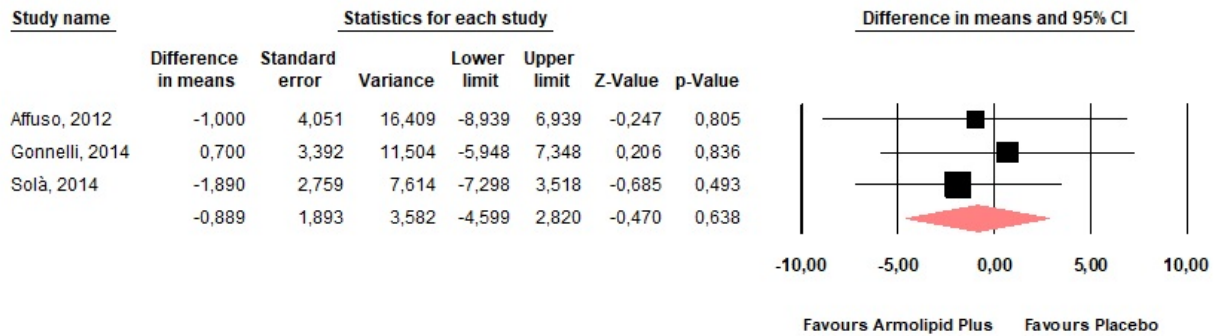


SUPPLEMENTARY MATERIALS

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

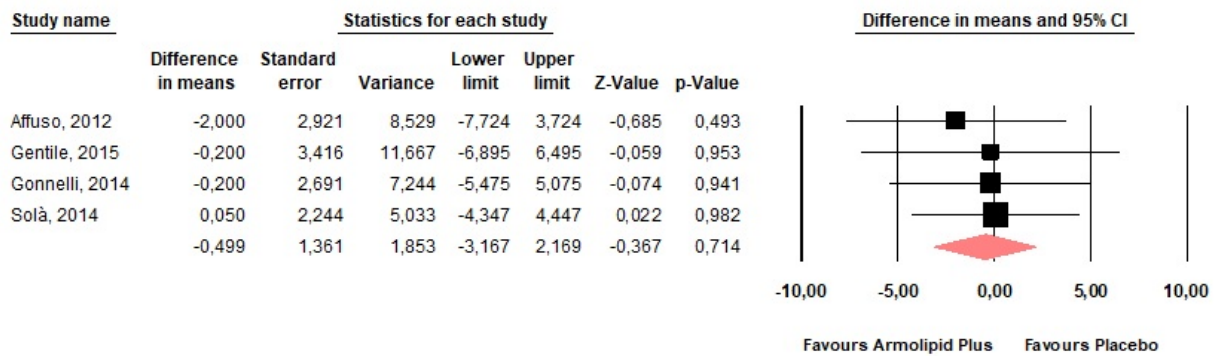
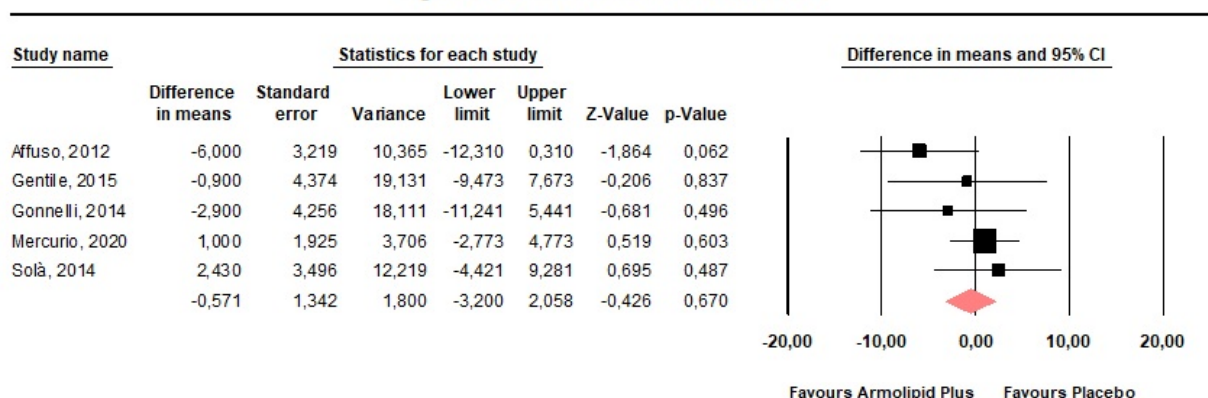


Figure S2. Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on SBP and DBP.

