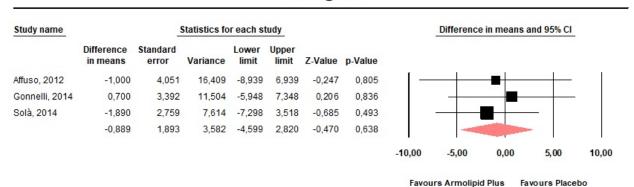
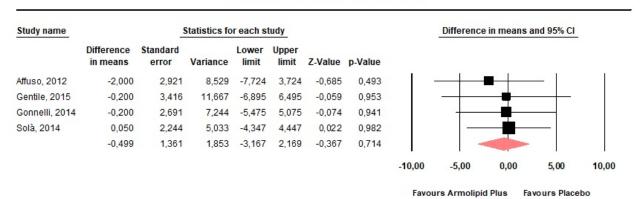
#### SUPPLEMENTARY MATERIALS

**Figure S1.** Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on weight and WC.

# Weight

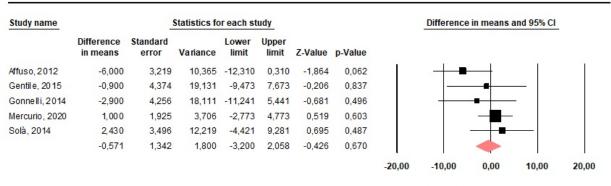


#### **Waist Circumference**



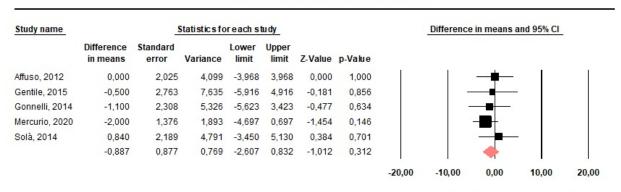
**Figure S2.** Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on SBP and DBP.

# Systolic Blood Pressure



Favours Armolipid Plus Favours Placebo

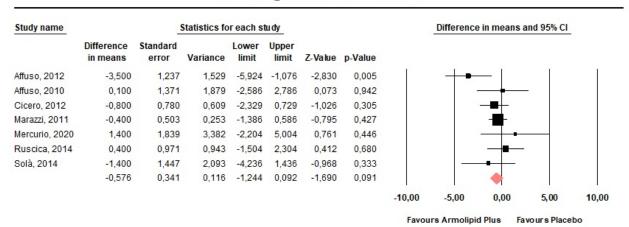
#### **Diastolic Blood Pressure**



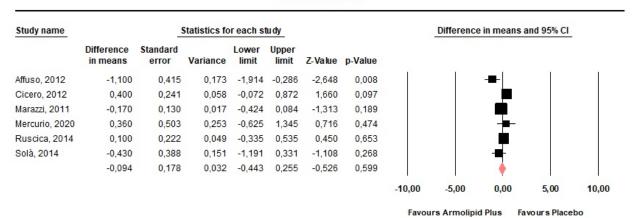
Favours Armolipid Plus Favours Placebo

**Figure S3.** Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on FPI and HOMA-IR.

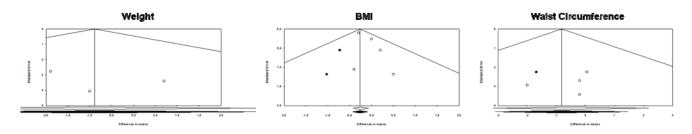
# Fasting Plasma Insulin



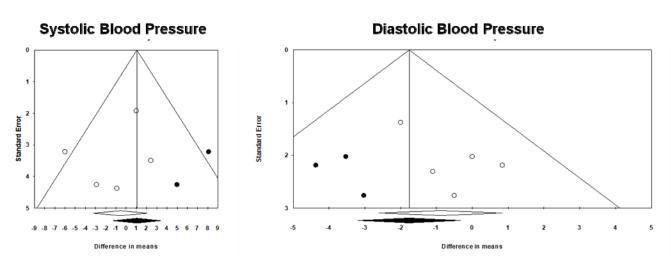
#### HOMA-IR



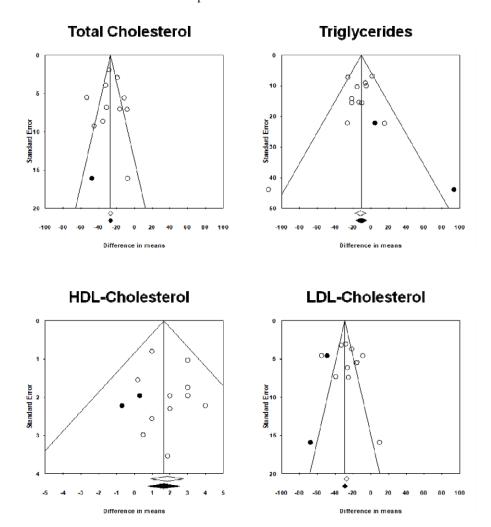
**Figure S4.** Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on weight, BMI and waist circumference.



