

The full electronic search strategy performed for MEDLINE, EMBASE and PubMed are provided below:

Embase: (((obes\* OR BMI OR overweight OR diabet\* OR T2D\*) AND (Branch\* amino acid OR BCAA)) AND (prospective OR observation\* OR case\*)).ti,ab [English language] [Human age groups Adult 18 to 64 years OR Aged 65+ years] [Humans]

Medline: (((obes\* OR BMI OR overweight OR diabet\* OR T2D\*) AND (Branch\* amino acid OR BCAA)) AND (prospective OR observation\* OR case\*))

PubMed: (CASE REPORTS META-ANALYSIS MULTICENTRE STUDY OBSERVATIONAL STUDY REVIEW SYSTEMATIC REVIEW, HUMAN, ADULT: 19+ YEARS)

Google Scholar: (branched chain amino acid obesity diabetes observational study).

Scopus: TITLE-ABS-KEY ( ( ( ( obes\* OR bmi OR overweight OR diabet\* OR t2d\* ) AND ( branch\* AND amino AND acid OR bcaa ) ) AND ( prospective OR observation\* OR case\* ) ) ) AND ( LIMIT-TO ( PUBSTAGE , "final" ) ) AND ( LIMIT-TO ( DOCTYPE , "ar" ) OR LIMIT-TO ( DOCTYPE , "re" ) ) AND ( LIMIT-TO ( SUBJAREA , "MEDI" ) OR LIMIT-TO ( SUBJAREA , "BIOC" ) ) AND ( LIMIT-TO ( EXACTKEYWORD , "Human" ) ) AND ( LIMIT-TO ( LANGUAGE , "English" ) ) AND ( LIMIT-TO ( EXACTKEYWORD , "Humans" ) )