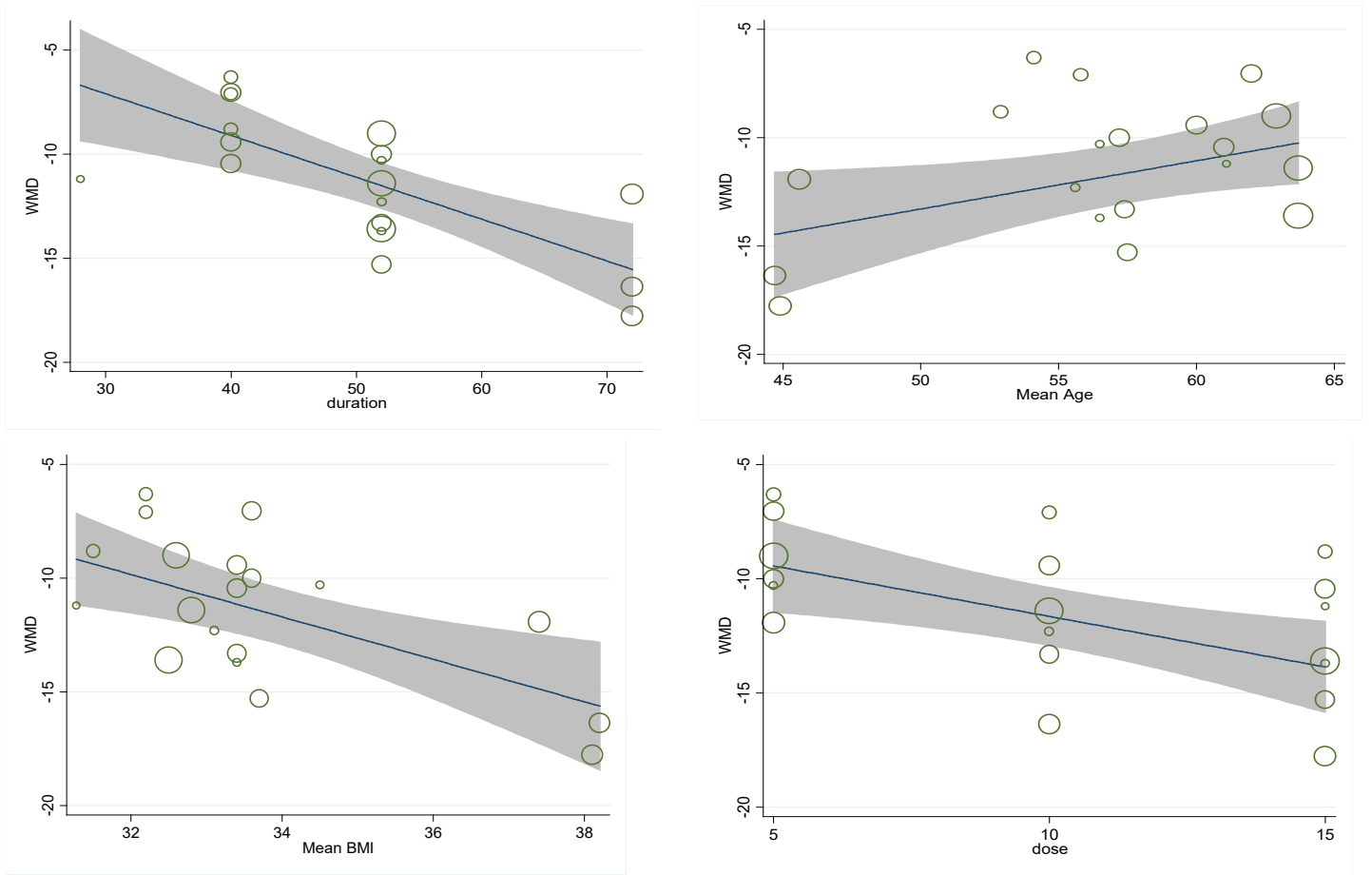
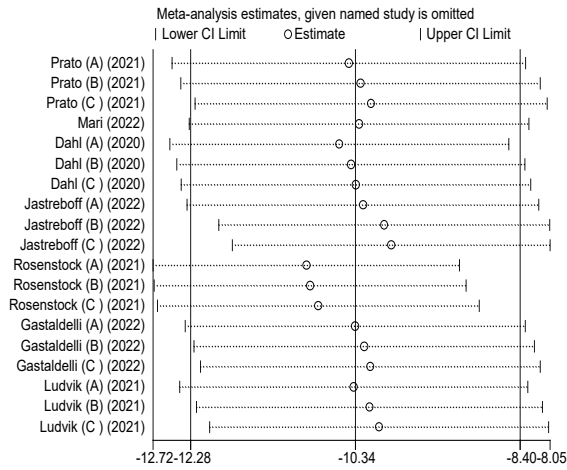


