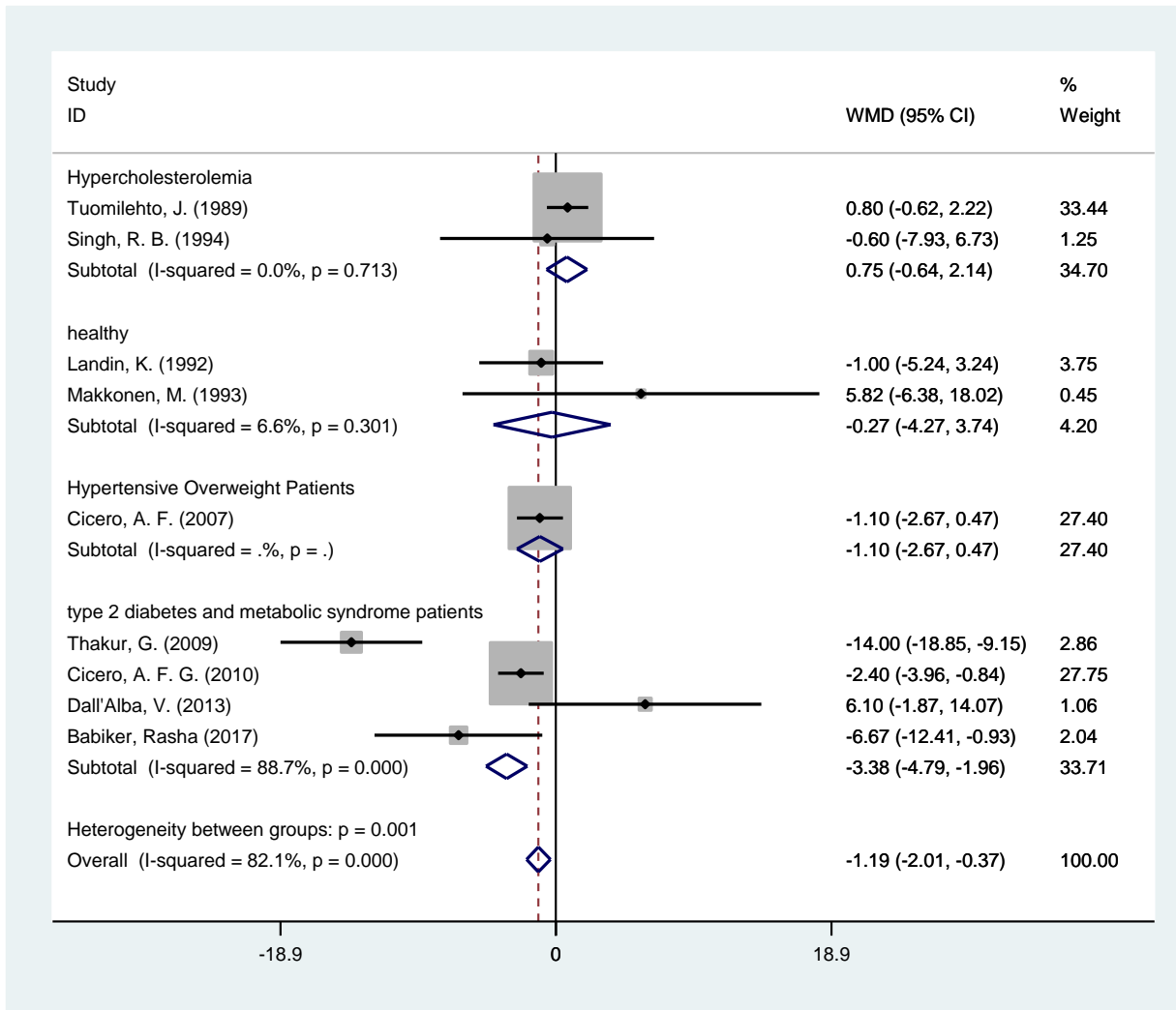
