Supplementary Table 1. Weighted mean differences from main meta-analyses[1]

Variable	Random-Effect Models			Heterogeneity		Egger
	No. of Studies	WMD	95% CI	I^2, %	*P* value	*P* value
Body weight, kg	11	−2.17	−3.36, −0.99	82.2	<0.001	0.03
TG, mmol/l	11	−0.26	−0.37, −0.15	63.8	0.002	0.47
TC, mmol/l	4	0.26	−0.09, 0.62	82.0	0.001	0.03
HDLc, mmol/l	11	0.14	0.09, 0.19	76.3	<0.001	0.14
LDLc, mmol/l	11	0.16	0.003, 0.33	84.0	<0.001	0.003
SBP, mmHg	8	−1.02	−2.98, 0.94	63.1	0.008	0.18
DBP, mmHg	8	−1.01	−2.75, 0.74	77.9	<0.001	0.05
Glucose, mmol/l	7	−0.23	−0.55, 0.08	91.5	<0.001	0.43
Insulin, mU/L	7	−0.11	−1.49, 1.26	87.5	<0.001	0.99

[1]Abbreviations: CI, confidence interval; DBP, diastolic blood pressure; HDLc, high-density lipoprotein cholesterol; LDLc, low-density lipoprotein cholesterol; TC, total cholesterol; TG, triglycerides; SBP, systolic blood pressure; WMD, weighted mean difference