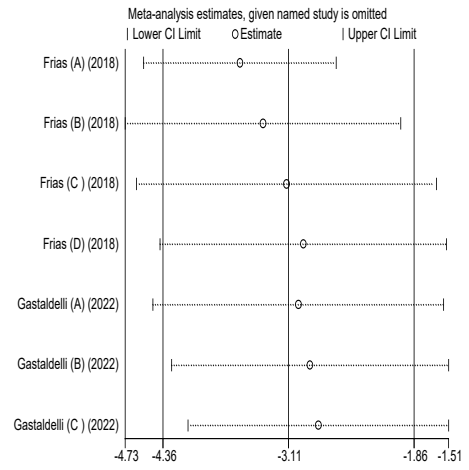


Supplementary Figure 1. Meta-regression analysis encompassing weight changes according to the duration of intervention (weeks), baseline of mean age and BMI, and dose of intervention (mg). *BMI*: Body mass index

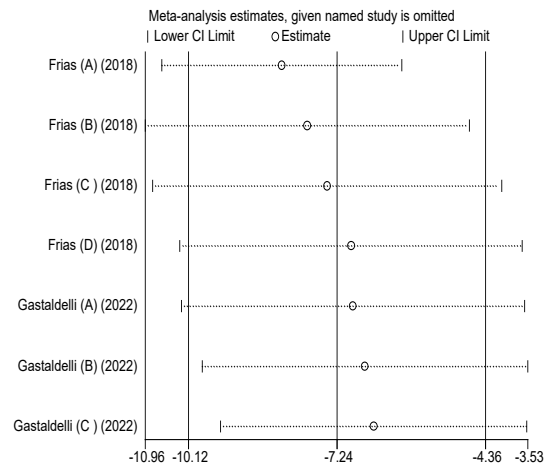
A)



B)

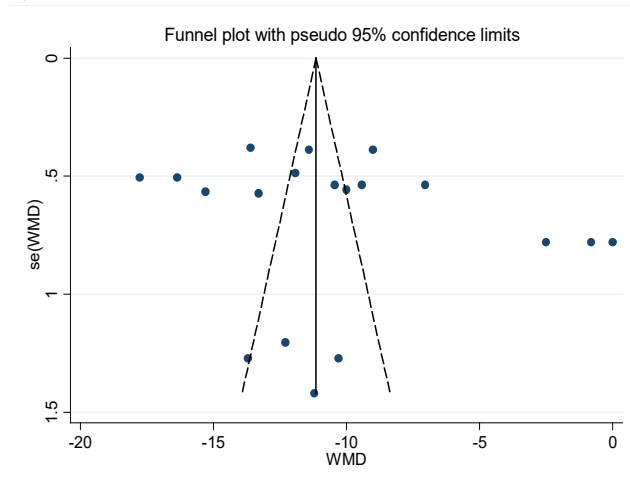


C)

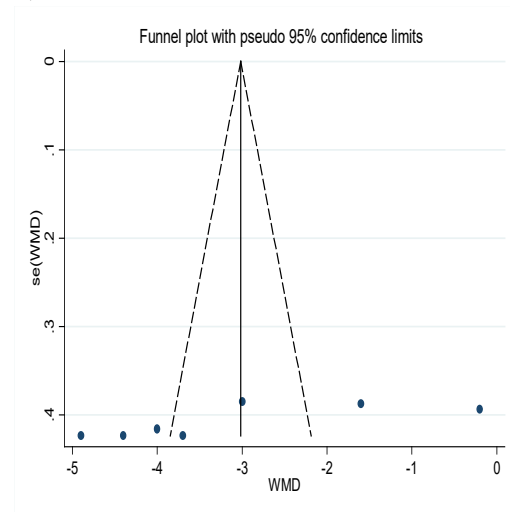


Supplementary Figure 2. Sensitivity analysis of the weighted mean difference (WMD) for A) weight, B) BMI, and C) WC changes. *BMI*: Body mass index, *WC*: Waist circumference

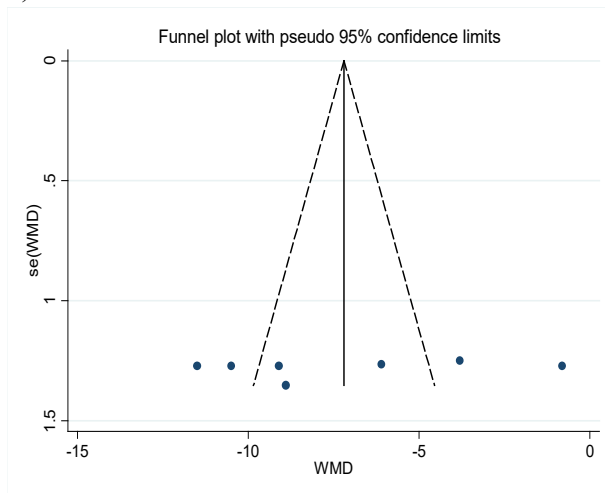
A)



B)



C)



Supplementary Figure 3. Funnel plots for evaluation of publication bias of A) weight, B) BMI, and C) WC. *BMI*: Body mass index, *WC*: Waist circumference

