**Supplementary Figures S1-S6**

120

110

100

90

0

500

1000

1500

Time, mins

Aortic systolic blood pressure, mmHg

**Figure S1.** 24-hour ambulatory measures of aortic systolic blood pressure. Active beetroot (+nitrate) is shown in red, beetroot placebo in green. Data are means ± 95% confidence intervals.

0

500

1000

1500

Time, mins

80

70

60

Diastolic blood pressure, mmHg

**Figure S2.** 24-hour ambulatory measures of diastolic blood pressure. Active beetroot (+nitrate) is shown in red, beetroot placebo in green. Data are means ± 95% confidence intervals.

90

80

70

60

0

500

1000

1500

Time, mins

Heart rate, bpm

**Figure S3.** 24-hour ambulatory measures of heart rate. Active beetroot (+nitrate) is shown in red, beetroot placebo in green. Data are means ± 95% confidence intervals.

0

500

1000

1500

Time, mins

6.0

5.0

4.5

Pulse wave velocity, m/s

5.5

**Figure S4.** 24-hour ambulatory measures of pulse wave velocity (based on blood pressure cuff measurements). Active beetroot (+nitrate) is shown in red, beetroot placebo in green. Data are means ± 95% confidence intervals.

70

60

50

0

500

1000

1500

Time, mins

Reflection magnitude, %

**Figure S5.** 24-hour ambulatory measurement of reflection magnitude. Active beetroot (+nitrate) is shown in red, beetroot placebo in green. Data are means ± 95% confidence intervals.

0

500

1000

1500

Time, mins

50

40

30

Augmentation index, %

20

10

**Figure S6.** 24-hour ambulatory measurement of augmentation index. Active beetroot (+nitrate) is shown in red, beetroot placebo in green. Data are means ± 95% confidence intervals.