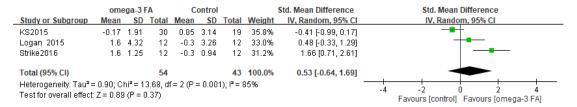
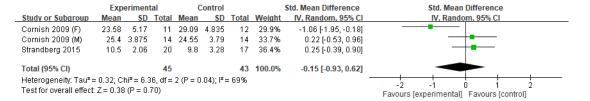
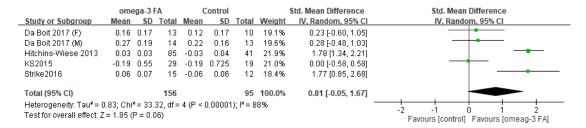
(a)



(b)

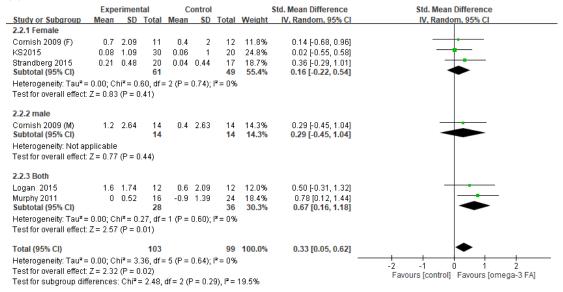


(c)



Supplementary Figure S1. Forest plots of the effect of n-3 PUFA supplementation on handgrip (a), one-repetition maximum strength of the leg (b), and walking speed (c).



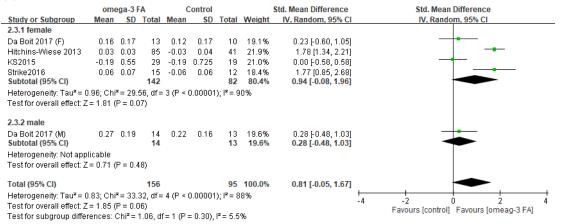


(b)

	experimental(n-3 PUFAs)			C	ontrol			Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI		
2.2.1 over 2g											
Logan 2015	1.6	1.74	12	0.6	2.09	12	21.7%	0.50 [-0.31, 1.32]			
Murphy 2011	0	0.52	16	-0.9	1.39	24	33.3%	0.78 [0.12, 1.44]			
Subtotal (95% CI)			28			36	55.0%	0.67 [0.16, 1.18]			
Heterogeneity: Chi ² =1	0.27, df = 1 (F	° = 0.60); I	²= 0%								
Test for overall effect:	Z = 2.57 (P =	0.01)									
2.2.2 below 2g											
K82015	0.08	1.09	30	0.06	1	20	45.0%	0.02 [-0.55, 0.58]			
Subtotal (95% CI)			30			20	45.0%	0.02 [-0.55, 0.58]	—		
Heterogeneity: Not ap	plicable										
Test for overall effect:	Z = 0.06 (P =	0.95)									
Total (95% CI)			58			56	100.0%	0.38 [-0.00, 0.76]	•		
Heterogeneity: Chi²=:	3.08, df = 2 (F)	P = 0.21); F	²= 35%								
Test for overall effect: .			-2 -1 0 1 2								
Test for subaroup diffe			= 1 (P =	0.09), 13	= 64.4	1%			Favours [control] Favours [omega-3FA]		

Supplementary Figure S2. Forest plots of the included studies assessing the effect of n-3 PUFA supplementation on muscle mass categorized by sex (a) and the dosage of n-3 PUFAs (b).





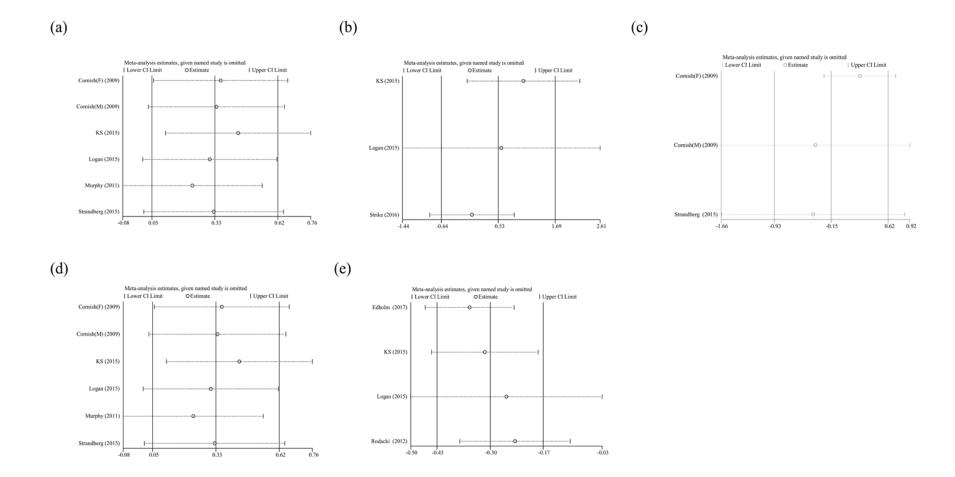
(b)

