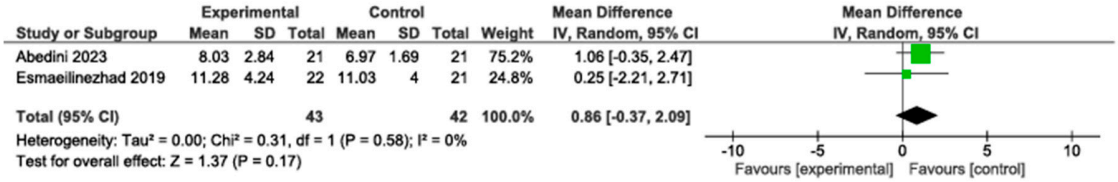
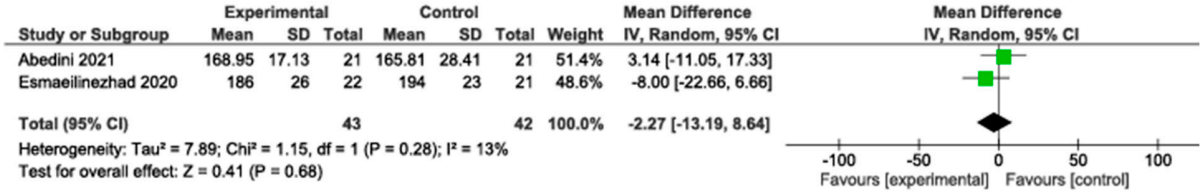
SUPPLEMENTARY Figure S1 - Meta-analysis of LH levels



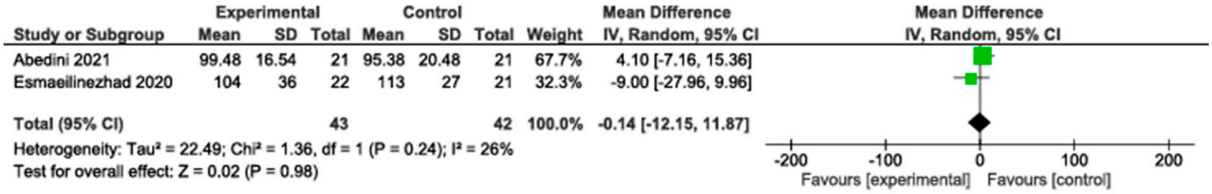
Legend: Green squares represent individual study estimates, with horizontal lines indicating their 95% confidence intervals. The black diamond represents the overall pooled effect estimate and its 95% confidence interval.

SUPPLEMENTARY Figure S2- Meta-analysis of total cholesterol levels



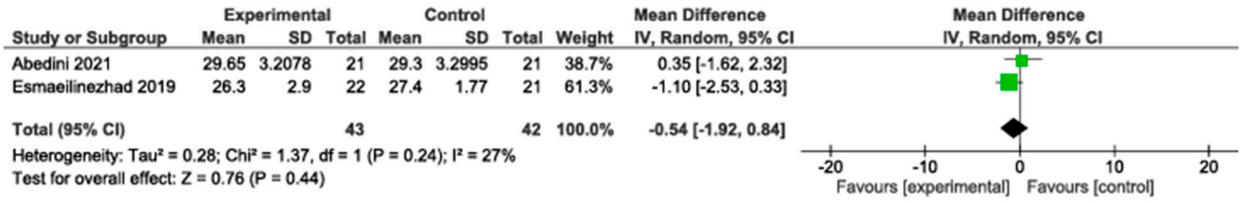
Legend: Green squares represent individual study estimates, with horizontal lines indicating their 95% confidence intervals. The black diamond represents the overall pooled effect estimate and its 95% confidence interval.

SUPPLEMENTARY Figure S3 - Meta-analysis of LDL levels



Legend: Green squares represent individual study estimates, with horizontal lines indicating their 95% confidence intervals. The black diamond represents the overall pooled effect estimate and its 95% confidence interval.

SUPPLEMENTARY Figure S4 - Meta-analysis of body mass index



Legend: Green squares represent individual study estimates, with horizontal lines indicating their 95% confidence intervals. The black diamond represents the overall pooled effect estimate and its 95% confidence interval.

SUPPLEMENTARY Table S1- PRISMA 2020 CHECKLIST

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Page 1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Page 3
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Introduction – 1st paragraph Page 4
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	End of the Introduction Page 5
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Methods page 6
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Methods page 6
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Methods page 6
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	page 6
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Methods page 6
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Methods page 5-6
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Methods page 5-7
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Methods page 7
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Methods page 7
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Methods page 7
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Methods page 7
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Methods

Section and Topic	Item #	Checklist item	Location where item is reported
			Page 7
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Methods Page 7
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Methods Page 7
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	None conducted
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Methods page 7
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Methods page 7
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Results Page 8
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Results Page 8
Study characteristics	17	Cite each included study and present its characteristics.	Results Page 8
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Results Page 11
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Results pag 8-11+ Table 2 + figures 2-5 + supplementary figures
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Figure 6
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Results pag 8-11+ table 2
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	not applicable
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	not applicable
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	not applicable
Certainty of evidence	22	Results Page 8	Results Page 12
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Discussion – page 13
	23b	Discuss any limitations of the evidence included in the review.	Discussion – page 15-16
	23c	Discuss any limitations of the review processes used.	Discussion –

Section and Topic	Item #	Checklist item	Location where item is reported
			page 15-16
	23d	Discuss implications of the results for practice, policy, and future research.	Discussion – page 17
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	page 5
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	page 5
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Not applicable
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	page 17
Competing interests	26	Declare any competing interests of review authors.	page 17
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Not applicable

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71

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