	.900	10	.222
HG CO (ml/min)	.981	10	.970
HG TPR (mm Hg·min/L)	.906	10	.252
Recovery Systolic BP (mmHg)	.918	10	.338
Recovery Diastolic BP (mmHg)	.886	10	.151
Recovery HR (beats/min)	.958	10	.760
Recovery SV (ml)	.948	10	.648
Recovery CO (ml/min)	.934	10	.493
Recovery TPR (mm Hg·min/L)	.947	10	.630

https://doi.org/10.1024/0300-9831/a000799

Kyes: BP: blood pressure; HR: heart rate; HGS, hand grips strength; MAP: mean arterial pressure; SV: stroke volume; CO: cardiac output; TPR: total peripheral resistance.

Table E3. Accelerometer measurements of free living physical activity following 3-day supplementation with N, ND, and N+VC Interventions.

	N	ND	N+VC	P
Sedentary activity time (mins)	639.8±57.6 40.2±11.0	714.53±77.77 47.93±13.02	729.66±74.70 34.33±8.84	0.25
Light activity time (mins)	117.7±35.6 7.70±2.49	125.76±35.18 13.80±4.03	110.66±32.42 7.35±2.80	0.16
Moderate activity time (mins)	79.60±5.77 4.89±1.28	78.22±6.03 5.94±1.40	80.99±5.40 4.32±1.11	0.33
Vigorous activity time (mins)	14.34±4.25 0.95±.32	14.58±4.13 1.58±.48	13.57±4.01 0.84±.33	0.03*
Sedentary activity %				0.28
Light activity %				0.12
Moderate activity %				0.57
Vigorous activity %				0.03*

Key: N, nitrate alone; ND, nitrate depleted; N+VC, nitrate with vitamin C. Values are reported as means ± SEM. Repeated-measure ANOVA was used to evaluate differences between the three groups.

https://doi.org/10.1024/0300-9831/a000799

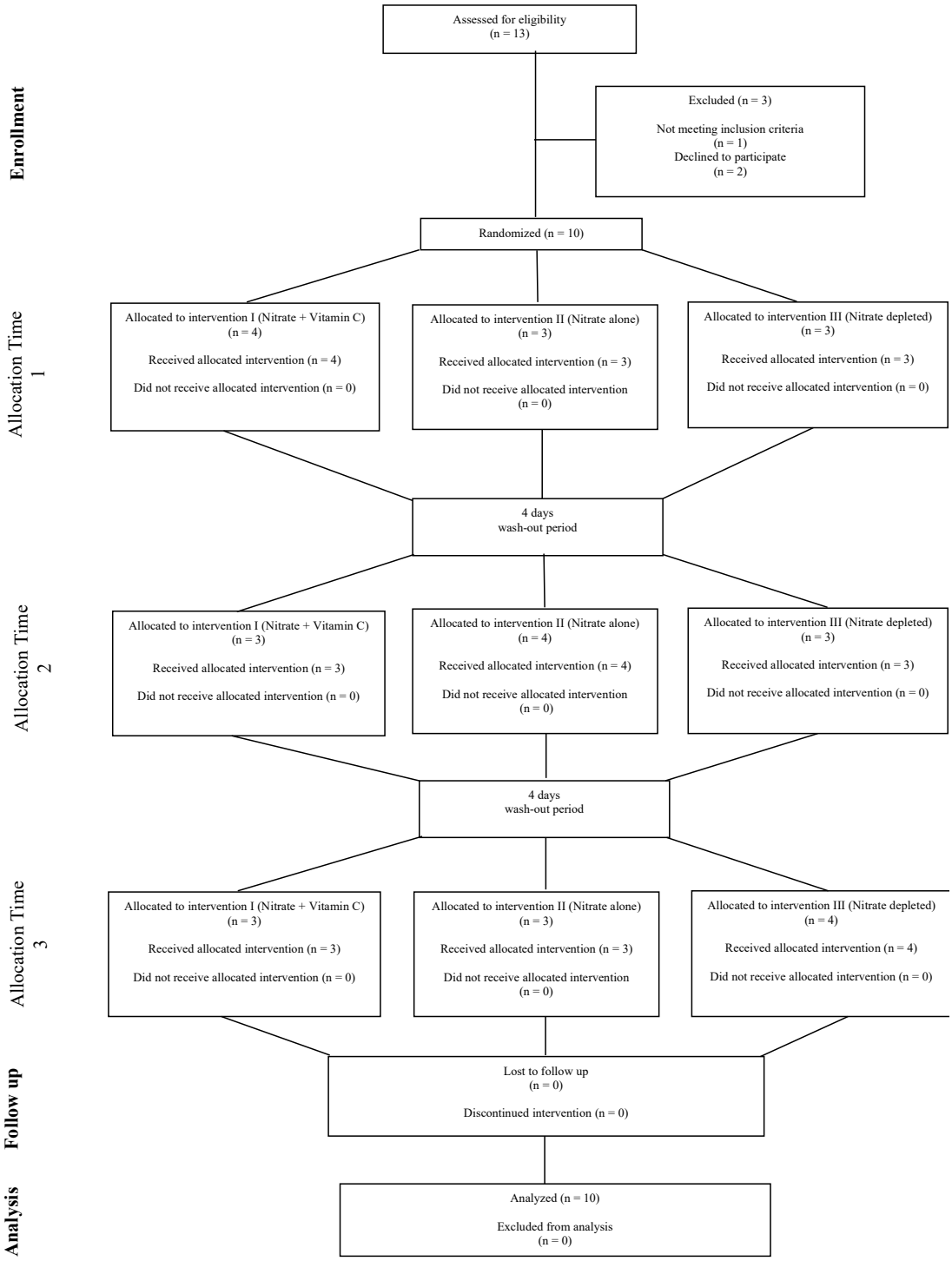

Figure E1. Flow chart showing recruitment, allocation to treatment and compliance to study.

https://doi.org/10.1024/0300-9831/a000799