Supplementary Figures

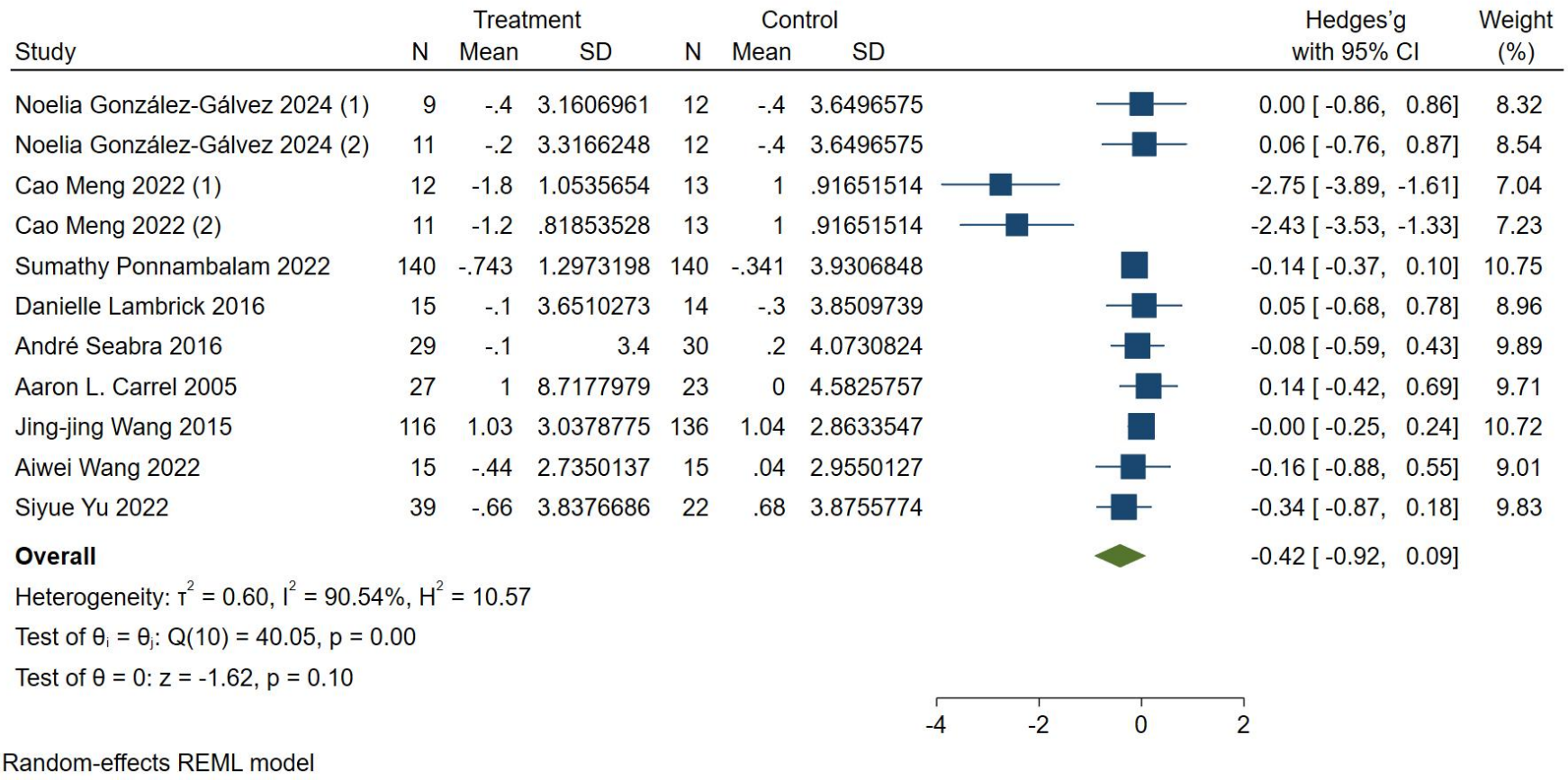


Figure S1 Pooled effect size estimated for BMI

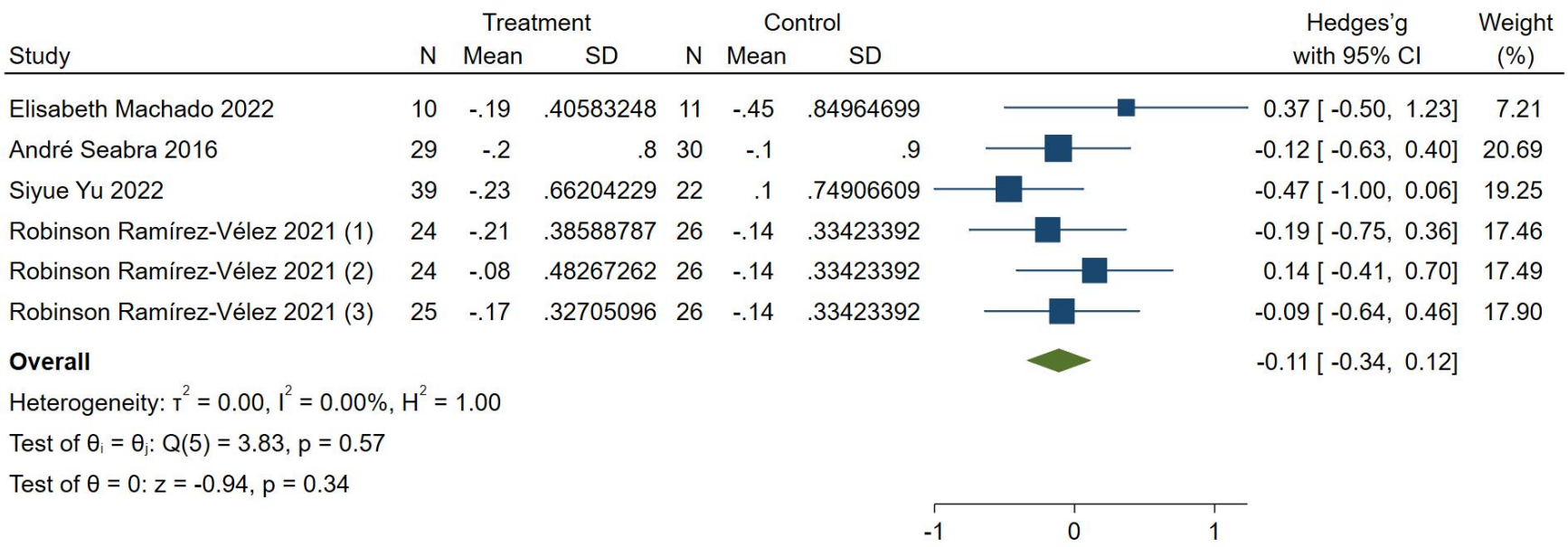


Figure S2 Pooled effect size estimated for z-BMI

