doi: 10.14306/renhyd.30.4.2786

Freely available online OPEN ACCESS

Revista Española de
Nutrición Humana y Dietética
Spanish Journal of Human Nutrition and Dietetics

www.renhyd.org

RESEARCH ARTICLE – SUPPLEMENTARY MATERIAL

Dietary isoflavone intake is associated with oxidative stress biomarkers in individuals with cardiometabolic risk

La ingesta de isoflavonas en la dieta se asocia con biomarcadores de estrés oxidativo en individuos con riesgo cardiometabólico

María Lucía Baraquet[a,b*], Alejandra Mariel Canalis[b], Sebastián Del Rosso[c], Nilda Raquel Perovic[b], María Gabriela Ortega[a,d], María Daniela Defagó[b,e]

[a] Unidad de Investigación y Desarrollo en Tecnología Farmacéutica (UNITEFA-CONICET), Córdoba, Argentina.
[b] Centro de Investigaciones en Nutrición Humana (CenINH), Escuela de Nutrición, Facultad de Ciencias Médicas, Universidad Nacional de Córdoba, Córdoba, Argentina.
[c] Centro de Investigaciones en Bioquímica Clínica e Inmunología (CIBICI-CONICET), Córdoba, Argentina.
[d] Departamento de Ciencias Farmacéuticas, Facultad de Ciencias Químicas, Universidad Nacional de Córdoba, Córdoba, Argentina.
[e] Instituto de Investigaciones en Ciencias de la Salud (INICSA-CONICET), Córdoba, Argentina.

*lucia.baraquet@unc.edu.ar

Assigned editor: Malak Kouiti, Departamento de Medicina Preventiva y Salud Pública, Facultad de Medicina, Universidad de Granada, Granada, España. Centro de Investigación Biomédica en Red de Epidemiología y Salud Pública, Instituto de Salud Carlos III, Madrid, España.

Received: 04/04/2026; Accepted: 10/07/2026; Published: 10/09/2026

CITE

Baraquet ML, Canalis AM, Del Rosso S, Perovic NR, Ortega MG, Defagó MD. Dietary isoflavone intake is associated with oxidative stress biomarkers in individuals with cardiometabolic risk. Rev Esp Nutr Hum Diet. 2026; 30(4):e2786. doi: 10.14306/renhyd.30.4.2786 [ahead of print].

doi: 10.14306/renhyd.30.4.2786

Table S1. Sensitivity analyses including metabolic syndrome components

Isoflavone intake (mg/day)												
Biomarker	**Model 1**			**Model 2**			**Model 3**			**Model 4**		
	β (coef.)	**95% CI**	**p**	**β (coef.)**	**95% CI**	**p**	**β (coef.)**	**95% CI**	**p**	**β (coef.)**	**95% CI**	**p**
Lipid peroxides	-0.0002	-0.000; 0.00001	0.16	-0.0003	-0.0009; 0.0004	0.31	0.00008	-0.0014; 0.0016	0.88	0.0001	-0.0085; 0.0089	0.85
Hydroperoxides	-0.00006	-0.006; 0.001	0.08	-0.00009	-0.00021; 0.00002	0.09	-0.0001	-0.0003; 0.0001	0.19	-0.0001	-0.0012; 0.0009	0.38
AOPPs	-0.001	-0.003; -0.00004	0.04	-0.002	-0.0047; 0.0005	0.09	-0.002	-0.0094; 0.0044	0.33	-0.0018	-0.0241; 0.0204	0.48
Sulfhydryl groups	-0.0005	-0.0009; -0.0005	0.02	-0.0005	-0.0013; 0.0001	0.11	-0.0007	-0.0026; 0.0011	0.29	-0.0004	-0.0014; 0.0005	0.11

(*) Model 1 were constructed adjusting for gender, age, and BMI
Model 2 = Model 1 + WC
Model 3 = Model 2 +, fasting glucose
Model 4 = Model 3 + triglyceridemia and HDL-C.

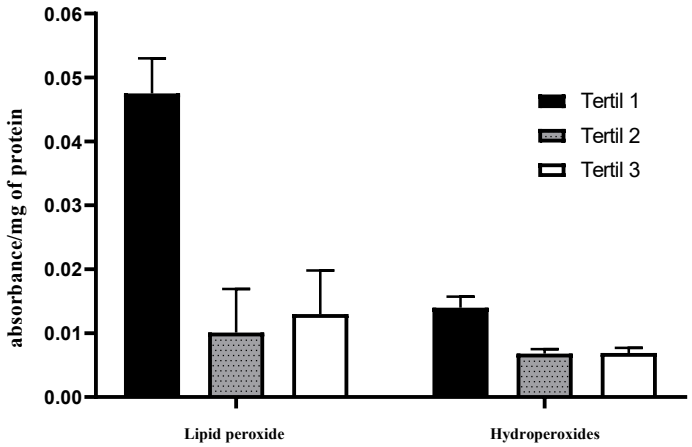

Figure S1: Peroxides across tertiles of dietary isoflavone intake (means ± SD)

doi: 10.14306/renhyd.30.4.2786

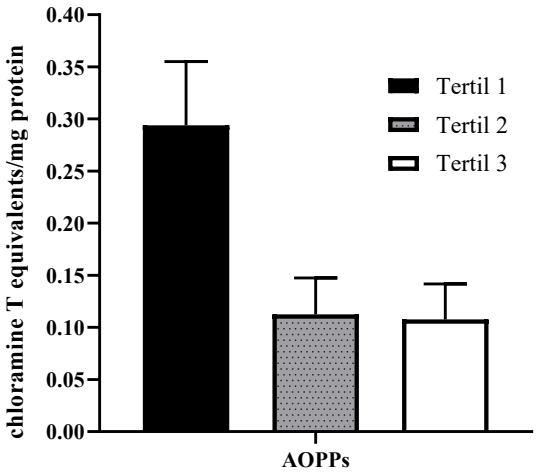

Figure S2: AOPPs across tertiles of dietary isoflavone intake (means ± SD)