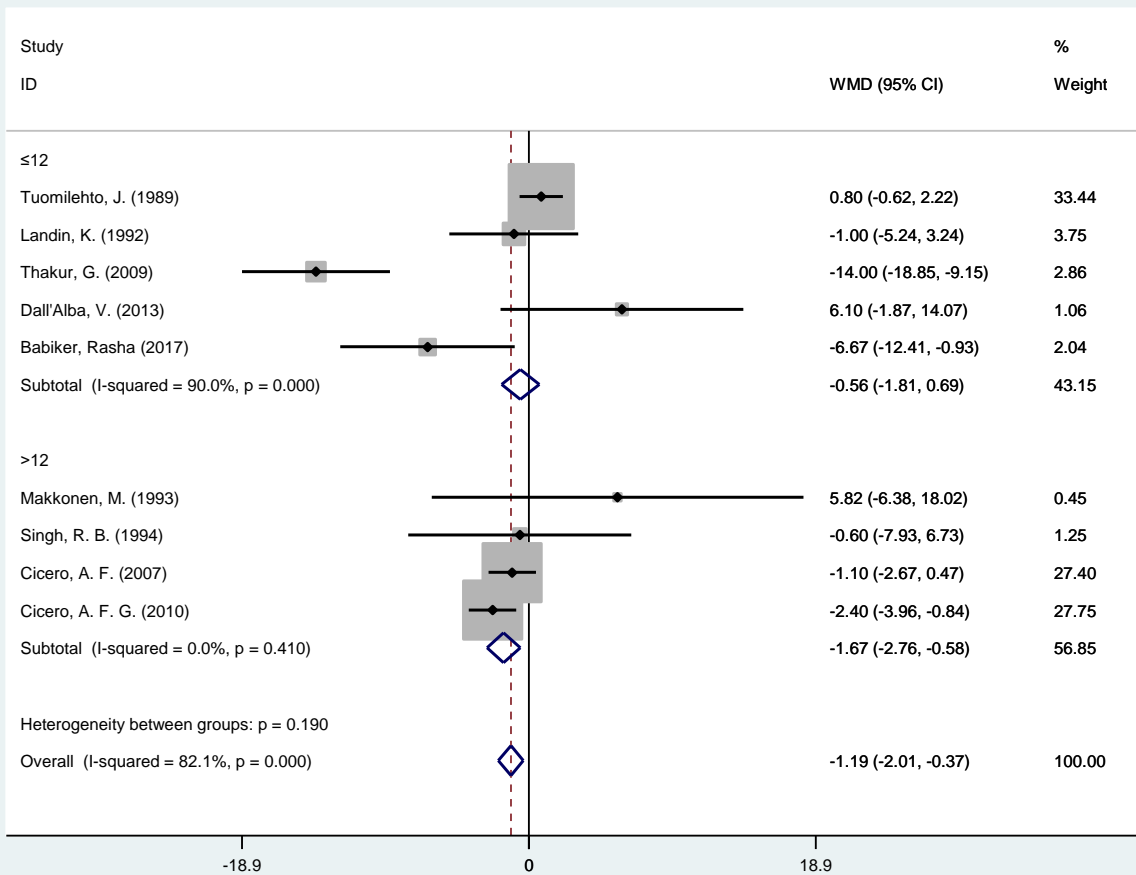