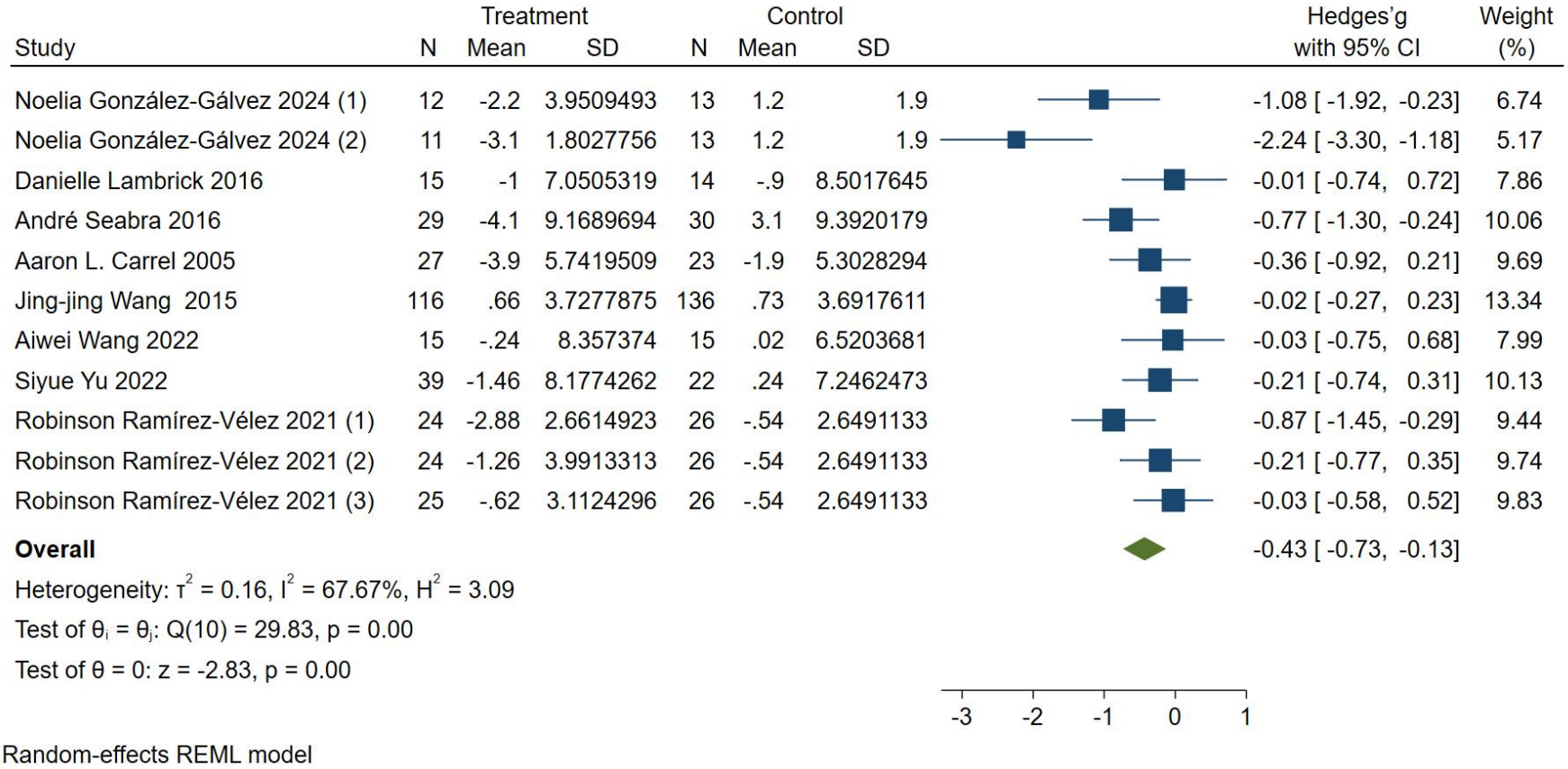


Figure S3 Pooled effect size estimated for BF%

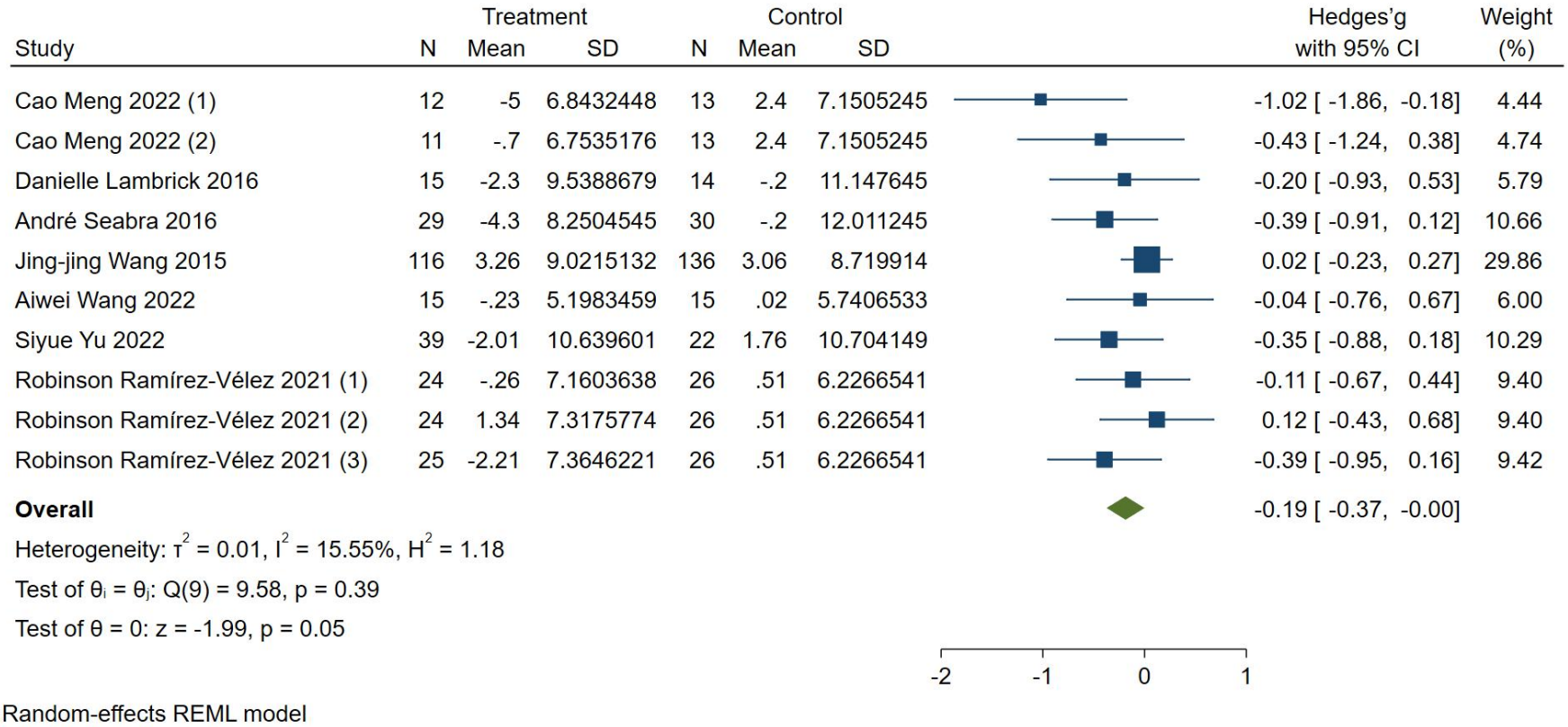


Figure S4 Pooled effect size estimated for WC

