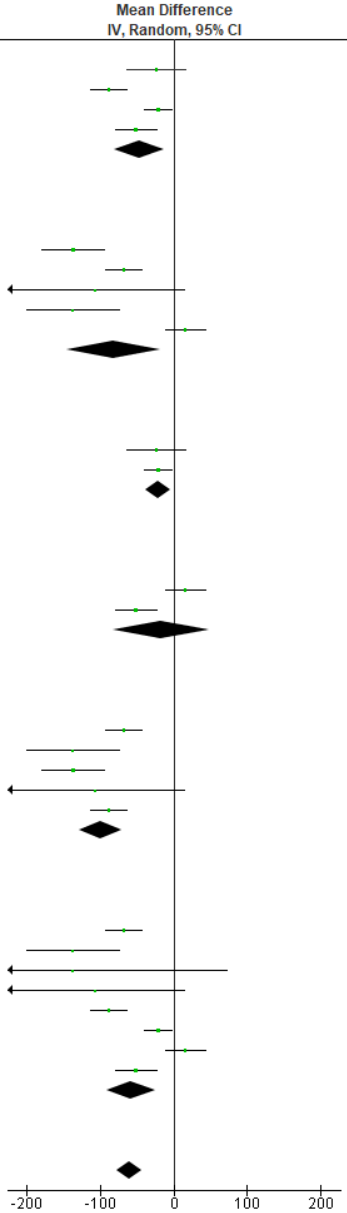Study or Subgroup	Vegan Mean [µg day-1]	Vegan SD [µg day-1]	Vegan Total	Omnivore Mean [µg day-1]	Omnivore SD [µg day-1]	Omnivore Total	Weight	Mean Difference IV, Random, 95% CI
1.2.1 Female only								
Abraham, 2022	82.8	60.9	18	106.5	54.5	14	4.0%	-23.70 [-63.78, 16.38]
Fallon and Dillon, 2020	24.4	12.7	20	112.6	62.1	26	4.7%	-88.20 [-112.71, -63.69]
García-Morant, 2020	79	76	67	100	50	1589	4.9%	-21.00 [-39.36, -2.64]
Whitbread, 2021	77.3	23.3	31	128.7	69.8	26	4.5%	-51.40 [-79.46, -23.34]
Subtotal (95% CI)			**136**			**1655**	**18.1%**	**-46.69 [-80.46, -12.92]**
Heterogeneity: Tau² = 982.43; Chi² = 19.77, df = 3 (P = 0.0002); I² = 85%								
Test for overall effect: Z = 2.71 (P = 0.007)								
1.2.2 Mixed gender								
Eveleigh (FD; 2016-17) 2022	108.8	36.5	12	246.2	111.8	34	3.9%	-137.40 [-180.28, -94.52]
Eveleigh (FD; 2019), 2022	46.3	27.7	10	114.3	47.1	27	4.7%	-68.00 [-92.71, -43.29]
Eveleigh (FFQ; 2016-17), 2022	150.4	117.3	7	257.8	188.9	19	1.5%	-107.40 [-228.91, 14.11]
Eveleigh (FFQ; 2019), 2022	18.6	4.6	4	156.1	106.3	11	3.1%	-137.50 [-200.48, -74.52]
Jakše, 2021	112	60	51	96	58	29	4.6%	16.00 [-10.77, 42.77]
Subtotal (95% CI)			**84**			**120**	**17.7%**	**-82.33 [-146.79, -17.87]**
Heterogeneity: Tau² = 4528.27; Chi² = 49.50, df = 4 (P < 0.00001); I² = 92%								
Test for overall effect: Z = 2.50 (P = 0.01)								
1.2.3 USI Voluntary								
Abraham, 2022	82.8	60.9	18	106.5	54.5	14	4.0%	-23.70 [-63.78, 16.38]
García-Morant, 2020	79	76	67	100	50	1589	4.9%	-21.00 [-39.36, -2.64]
Subtotal (95% CI)			**85**			**1603**	**8.9%**	**-21.47 [-38.16, -4.77]**
Heterogeneity: Tau² = 0.00; Chi² = 0.01, df = 1 (P = 0.90); I² = 0%								
Test for overall effect: Z = 2.52 (P = 0.01)								
1.2.4 USI Mandatory								
Jakše, 2021	112	60	51	96	58	29	4.6%	16.00 [-10.77, 42.77]
Whitbread, 2021	77.3	23.3	31	128.7	69.8	26	4.5%	-51.40 [-79.46, -23.34]
Subtotal (95% CI)			**82**			**55**	**9.1%**	**-17.56 [-83.61, 48.49]**