Supplemental figure 1.

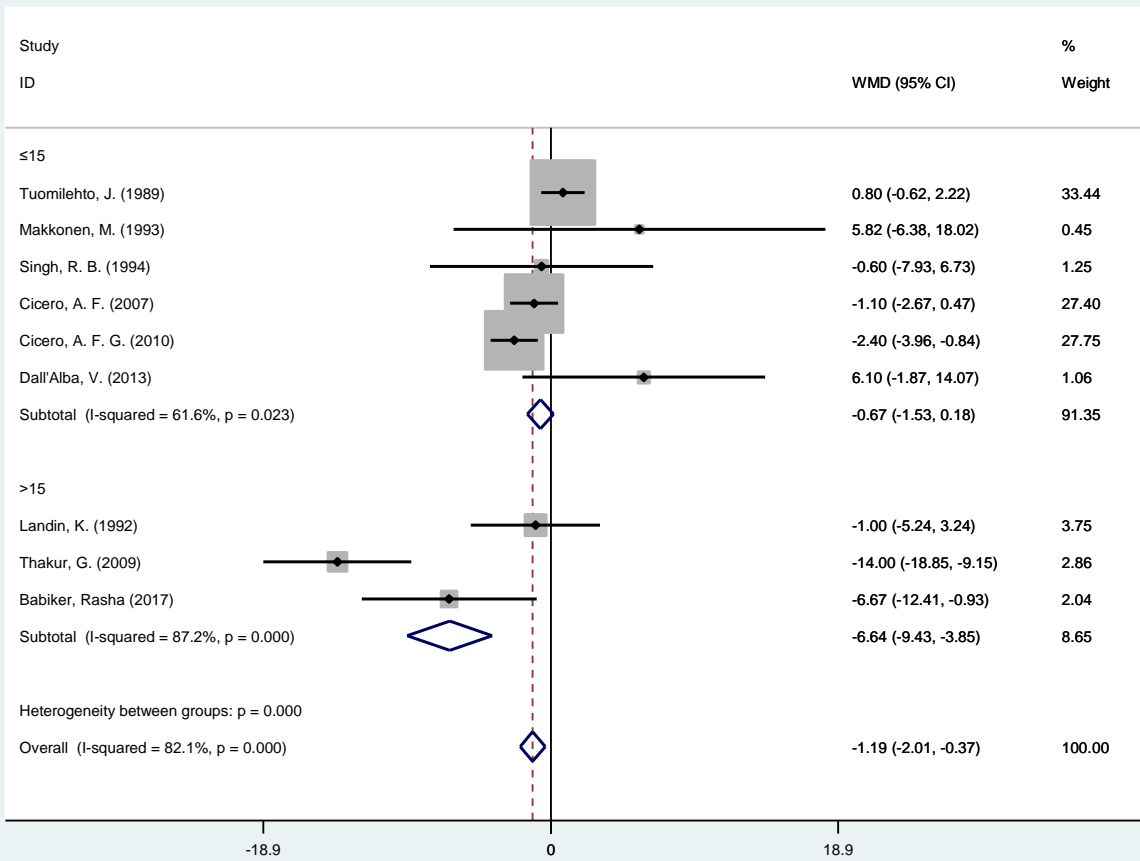
A) Health status



B) Intervention duration (weeks)