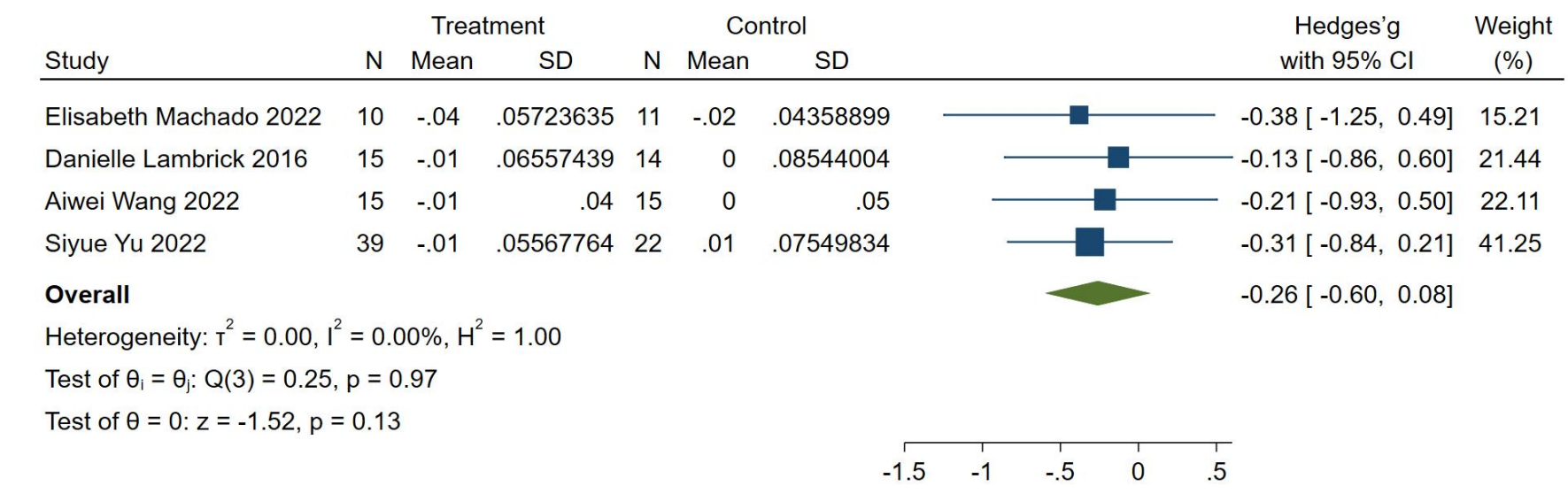


Figure S5 Pooled effect size estimated for WHtR

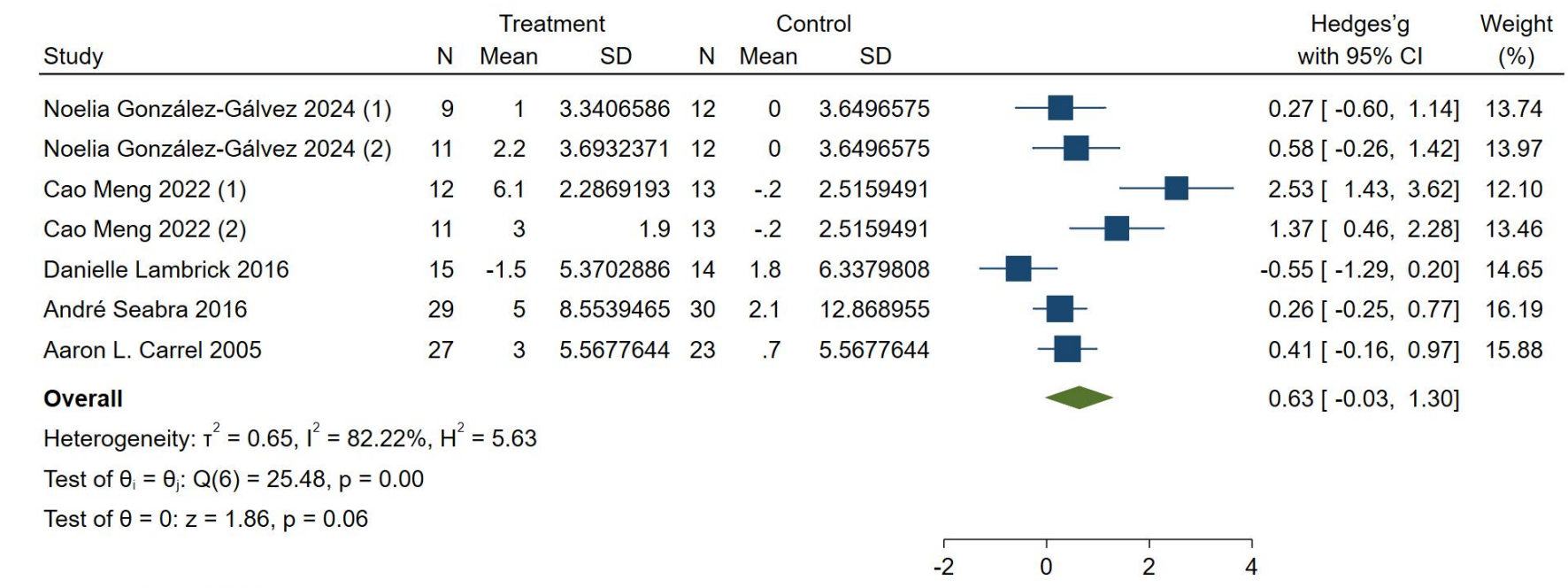


Figure S6 Pooled effect size estimated for VO2max

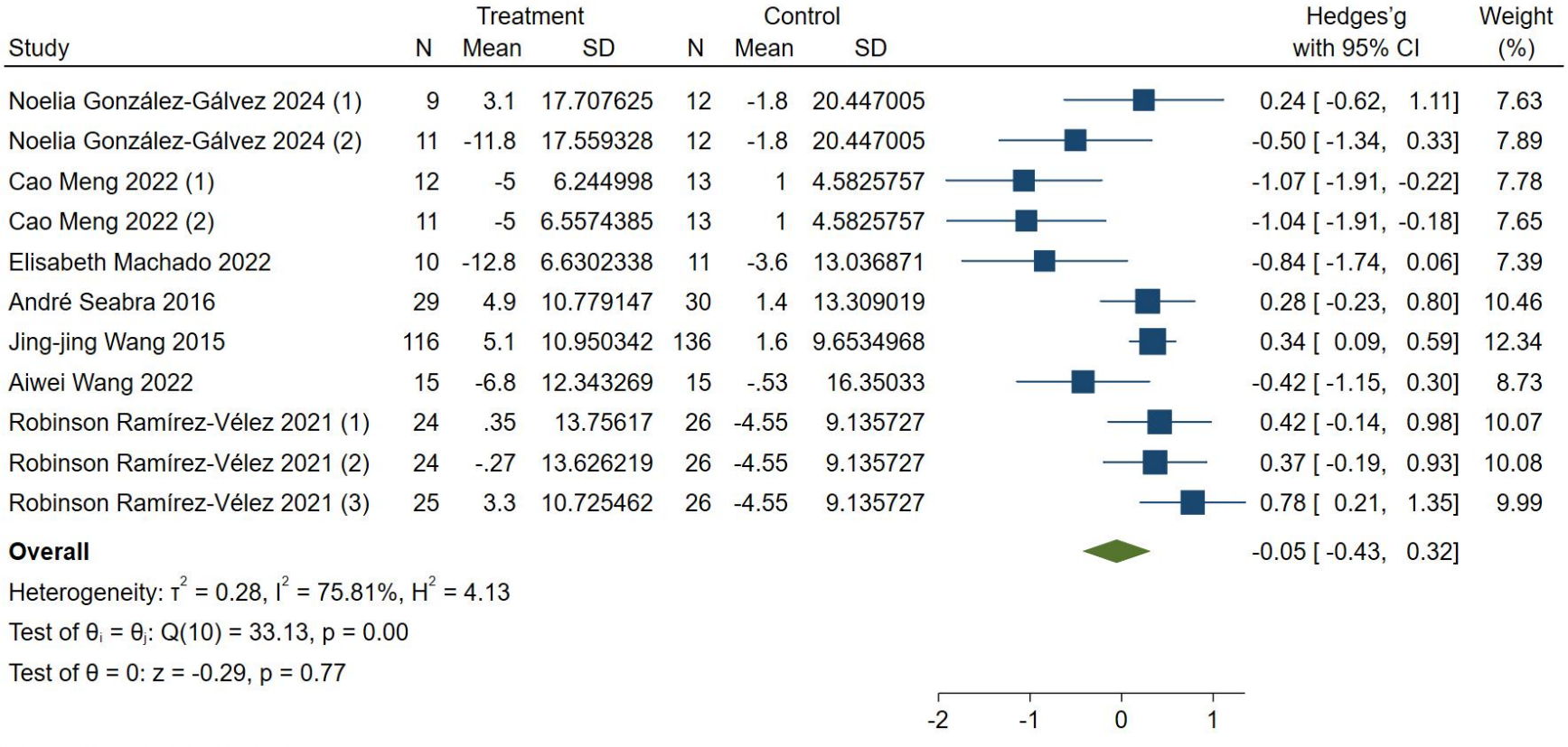