Systolic Blood Pressure



Diastolic Blood Pressure

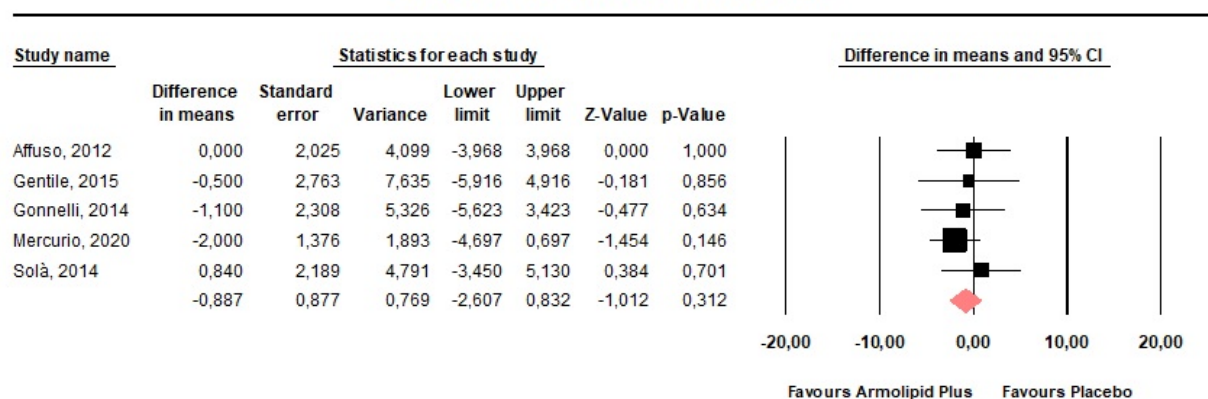
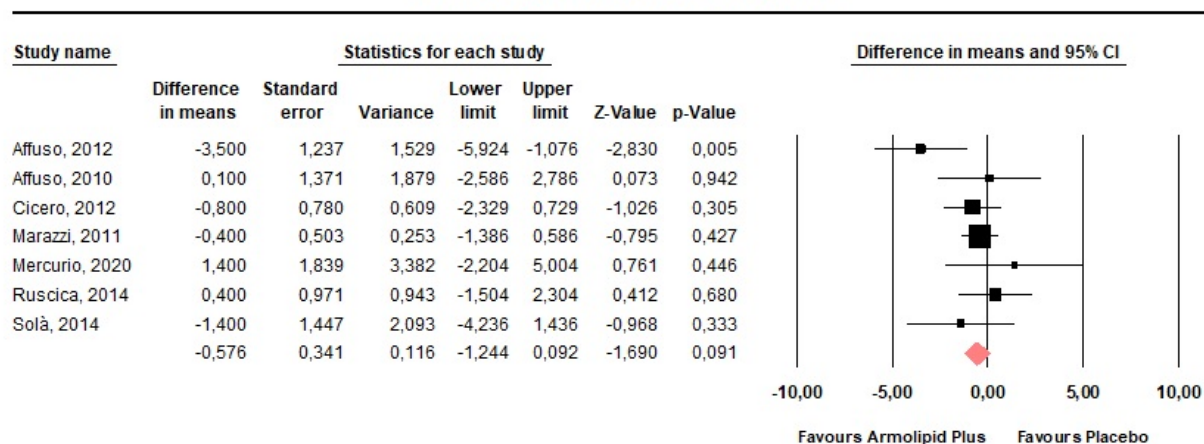


Figure S3. Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on FPI and HOMA-IR.

