SUPPLEMENTARY TABLE

Table S1. Detailed description of sample preparation and bioactive compound content in the tested products of the reviewed studies.

Reference	Tested Product	Content of the Bioactive Compound(s)	Method of Preparation / Supplier
Human Studies			
Ghoochani et al. 2016 [1]	Pomegranate juice	n.a.	n.a.
Rafraf et al. 2017 [2]	Pomegranate peel hydroalcoholic extract	90% EA on a dry basis	Pomegranate peels were manually separated after juicing and dried under vacuum at 40°C. Then dried peels were grounded in a mill and then subjected to extraction using ethanol-water 80% by the maceration method. The extract was filtered and dried under vacuum at 50°C.
Haghighian et al. 2021 [3]	Pomegranate peel hydroalcoholic extract	n.a.	See Haghighian et al. 2021 [3]
Schell et al. 2017 [4]	Freeze-dried strawberry powder	TPC: 1585 mg of GAE Total anthocyanins: 66 mg of cyanidin-3-glucoside equivalents EA: 220 mg	California Strawberry Commission (USA)
Basu et al. 2018 [5]	Freeze-dried strawberry powder	TPC: 1585 mg of GAE Total anthocyanins: 66 mg of cyanidin-3-glucoside equivalents EA: 220 mg	California Strawberry Commission (USA)
Du et al. 2019 [6]	Freeze-dried blueberry powder	n.a. (referred to a website no longer available)	US Highbush Blueberry Council (USA)
Animal Model Studies			
Hadipour-Jahromy and Mozaffari-Kermani 2010 [7]	Pomegranate juice	n.a.	The fruit seeds were manually separated from the pericarps, and the juice was prepared daily using an electric juice.
Kong et al. 2020 [8]	PUNI	–	Meilun Bio. (China), cat. no: MB6504
Yang et al. 2021 [9]	Punicalin	–	Sigma-Aldrich, cat. no: PHL83532
Lin et al. 2020 [10]	EA	purity ≥ 98%	Solarbio (China)
Fu et al. 2019 [11]	Uro-A	purity ≥ 98%	Herbpurify (China)
Shivnath et al. 2021 [12]	Pomegranate peel hydroalcoholic extract	TPC: 633 ± 1.16 mg of GAE per g D.W.; TFC: 420.3 ± 2.14 mg RE per gram D.W.	The peels of pomegranate were shade dried and subsequently powdered. The 95% ethanolic extract of the powder was prepared using the Soxhlet apparatus. The pooled filtrates were further concentrated under reduced pressure at 40°C.
Lee et al. 2018 [13]	Pomegranate peel acetone extract	Punicalagin: 19.1% (concentration range of punicalagin in the calibration curve 25–400 μg/mL)	The pulverized pomegranate peel was homogenized with 70% aqueous acetone, filtered, concentrated, and further freeze-dried to yield 70% acetone extract of pomegranate peels.

Liu et al. 2021 [14]	PUNI	purity 98%	Feiyubio (Nantong, China)
Elder et al. 2021 [15]	PUNI	purity 98%	Biopurify Phytochemicals Ltd. (Sichuan, China),
Shruthi et al. 2014 [16]	EA	–	The leaves of *Kirganelia reticulata* were shade-dried and then powdered using a mechanical grinder. The powder was subjected to extraction using hexane, chloroform, and methanol separately using Soxhlet apparatus. The extracts were evaporated to dryness using a Rotavapor. The obtained methanolic extract was used for the isolation of EA.
Tanideh et al. 2016 [17]	Mango fruit hydroalcoholic extract	n.a.	The shade dried epicarp and mesocarp parts of the fruits were chopped into small pieces and then crushed into powder by a blender. The powder was macerated in hydroalcoholic solution (50%) and stored in a percolator for 72 h. The extract was dried by a desiccator in 24 h. The extract was then filtered by cellulose acetate membrane syringe filter (pore size 0.2 μm).
Akhtar et al. 2017 [18]	Pomegranate fruit hydroalcoholic extract	n.a.	The extract was prepared by extraction of fruit residue after pressing for juice and solid-phase extraction.
Wen et al. 2015 [19]	GA	–	Sigma-Aldrich (USA)
		Cell Culture Studies	
Kong et al. 2020 [8]	PUNI	–	Meilun Bio. (China), cat. no: MB6504
Yang et al. 2021 [9]	Punicalin	–	Sigma-Aldrich, cat. no: PHL83532
Lee et al. 2018 [13]	Pomegranate peel acetone extract	Punicalagin: 19.1% (concentration range of punicalagin in the calibration curve 25–400 μg/mL)	The pulverized pomegranate peel was homogenized with 70% aqueous acetone, filtered, concentrated, and further freeze-dried to yield 70% acetone extract of pomegranate peels.
Liu et al. 2021 [14]	PUNI	purity: 98%	Feiyubio (China)
Ding et al. 2020 [20]	Uro-A	–	Cayman Chemical (USA)
Shukla et al. 2008 [21]	Pomegranate fruit extract	TPC: 107.5 ± 3 mg/g TAE	The methanol-soluble fraction was filtrated, condensed, and freeze-dried.
Wen et al. 2015 [19]	GA	–	Sigma-Aldrich (USA)
Ahmed et al. 2005 [22]	Pomegranate fruit extract	n.a.	The methanol-soluble fraction was freeze-dried.
Haseeb et al. 2017 [23]	Pomegranate fruit extract	TPC: 107.5 ± 3 mg/g TAE	Pomegranate fruit extract is produced in a 2-step process: 1) extraction of fruit residue after pressing for juice and 2) solid-phase extraction to produce a powder.
Rasheed et al. 2010 [24]	Pomegranate fruit extract	TPC: 107.5 ± 3 mg/g TAE	See Haseeb et al. 2017 [23]
Lin et al. 2020 [10]	EA	purity ≥ 98%	Solarbio (China)
Fu et al. 2019 [11]	Uro-A	purity ≥ 98%	Herbpurify (China)

Abbreviations: D.W.: dry weight; EA: ellagic acid; GA: gallic acid; GAE: gallic acid equivalent; n.a.: not available; PUNI: punicalagin; RE: rutin equivalent; TAE: tannic acid equivalent; TFC: total flavonoids content; TPC: total phenolic content; Uro-A: urolithin A.

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