

Table S3. GRADE Assessment for nutritional supplement-based intervention

Outcome	№ of studies	№ of participants		Certainty assessment					Effect estimate	Grade
		Diet-based interventions	Placebo or standard care	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations		
<i>Fasting glucose (mmol/L)</i>	8	264	268	Not serious	Serious ^a	Serious ^b	Not serious	None	-0.3 [-0.55 , -0.06]	⊕⊕○○ Low
<i>Postprandial glucose (mmol/L)</i>	1	37	33	Not serious	Not serious	Not serious	Very serious ^c	Publication bias strongly suspected ^d	-0.1 [-0.66 , 0.46]	⊕○○○ Very low
<i>HbA1c (%)</i>	1	30	30	Not serious	Not serious	Not serious	Not serious	Publication bias strongly suspected ^d	-0.15 [-0.22 , 0.08]	⊕⊕⊕○ Moderate
<i>HOMA-IR</i>	6	204	208	Not serious	Not serious	Serious ^b	Not serious	None	-0.04 [-0.58 , -0.22]	⊕⊕⊕○ Moderate

a. Due to high unexplained heterogeneity.

b. Due to substantial differences in interventions and comparisons.

c. The 95% CI included benefits and harms.

d. Only reported by 1 study.