Fasting Plasma Insulin



HOMA-IR

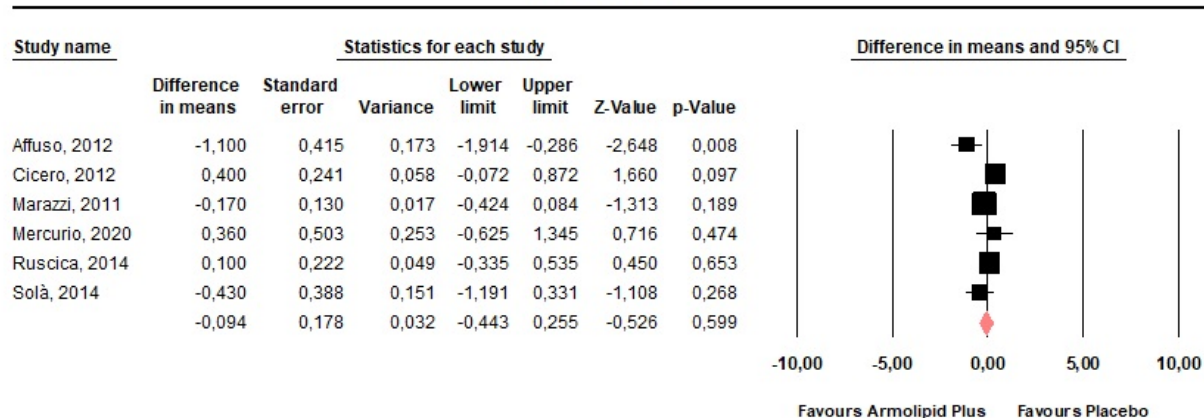


Figure S4. Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on weight, BMI and waist circumference.

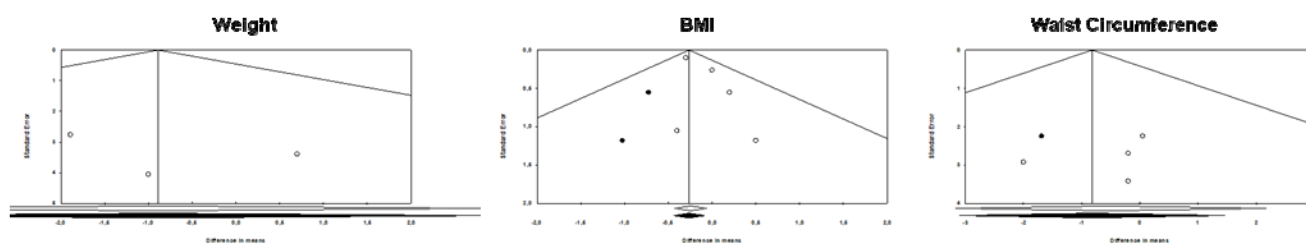


Figure S5. Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on blood pressure.