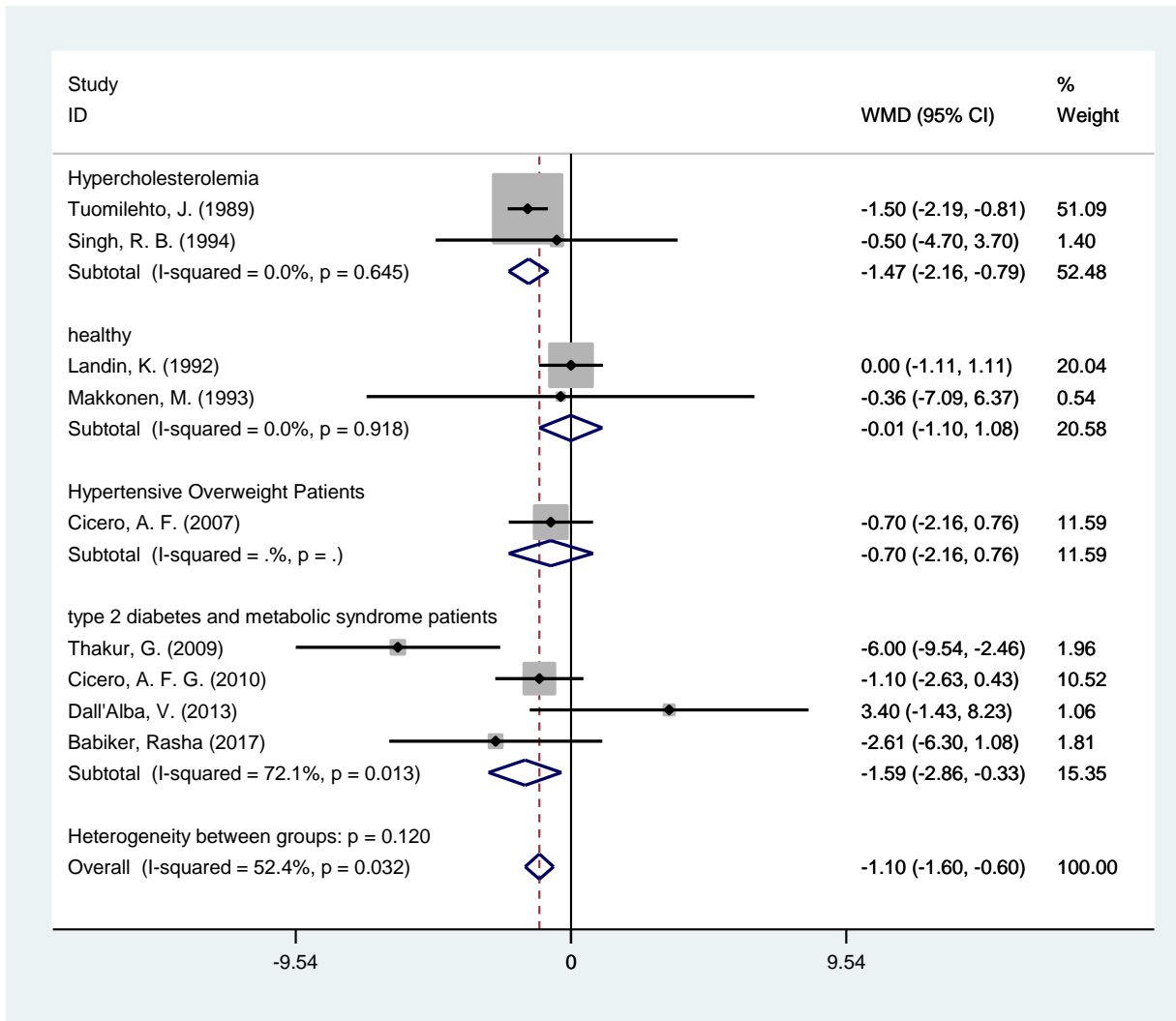


C) Dosage (g/day)

