

Figure S1. Subgroup analysis based on age (<40 years vs. 41-49 years).

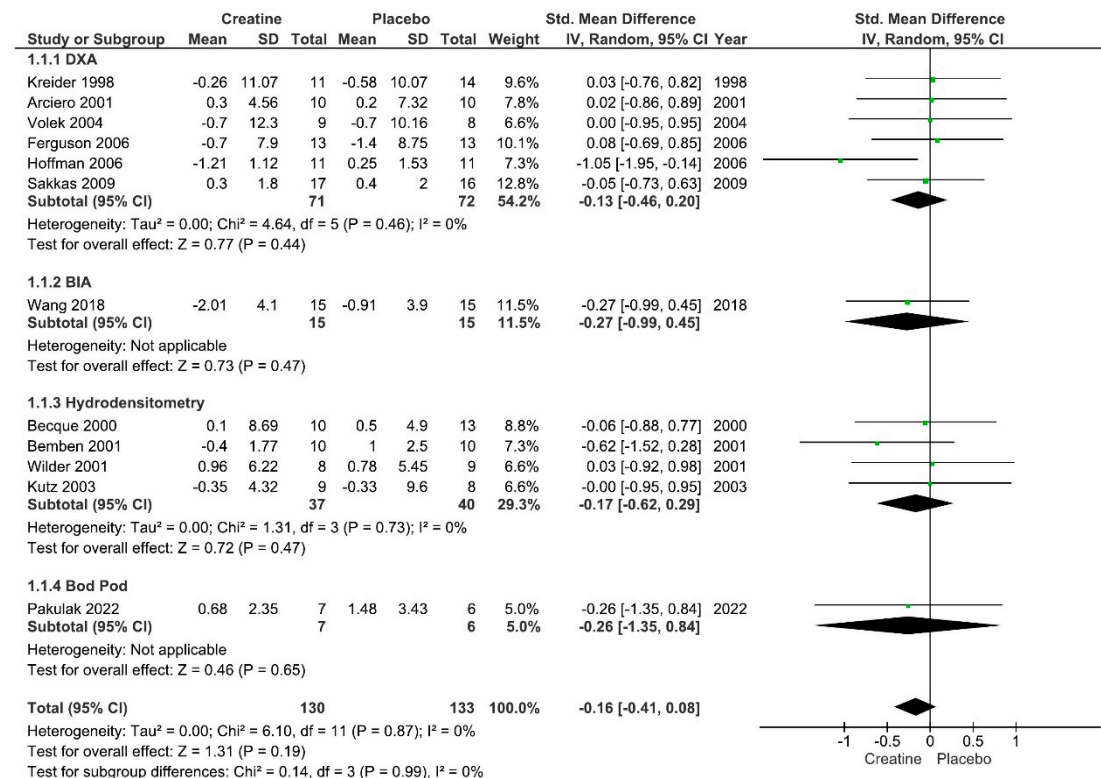


Figure S2. Subgroup analysis according to fat mass assessment tool.