Heterogeneity: Tau² = 2075.64; Chi² = 11.60, df = 1 (P = 0.0007); I² = 91%								
Test for overall effect: Z = 0.52 (P = 0.60)								
1.2.5 USI None								
Eveleigh (FD; 2016-17), 2022	46.3	27.7	10	114.3	47.1	27	4.7%	-68.00 [-92.71, -43.29]
Eveleigh (FD; 2019), 2022	18.6	4.6	4	156.1	106.3	11	3.1%	-137.50 [-200.48, -74.52]
Eveleigh (FFQ; 2016-17), 2022	108.8	36.5	12	246.2	111.8	34	3.9%	-137.40 [-180.28, -94.52]
Eveleigh (FFQ; 2019), 2022	150.4	117.3	7	257.8	188.9	19	1.5%	-107.40 [-228.91, 14.11]
Fallon and Dillon, 2020	24.4	12.7	20	112.6	62.1	26	4.7%	-88.20 [-112.71, -63.69]
Subtotal (95% CI)			**53**			**117**	**17.8%**	**-100.10 [-129.09, -71.12]**
Heterogeneity: Tau² = 566.18; Chi² = 10.02, df = 4 (P = 0.04); I² = 60%								
Test for overall effect: Z = 6.77 (P < 0.00001)								
1.2.6 National iodine intake adequate								
Eveleigh (FD; 2016-17), 2022	46.3	27.7	10	114.3	47.1	27	4.7%	-68.00 [-92.71, -43.29]
Eveleigh (FD; 2019), 2022	18.6	4.6	4	156.1	106.3	11	3.1%	-137.50 [-200.48, -74.52]
Eveleigh (FFQ; 2016-17), 2022	108.8	365	12	246.2	111.8	34	0.6%	-137.40 [-347.31, 72.51]
Eveleigh (FFQ; 2019), 2022	150.4	117.3	7	257.8	188.9	19	1.5%	-107.40 [-228.91, 14.11]
Fallon and Dillon, 2020	24.4	12.7	20	112.6	62.1	26	4.7%	-88.20 [-112.71, -63.69]
García-Morant, 2020	79	76	67	100	50	1589	4.9%	-21.00 [-39.36, -2.64]
Jakše, 2021	112	60	51	96	58	29	4.6%	16.00 [-10.77, 42.77]
Whitbread, 2021	77.3	23.3	31	128.7	69.8	26	4.5%	-51.40 [-79.46, -23.34]
Subtotal (95% CI)			**202**			**1761**	**28.4%**	**-58.33 [-91.47, -25.18]**
Heterogeneity: Tau² = 1593.15; Chi² = 51.98, df = 7 (P < 0.00001); I² = 87%								
Test for overall effect: Z = 3.45 (P = 0.0006)								
Total (95% CI)			**642**			**5311**	**100.0%**	**-60.60 [-78.02, -43.18]**
Heterogeneity: Tau² = 1538.05; Chi² = 192.15, df = 25 (P < 0.00001); I² = 87%								
Test for overall effect: Z = 6.82 (P < 0.00001)								
Test for subgroup differences: Chi² = 24.09, df = 5 (P = 0.0002), I² = 79.2%