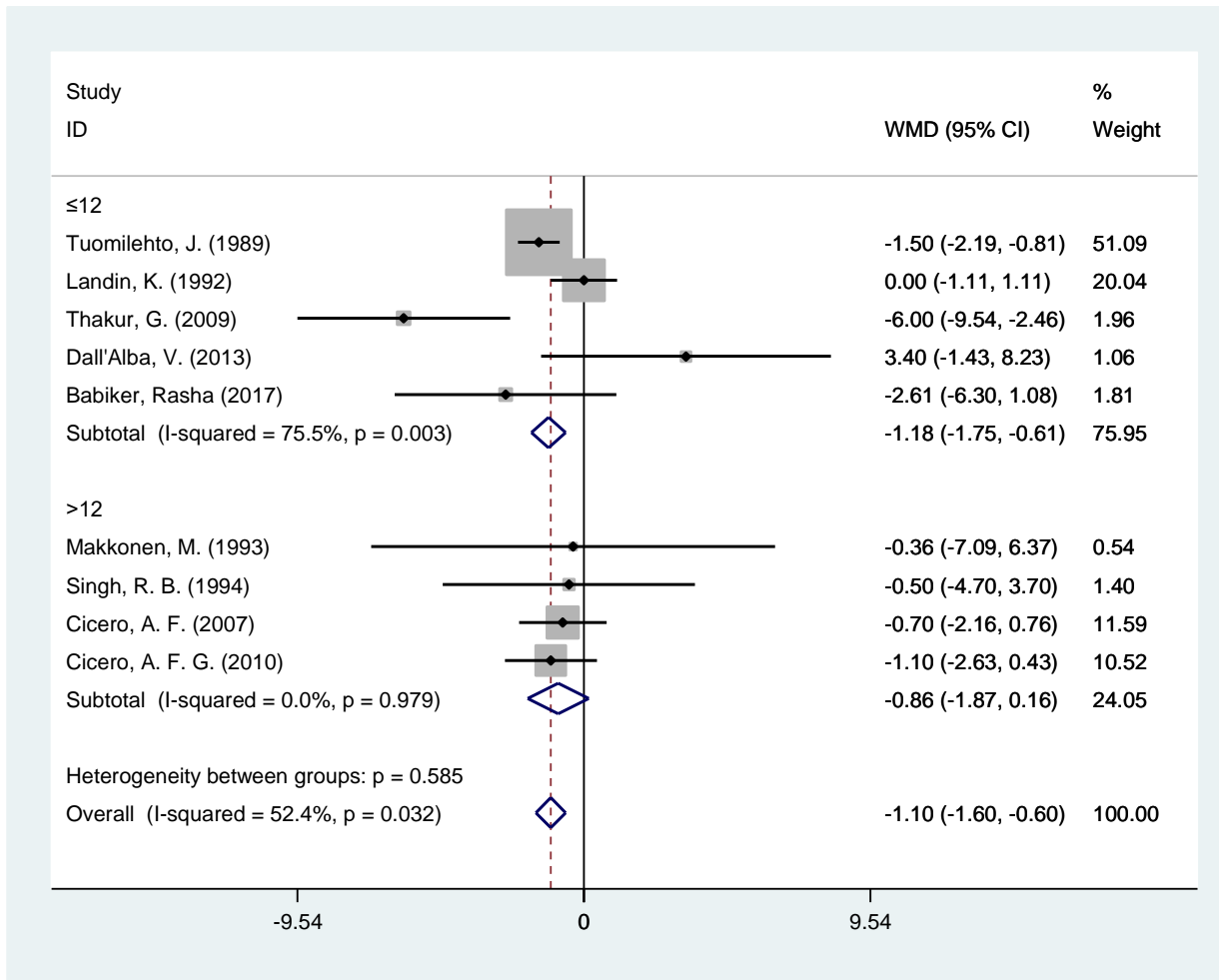


Supplemental figure 2.