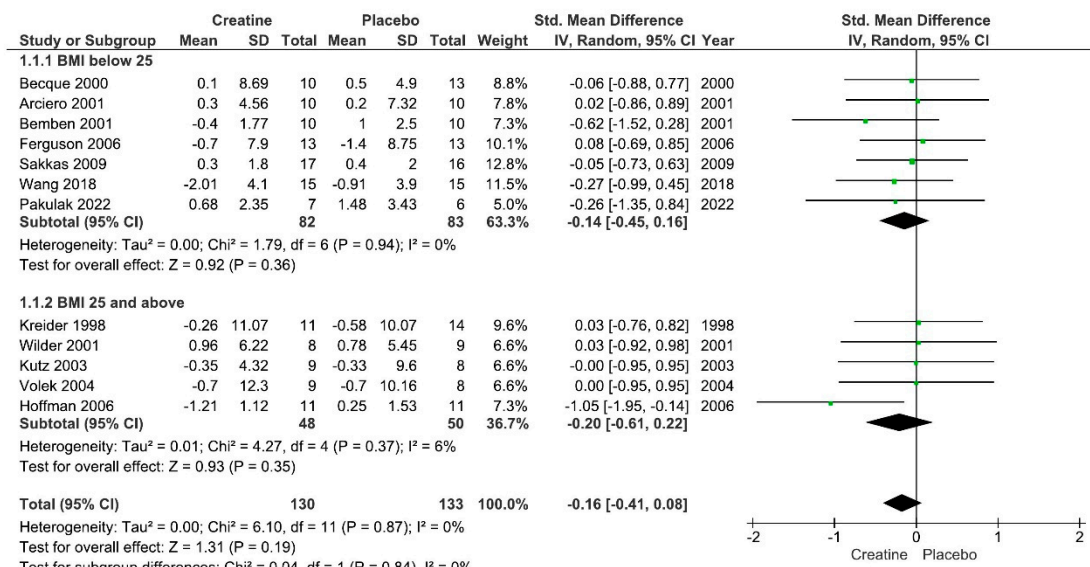


Figure S3. Subgroup analysis based on BMI (<25 kg/m² vs. ≥25 kg/m²).

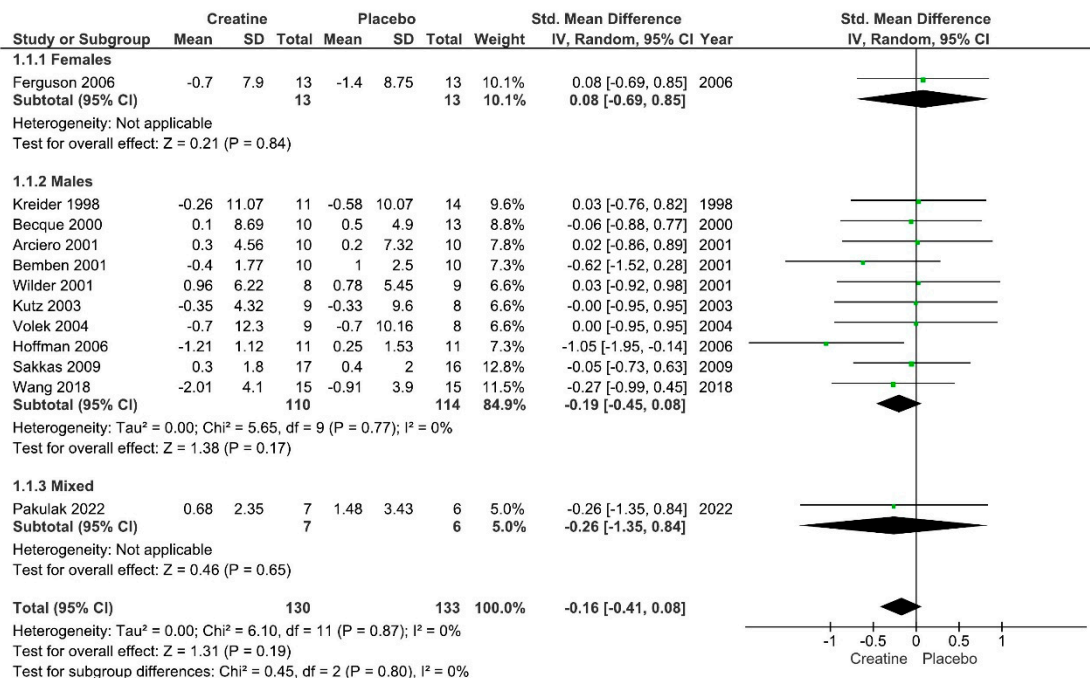


Figure S4. Subgroup analysis based on sex (females vs. males vs. mixed).