Figure S7 Pooled effect size estimated for SBP

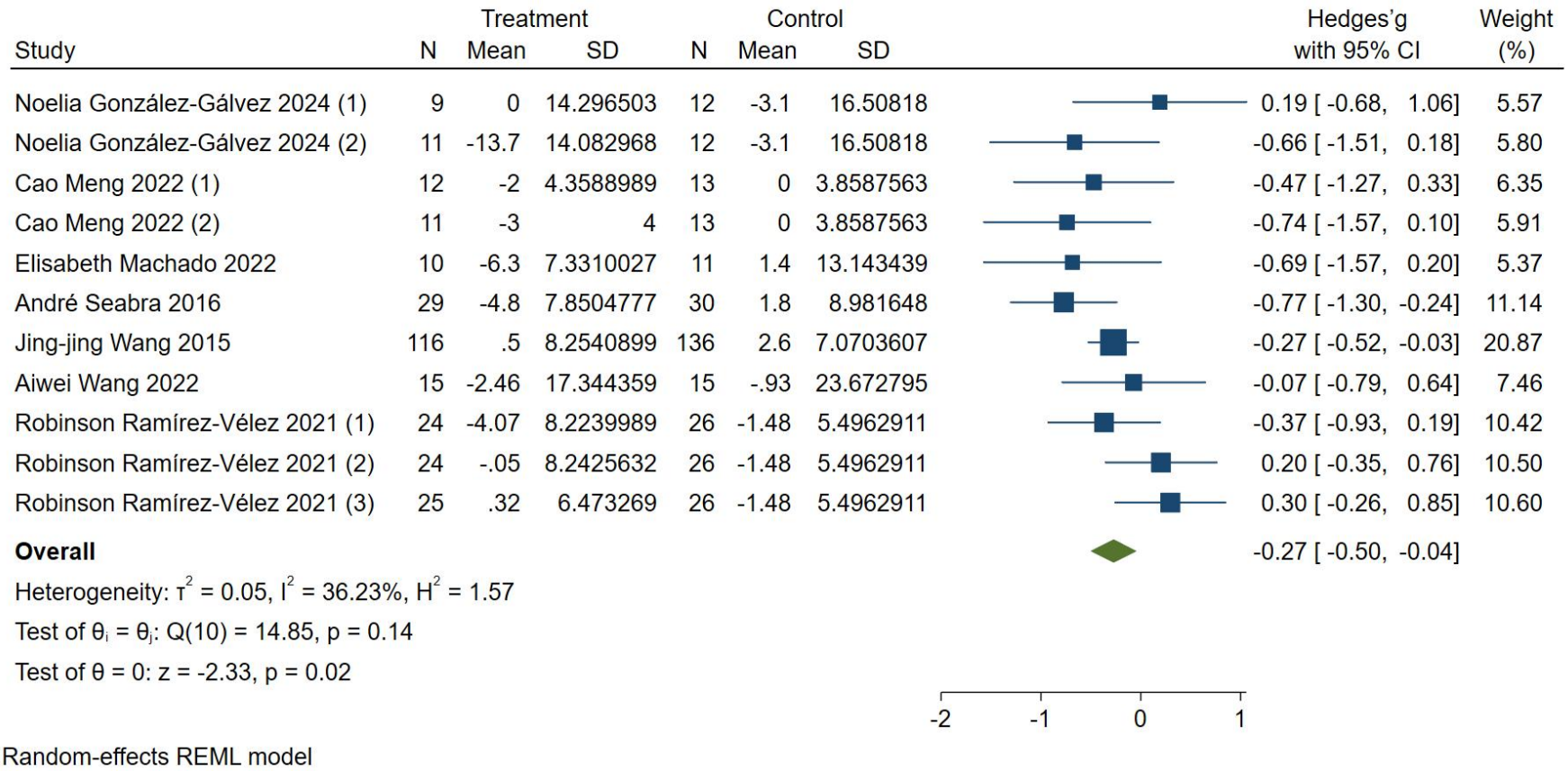


Figure S8 Pooled effect size estimated for DBP

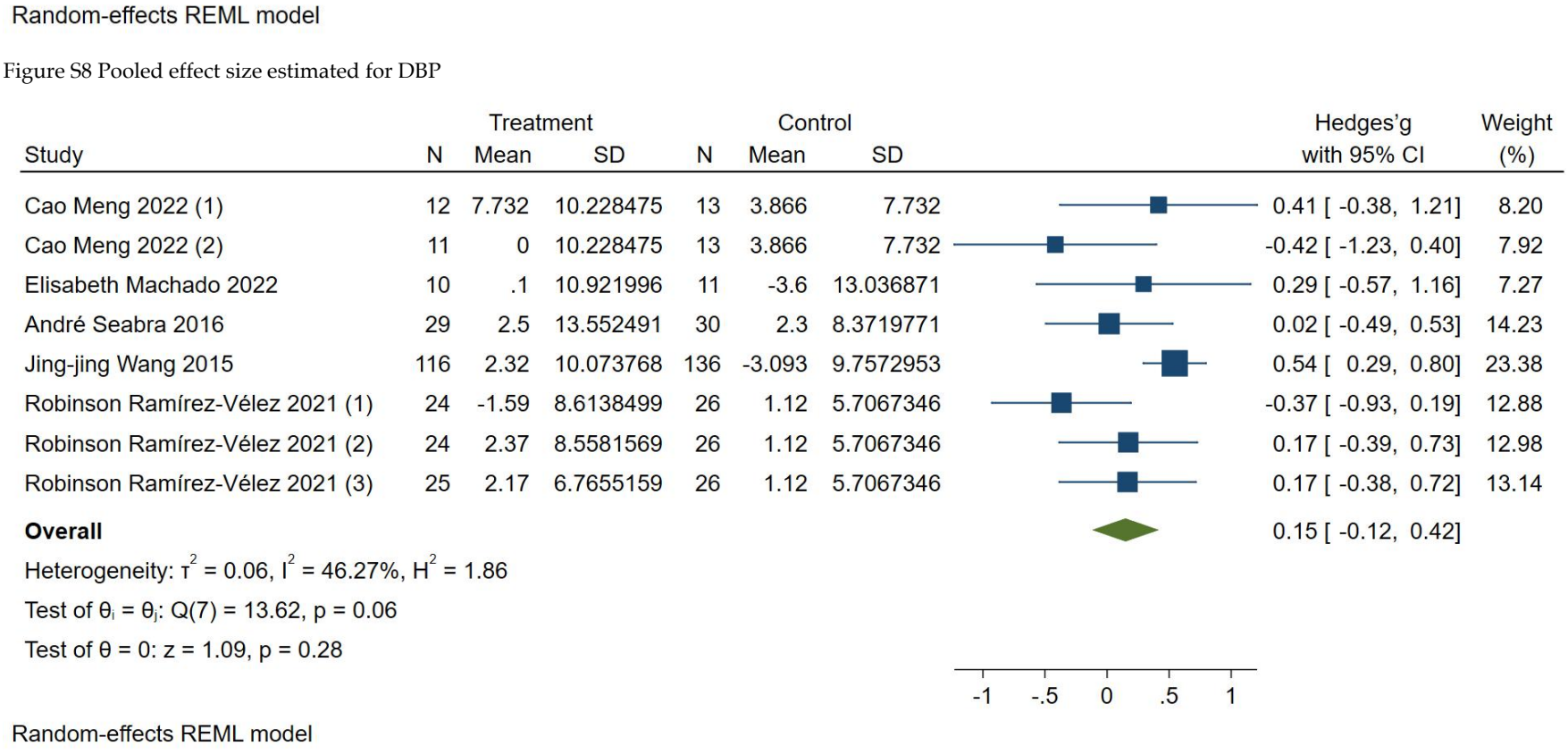