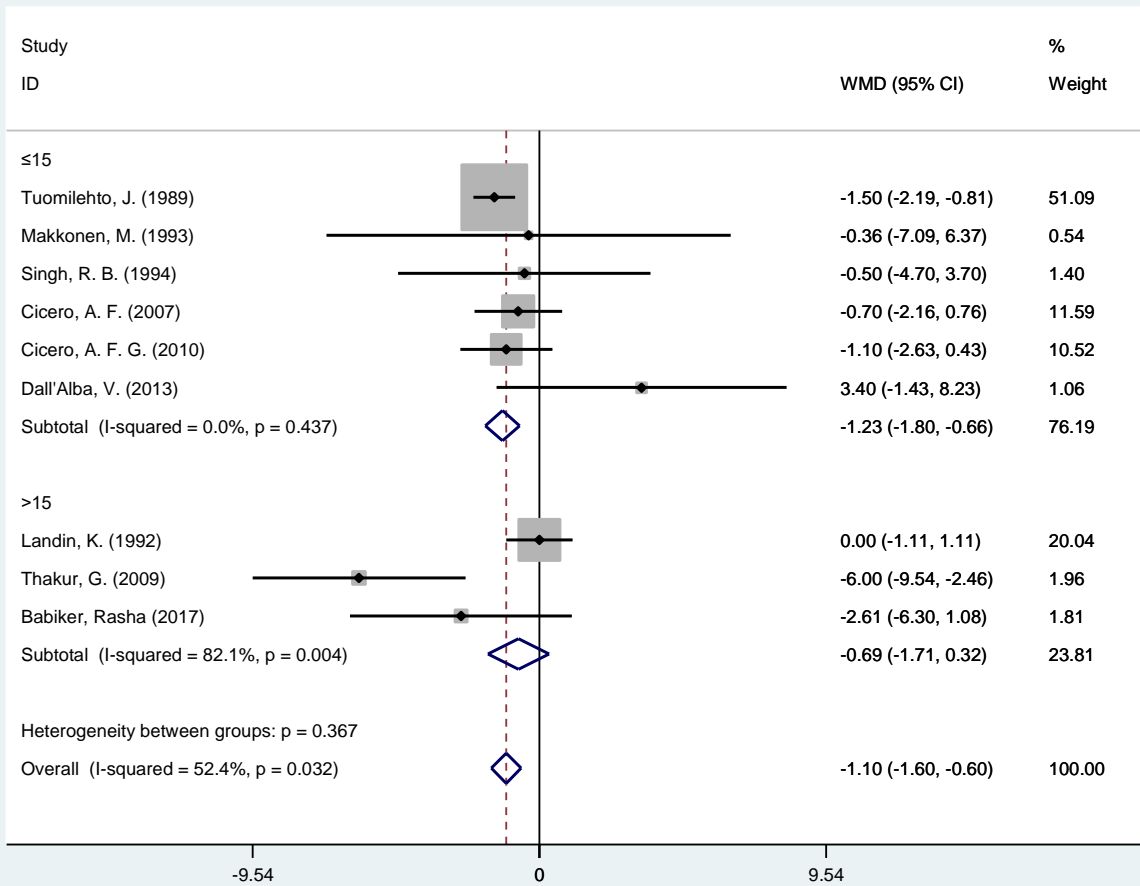
A) Health status



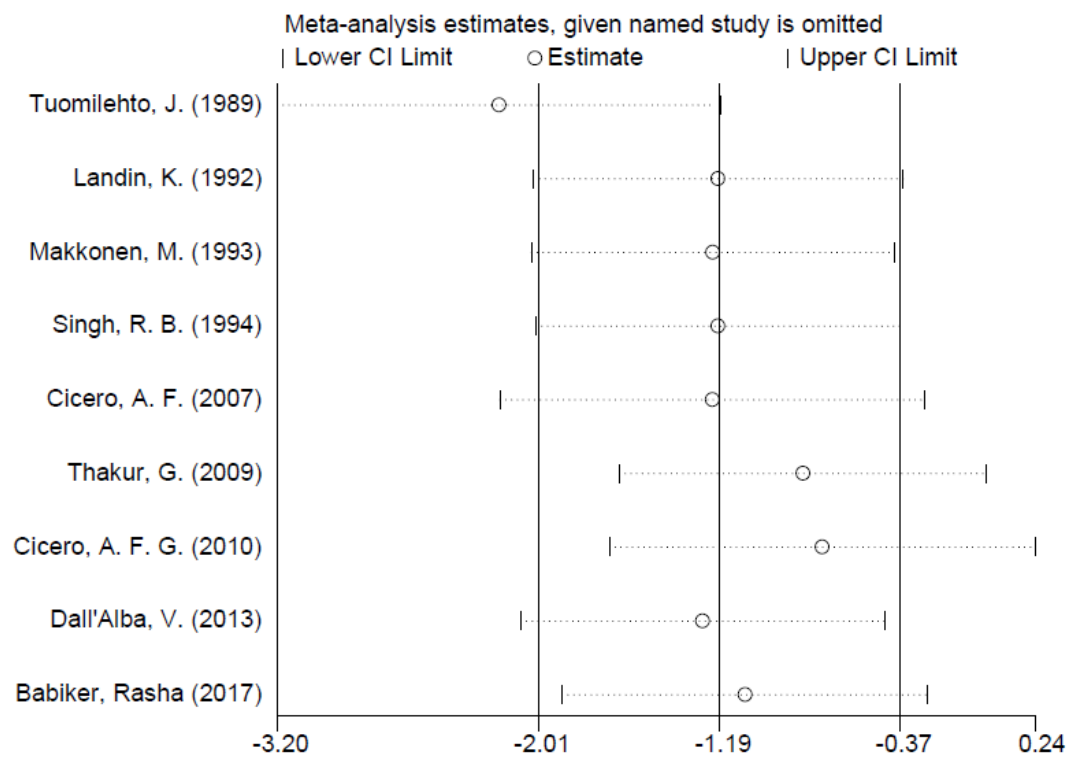
B) Intervention duration (weeks)



C) Dosage (g/day)



Supplemental Figure 3. Results of an influence analysis in which the meta-analysis of systolic blood pressure (SBP) is re-estimated omitting each study in turn.



Supplemental Figure 3. Results of an influence analysis in which the meta-analysis of diastolic blood pressure (DBP) is re-estimated omitting each study in turn.