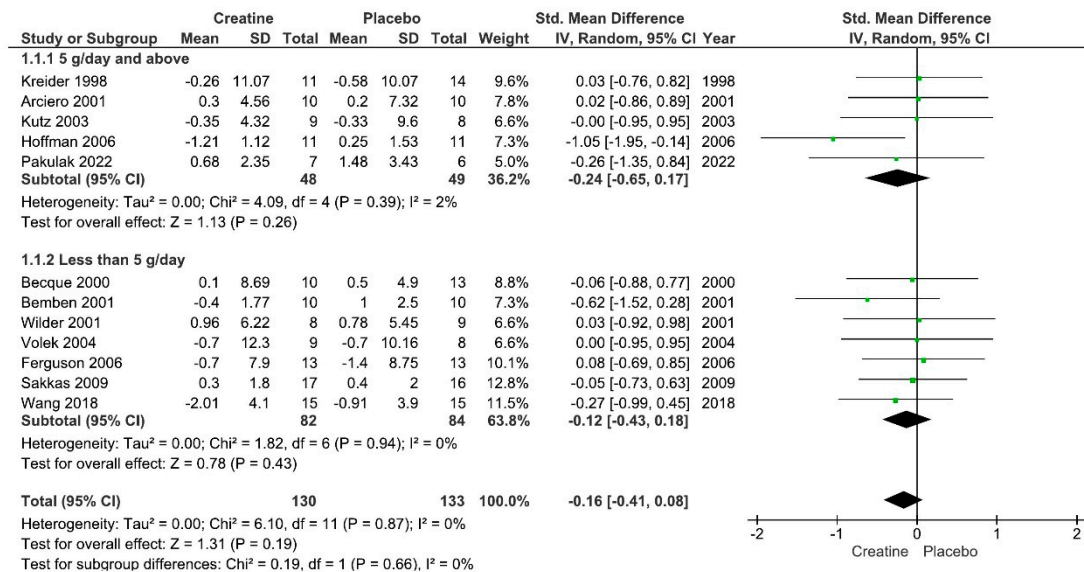


Figure S5. Subgroup analysis based on creatine dose (<5 g vs. ≥5 g).

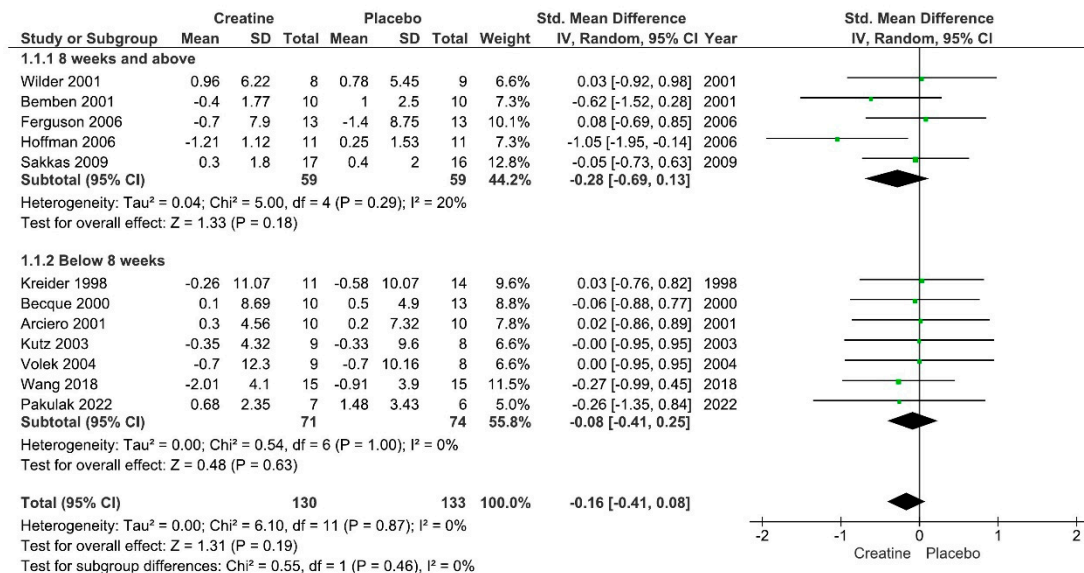


Figure S6. Subgroup analysis based on duration of supplementation (<8 weeks vs. ≥8 weeks).