	Expe	erimen	tal	(Control	Std. Mean Difference			Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.3.1 RS									
Cornish 2009 (M)	0.16	0.17	13	0.12	0.17	10	19.1%	0.23 [-0.60, 1.05]	
Da Boit 2017 (F)	0.27	0.19	14	0.22	0.16	13	19.6%	0.28 [-0.48, 1.03]	 -
Subtotal (95% CI)			27			23	38.7%	0.25 [-0.31, 0.81]	◆
Heterogeneity: Tau ² = (0.00; Chi	² = 0.0	1, df= 1	1 (P = 0.	93); l ^z =	0%			
Test for overall effect: Z	Z = 0.89 (P = 0.3	18)						
2.3.2 NA									
Hitchins-Wiese 2013	0.03	0.03	85	-0.03	0.04	41	21.9%	1.78 [1.34, 2.21]	-
KS2015	-0.19	0.55	29	-0.19	0.725	19	21.0%	0.00 [-0.58, 0.58]	- + -
Strike2016	0.06	0.07	15	-0.06	0.06	12	18.4%	1.77 [0.85, 2.68]	
Subtotal (95% CI)			129			72	61.3%	1.17 [-0.07, 2.41]	
Heterogeneity: Tau ² = 1	1.09; Chi	² = 24.3	80, df=	2 (P < 0	0.00001); $I^2 = 9$	2%		
Test for overall effect: 2	Z=1.84 (P = 0.0	17)						
Total (95% CI)			156			95	100.0%	0.81 [-0.05, 1.67]	-
Heterogeneity: Tau ² = (0.83; Chi	² = 33.3	32, df=	4 (P < 0	0.00001); l² = 8	8%		-4 -2 0 2 4
Test for overall effect: $Z = 1.85$ (P = 0.06)									-4 -2 0 2 4 Favours [control] Favours [omega-s FA]
Test for subgroup diffe	rences:	Chi²= :	1.73, di	ravours [control] ravours [offlega-S rA]					

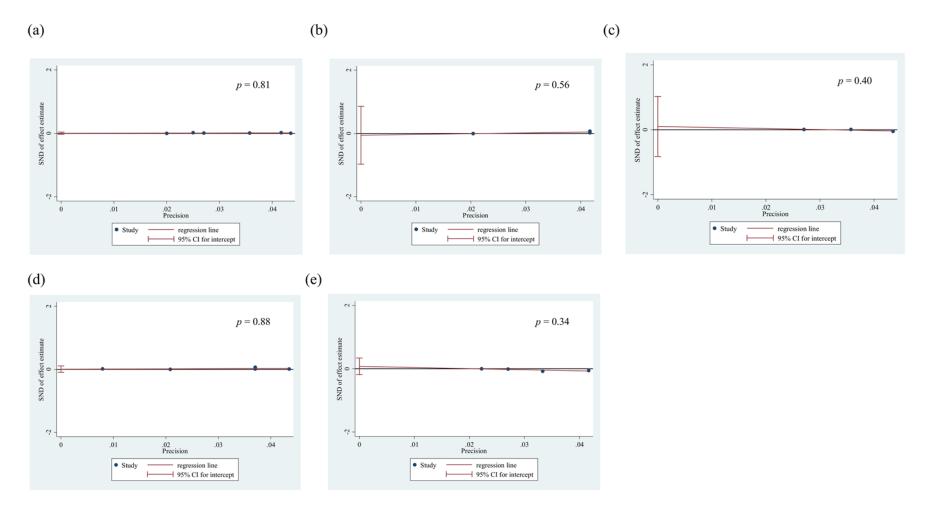
(c)

	Experimental(n-3 PUFAs)			Control				Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI		
2.3.1 over 6 mo											
Hitchins-Wiese 2013	0.03	0.03	85	-0.03	0.04	41	21.9%	1.78 [1.34, 2.21]	_ -		
Strike2016	0.06	0.07	15	-0.06	0.06	12	18.4%	1.77 [0.85, 2.68]			
Subtotal (95% CI)			100			53	40.3%	1.78 [1.38, 2.17]	•		
Heterogeneity: Tau ² = 0	0.00; Chi ² = $0.$	00, df = 1 (P = 0.99	$ \mathbf{r} = 09$	6						
Test for overall effect: Z	= 8.87 (P < 0	.00001)									
2.3.2 under 6 mo											
Cornish 2009 (M)	0.27	0.19	14	0.22	0.16	13	19.6%	0.28 [-0.48, 1.03]	- • -		
Da Boit 2017 (F)	0.16	0.17	13	0.12	0.17	10	19.1%	0.23 [-0.60, 1.05]			
KS2015	-0.19	0.55	29	-0.19	0.725	19	21.0%	0.00 [-0.58, 0.58]			
Subtotal (95% CI)			56			42	59.7%	0.13 [-0.27, 0.53]	~		
Heterogeneity: Tau ² = 0	0.00 ; $Chi^2 = 0$.	39, df = 2 (P = 0.82	$ \mathbf{l}^2 = 09$	6						
Test for overall effect: Z	= 0.64 (P = 0	.52)									
Total (95% CI)			156			95	100.0%	0.81 [-0.05, 1.67]			
Heterogeneity: Tau ² = 0	0.83; Chi ² = 33	3.32, df = 4	(P < 0.00	0001); P	= 88%			_			
Test for overall effect: Z			-2 -1 0 1 2 Favours [control] Favours [omega-3 FA]								
Test for subgroup differ	rences: Chi² =	= 32.94, df	= 1 (P < 0	0.00001), $I^2 = 9$	7.0%			ravours [control] Favours [offlega-3 FA]		

Supplementary Figure S3. Forest plots of the included studies assessing the effect of n-3 PUFA supplementation on walking speed categorized by sex (a), resistance training intervention (b), and the duration of supplementation (c).



Supplementary Figure S4. Sensitivity analyses by muscle mass (a), handgrip strength (b), one-repetition maximum strength of the leg (c), walking speed (d), and the timed up and go test result (e).



Supplementary Figure S5. Charts of Egger's test of muscle mass (a), handgrip strength (b), one-repetition maximum strength of the leg (c), walking speed (d), and the timed up and go test result (e).