Figure S9 Pooled effect size estimated for HDL-C

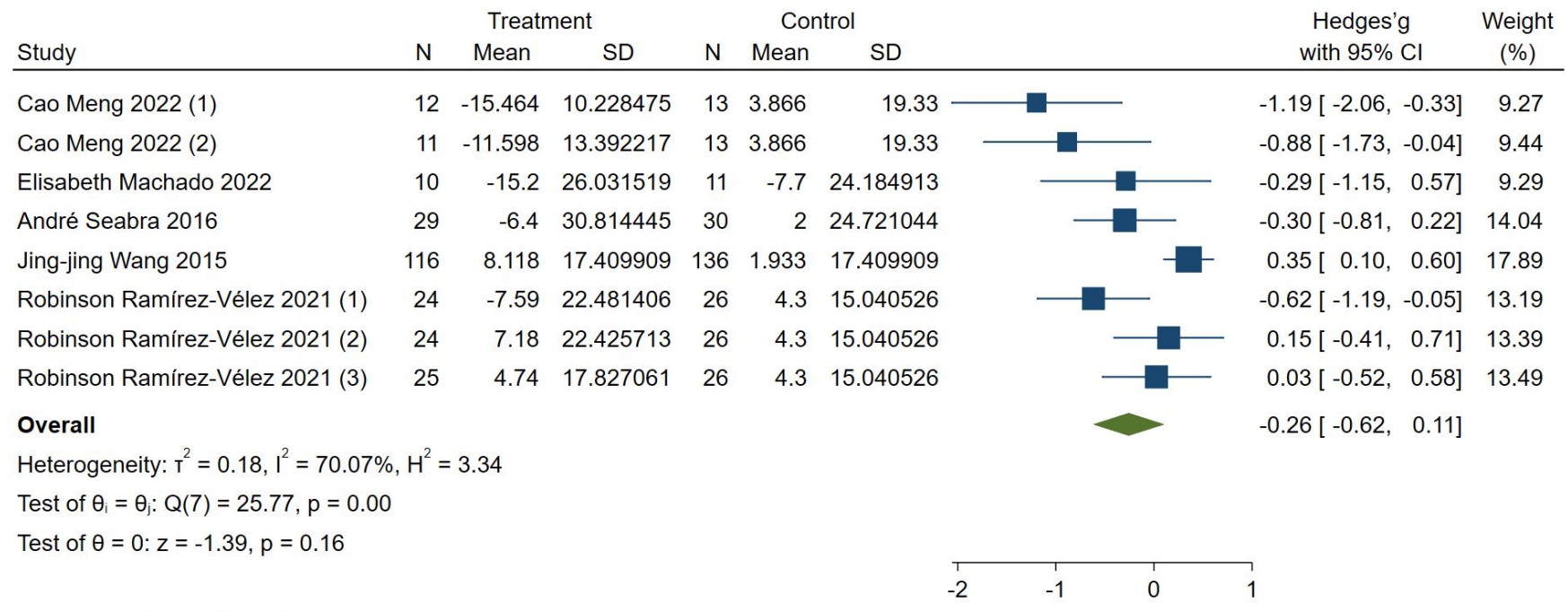


Figure S10 Pooled effect size estimated for LDL-C

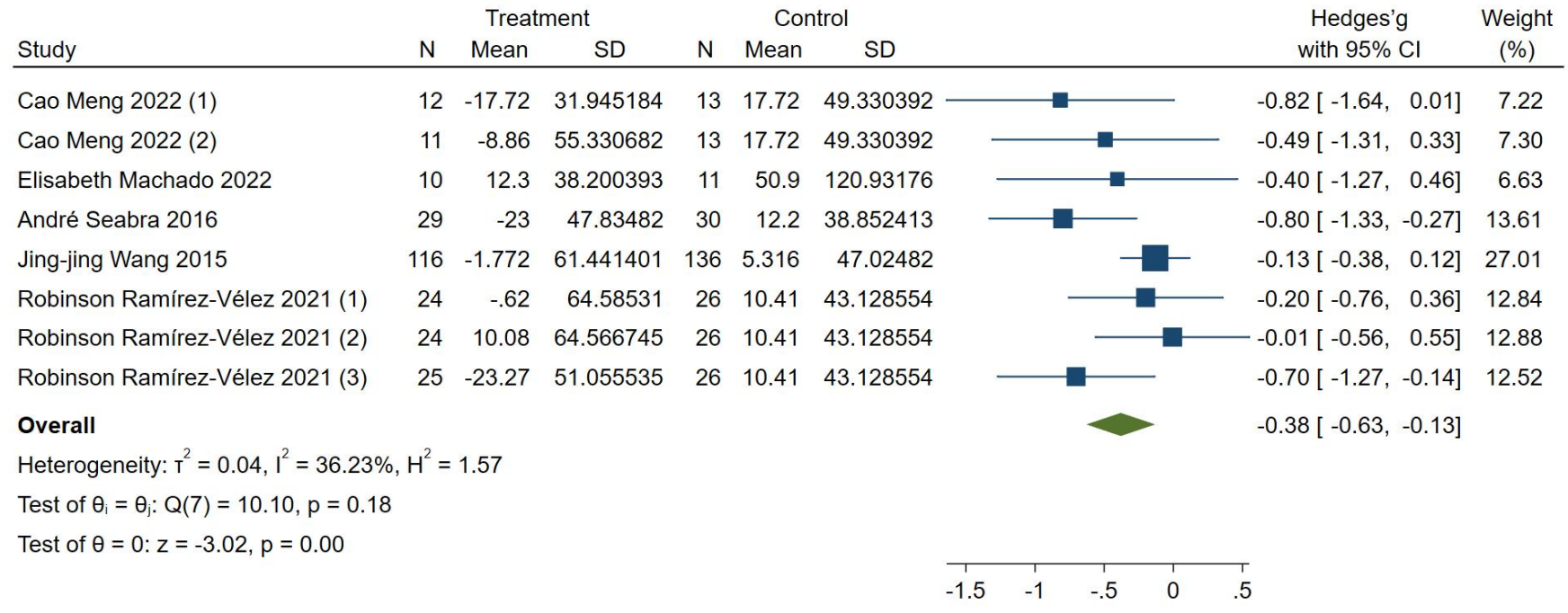


Figure S11 Pooled effect size estimated for TG