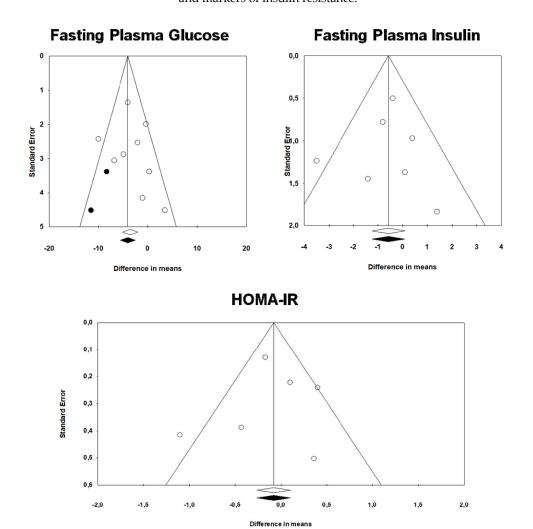
**Figure S5.** Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on blood pressure.



**Figure S6.** Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on serum lipids concentrations.

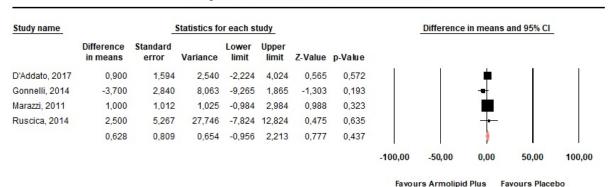


**Figure S7.** Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on glycemia and markers of insulin resistance.

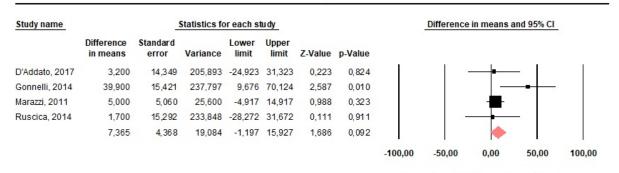


**Figure S8.** Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on AST and CPK.

# Aspartate Aminotransferase



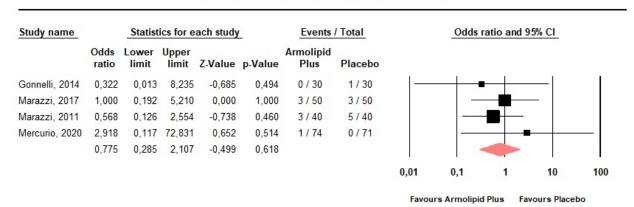
# Creatine Phosphokinase



Favours Armolipid Plus Favours Placebo

**Figure S9.** Forest plots displaying the risk of treatment-emergent adverse events during supplementation with Armolipid Plus®.

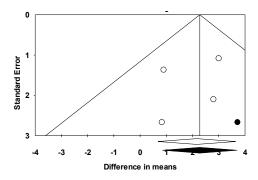
### Musculoskeletal Disorders



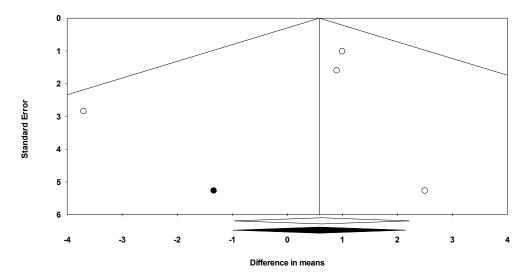
### **Gastrointestinal Disorders**

Study name	Statistics for each study				_	Events / Total			Odds ratio and 95% CI				
	Odds ratio	Lower limit	Upper limit	Z-Value	p-Value	Armolipid Plus	Placebo						
Galletti, 2019	2,958	0,118	73,847	0,661	0,509	1 / 72	0 / 70				-		
Gonnelli, 2014	1,385	0,282	6,796	0,401	0,688	4/30	3 / 30		1	2			
Marazzi, 2017	0,490	0,043	5,582	-0,575	0,565	1/50	2 / 50		<u></u>	-			
	1,186	0,347	4,060	0,272	0,786					-	-		
								0,01	0,1	1	10	100	

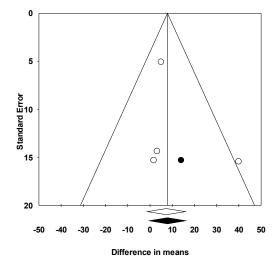
**Figure S10.** Funnel plot detailing publication bias for the effect of supplementation with Armolipid Plus® on serum concentrations of ALT.



**Figure S11.** Funnel plot detailing publication bias for the effect of supplementation with Armolipid Plus® on serum concentrations of AST.

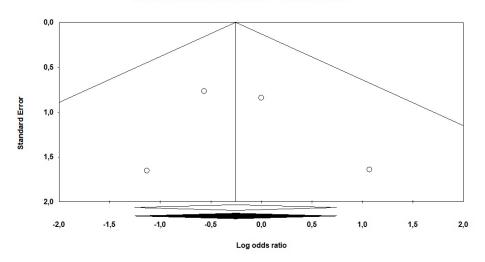


**Figure S12.** Funnel plot detailing publication bias for the effect of supplementation with Armolipid Plus® on serum concentrations of CPK.



**Figure S13.** Funnel plot detailing publication bias for risk of treatment-emergent adverse events during supplementation with Armolipid Plus®.

# **Musculoskeletal Disorders**



### **Gastrointestinal Disorders**