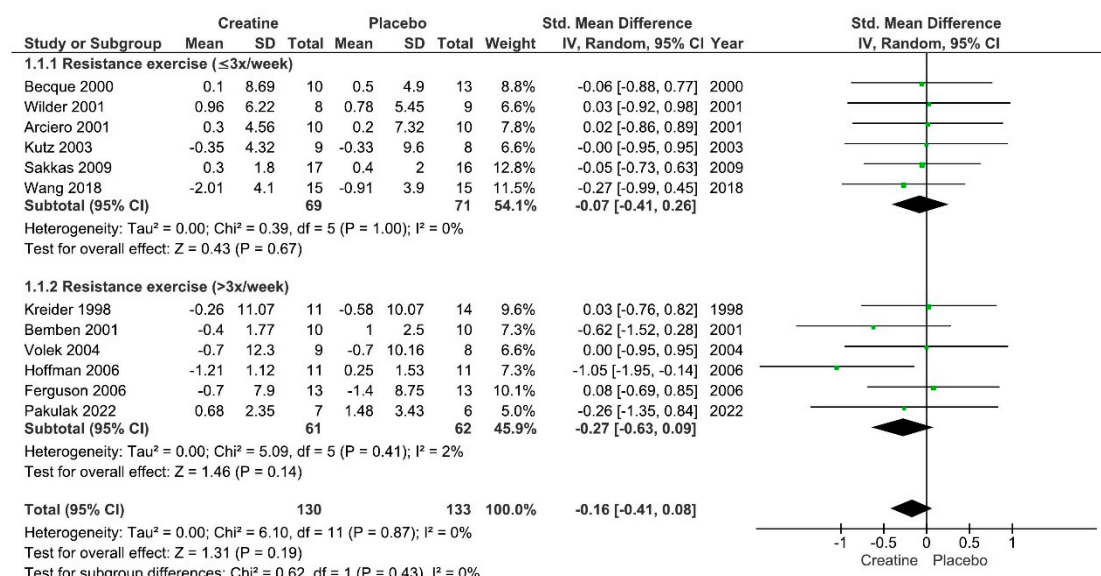


Figure S7. Subgroup analysis based on resistance exercise frequency (≤ 3 x/wk vs. > 3 x/wk).

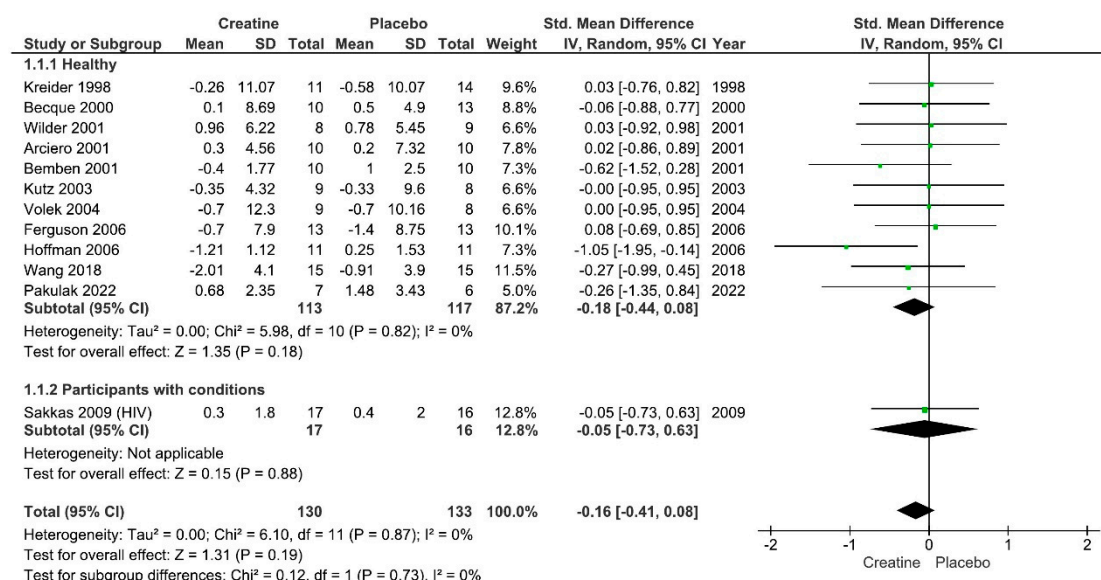


Figure S8. Sensitivity analysis excluding participants with health conditions.