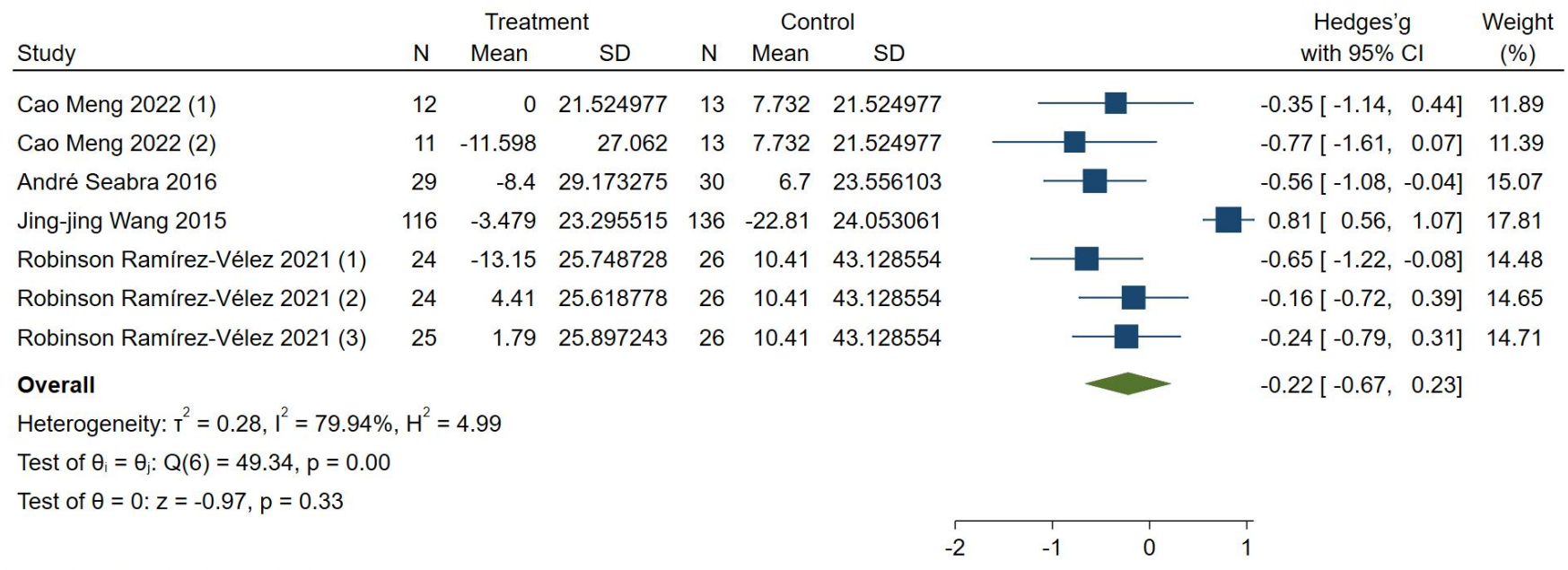


Figure S12 Pooled effect size estimated for TC

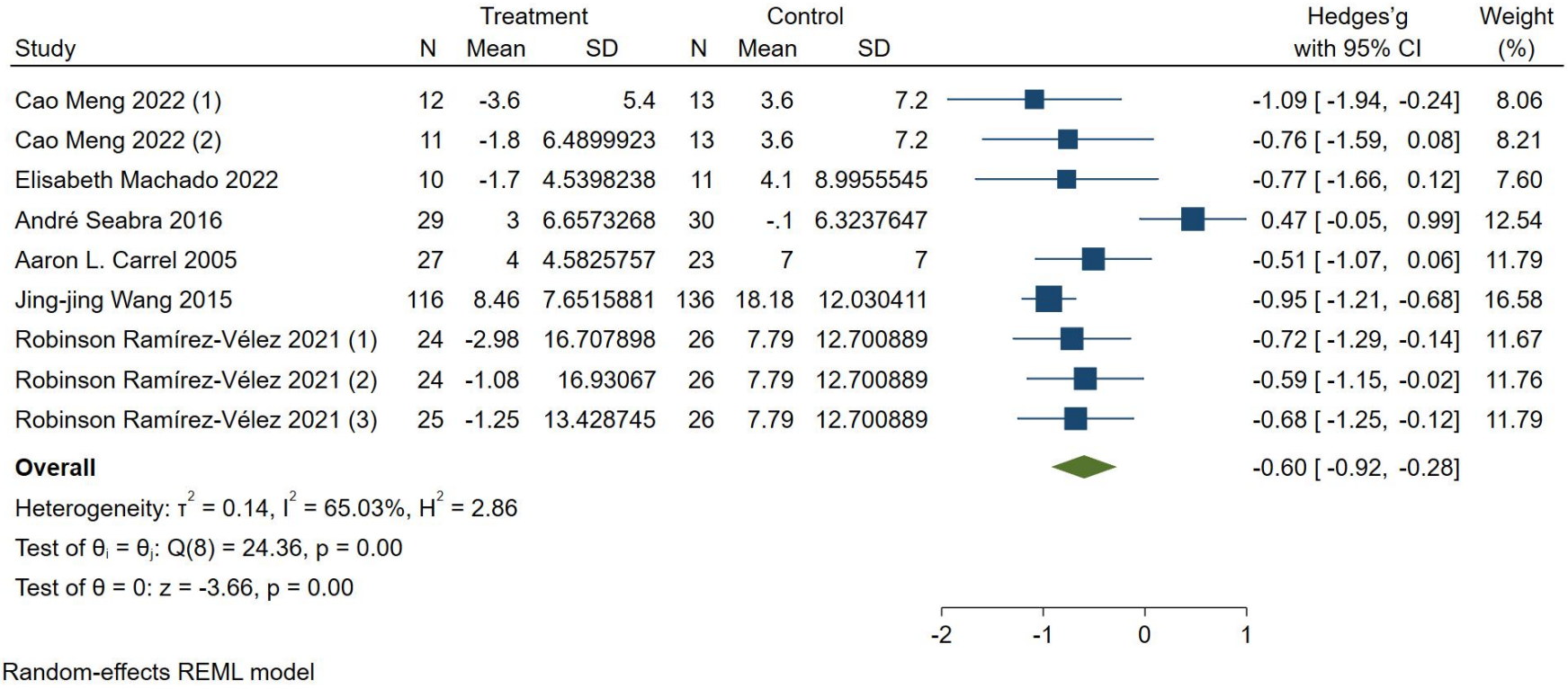


Figure S13 Pooled effect size estimated for FBG