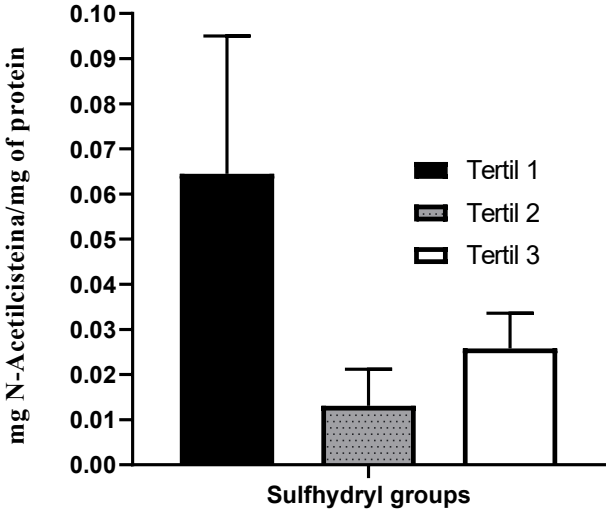

Figure S3: Sulfhydryl groups across tertiles of dietary isoflavone intake (means ± SD)

doi: 10.14306/renhyd.30.4.2786

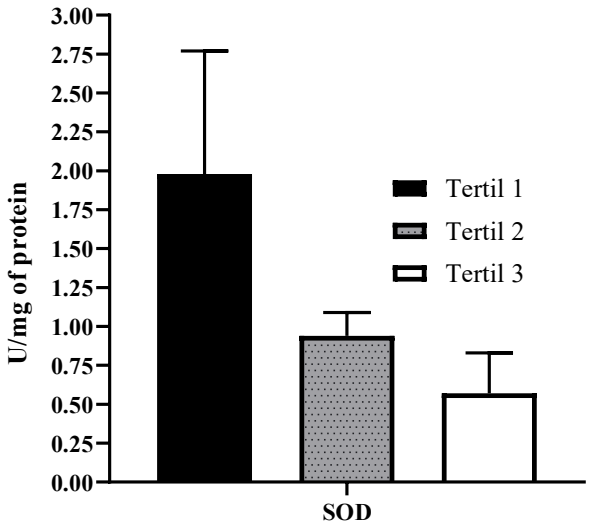

Figure S4: SOD across tertiles of dietary isoflavone intake (means ± SD)

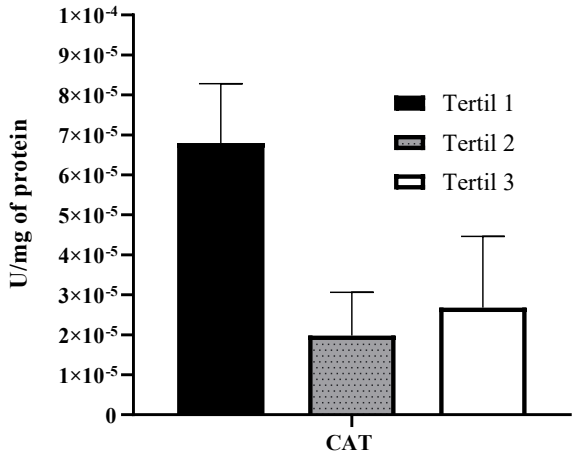

Figure S5: CAT across tertiles of dietary isoflavone intake (means ± SD)

doi: 10.14306/renhyd.30.4.2786

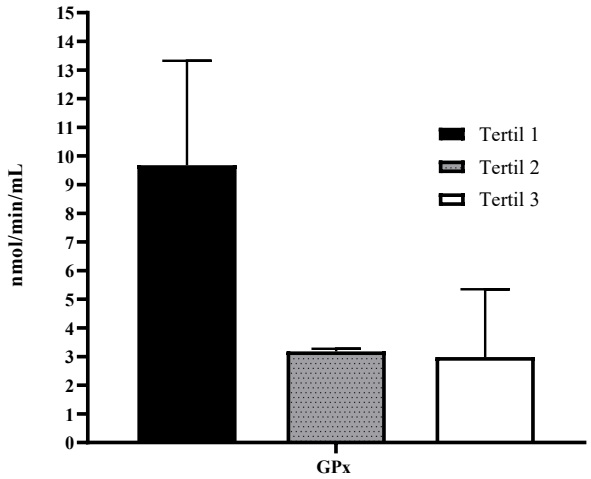

Figure 6: GPx across tertiles of dietary isoflavone intake (means ± SD)