The effect of prebiotics, alone or as part of synbiotics, on cardiometabolic parameters in women with polycystic ovary syndrome: a systematic review and meta-analysis of randomized controlled trials

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Supplementary Table S5 Meta-analysis showing the effect of prebiotics and synbiotics interventions on CRP, TAC, NO, and blood pressure parameters (all analyses were conducted using a random-effects model).

Outcomes	Meta-analysis					Heterogeneity			
	Study group	Number of studies	Number of participants	WMD (95% CI) (kg)	*P* effect	Q statistic	*P* within group [1]	*I*-squared (%)	*P* between group [2]
hs-CRP (mg/dL)	Overall	8	466	-0.594 (-0.968, -0.221)	0.002	190.09	<0.001	96.3	-
	Type of Prebiotics								
	Other (Psyllium, Fiber)	3	296	-1.434 (-1.642, -1.227)	<0.001	0.72	0.696	0.0	<0.001
	Inulin	5	252	-0.030 (-0.163, 0.103)	0.663	13.59	0.009	70.6	
	Baseline BMI								
	Obesity (BMI≥30 kg/m^2)	2	147	-1.433 (-1.642 , -1.225)	<0.001	0.22	0.641	0.0	<0.001
	Overweight (BMI between 25-29.9 kg/m^2)	6	319	-0.045 (-0.190, 0.100)	0.545	16.88	0.005	70.4	

TAC (mmol/L)	Overall	4	195	135.935 (-3.201, 275.070)	0.056	13.24	0.004	77.3	-
NO (µmol/L)	Overall	3	170	5.372 1.131, 9.613)	0.013	15.63	<0.001	87.2	-
SBP (mmHg)	Overall	3	236	-1.302 (-4.668, 2.064)	0.448	4.37	0.224	31.4	-
DBP (mmHg)	Overall	3	236	-2.218 (-4.425 , -0.010)	0.049	0.82	0.845	0.0	-

[1] Calculated from a random-effects model

[2] Calculated from a fixed-effect model

Abbreviations**:** hs-CRP, High-Sensitivity C-Reactive Protein; TAC, Total Antioxidant Capacity; NO, Nitric Oxide; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; BMI, body mass index; WMD, weighted mean difference.

(Negative signs in WMD indicate a negative difference in the outcome).