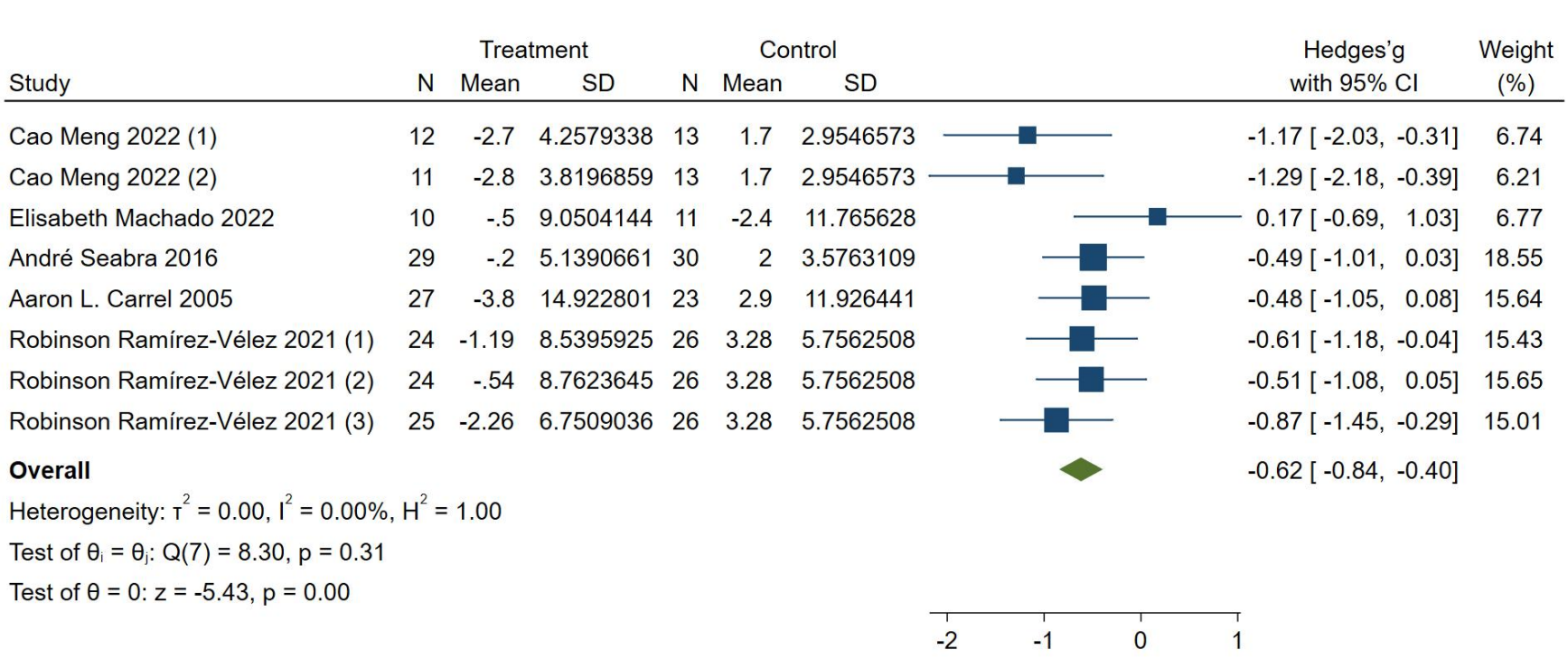


Figure S14 Pooled effect size estimated for BI

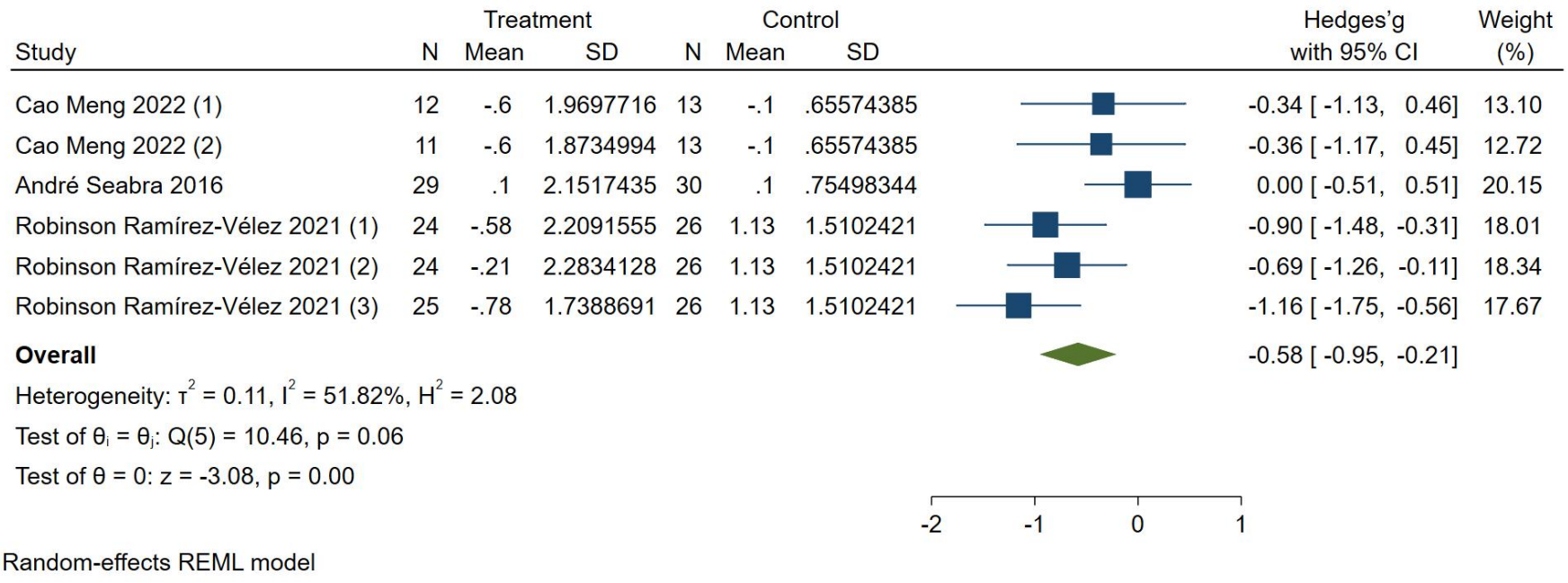


Figure S15 Pooled effect size estimated for HOMA-IR