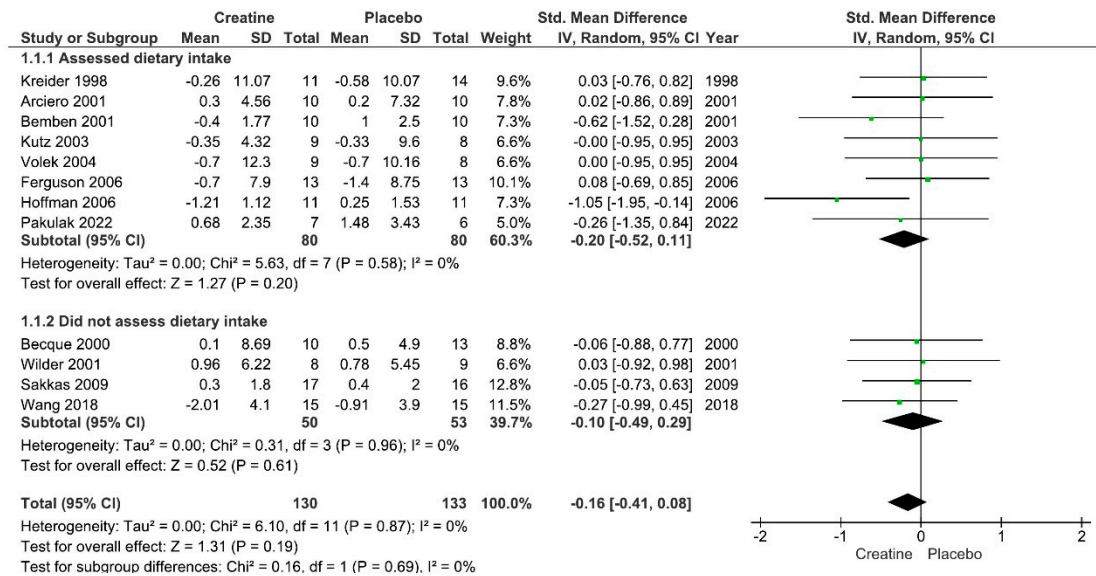


Figure S9. Sensitivity analysis excluding studies that did not assess dietary intake.

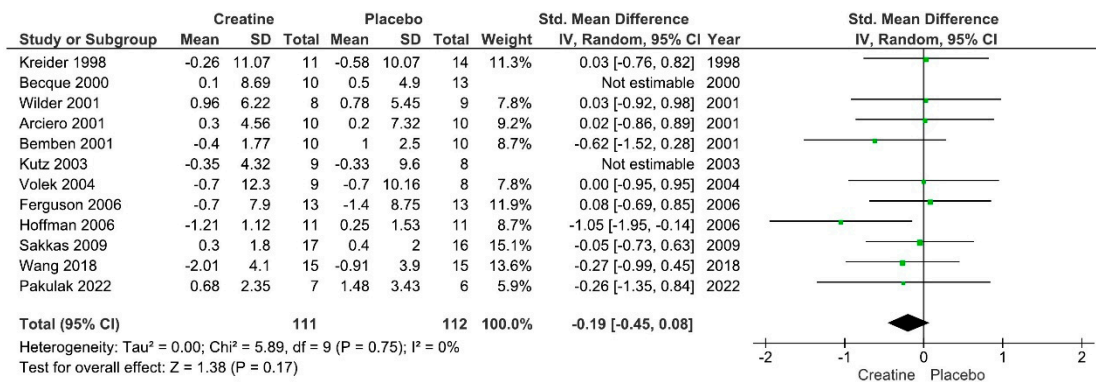


Figure S10. Sensitivity analysis excluding studies with increased risk of bias.