

**How can chokeberry (*Aronia*) (poly)phenol-rich supplementation help athletes? A  
systematic review of human clinical trials**

**Supplementary File**

**Example of a full electronic search strategy:**

**Scopus:** TITLE-ABS-KEY ( ("chokeberry" OR "Aronia") AND ("sport" OR "performance"  
OR "athlete" OR "exercise")) AND ( LIMIT-TO ( PUBSTAGE , "final" )) AND ( LIMIT-TO (   
LANGUAGE , "English" )) AND ( LIMIT-TO ( SRCTYPE , "j" ))