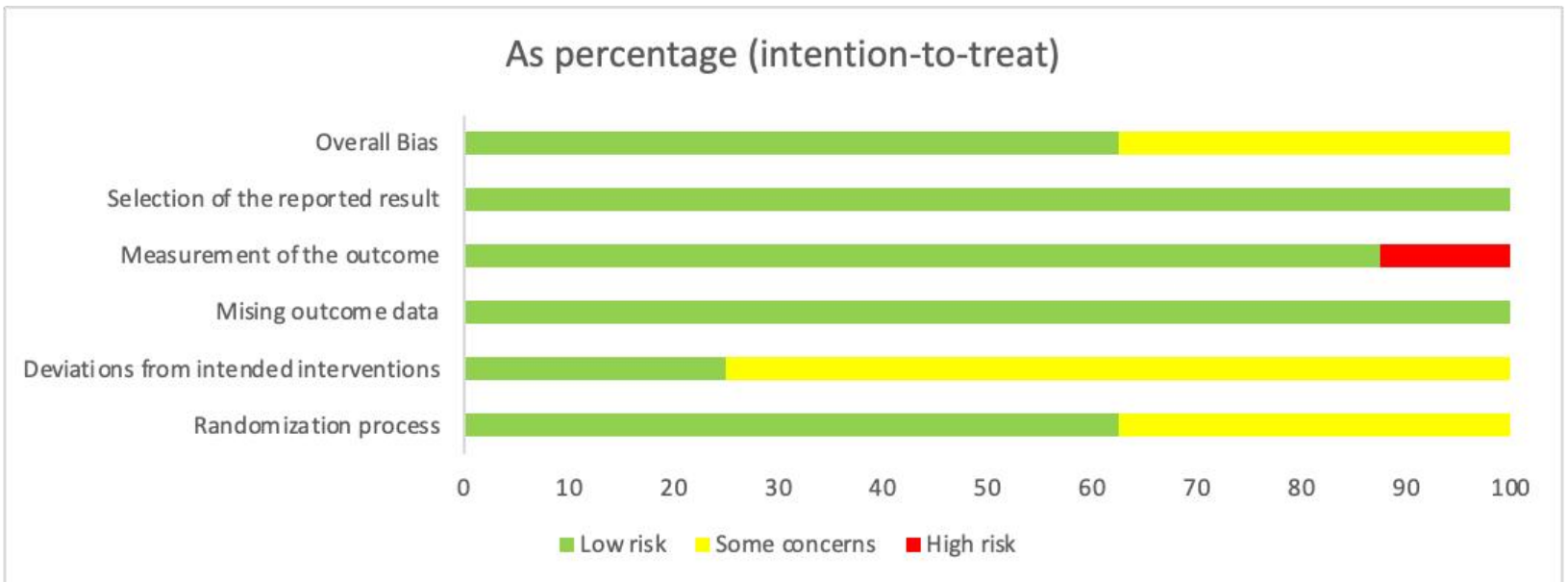


Figure S16 Risk of Bias in RCTs Assessment Using RoB 2 Tool

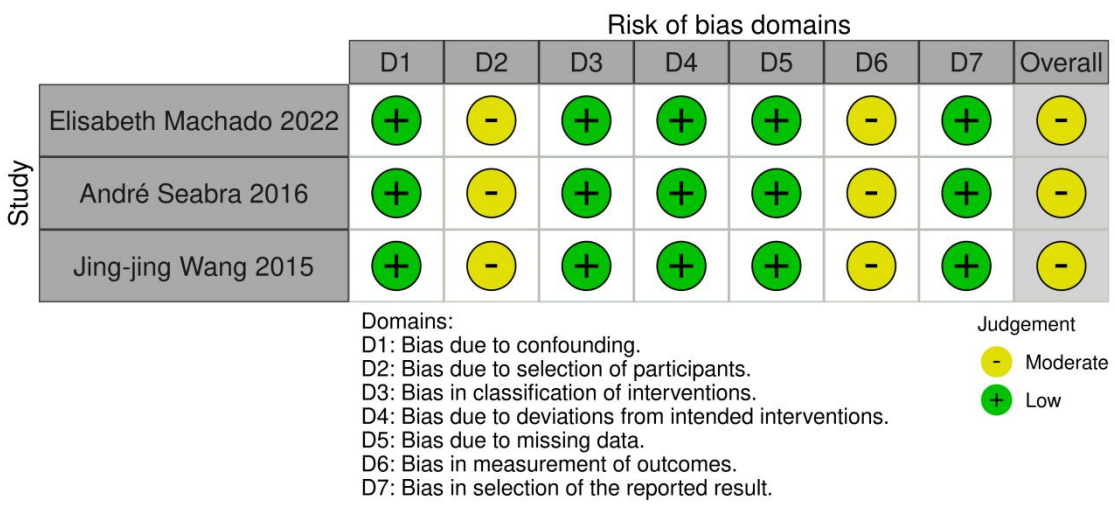


Figure S17 Risk of Bias in non-RCTs Assessment Using ROBINS-I Tool