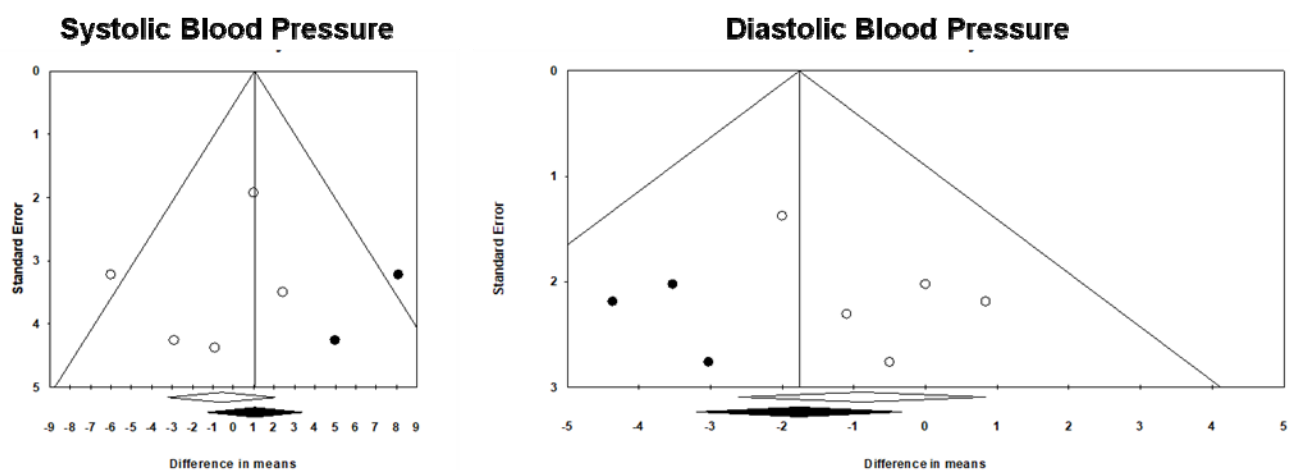


Figure S6. Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on serum lipids concentrations.

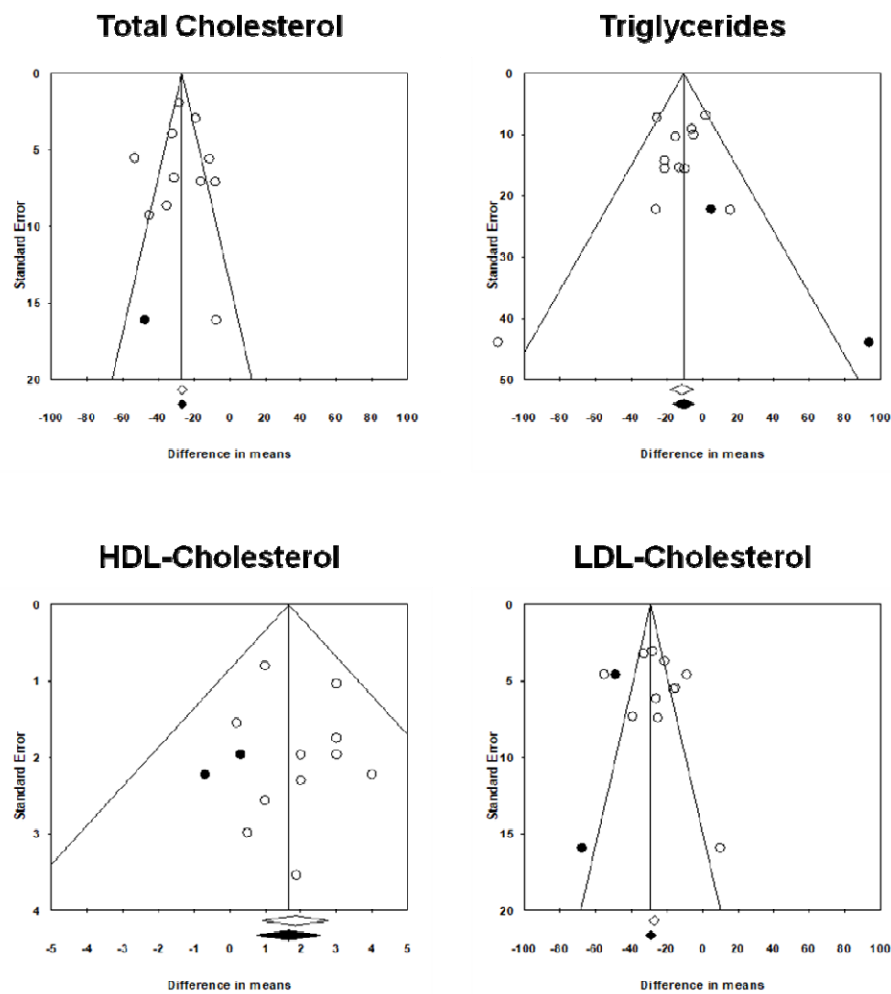


Figure S7. Funnel plots detailing publication bias for the effect of supplementation with Armolipid Plus® on glycemia and markers of insulin resistance.

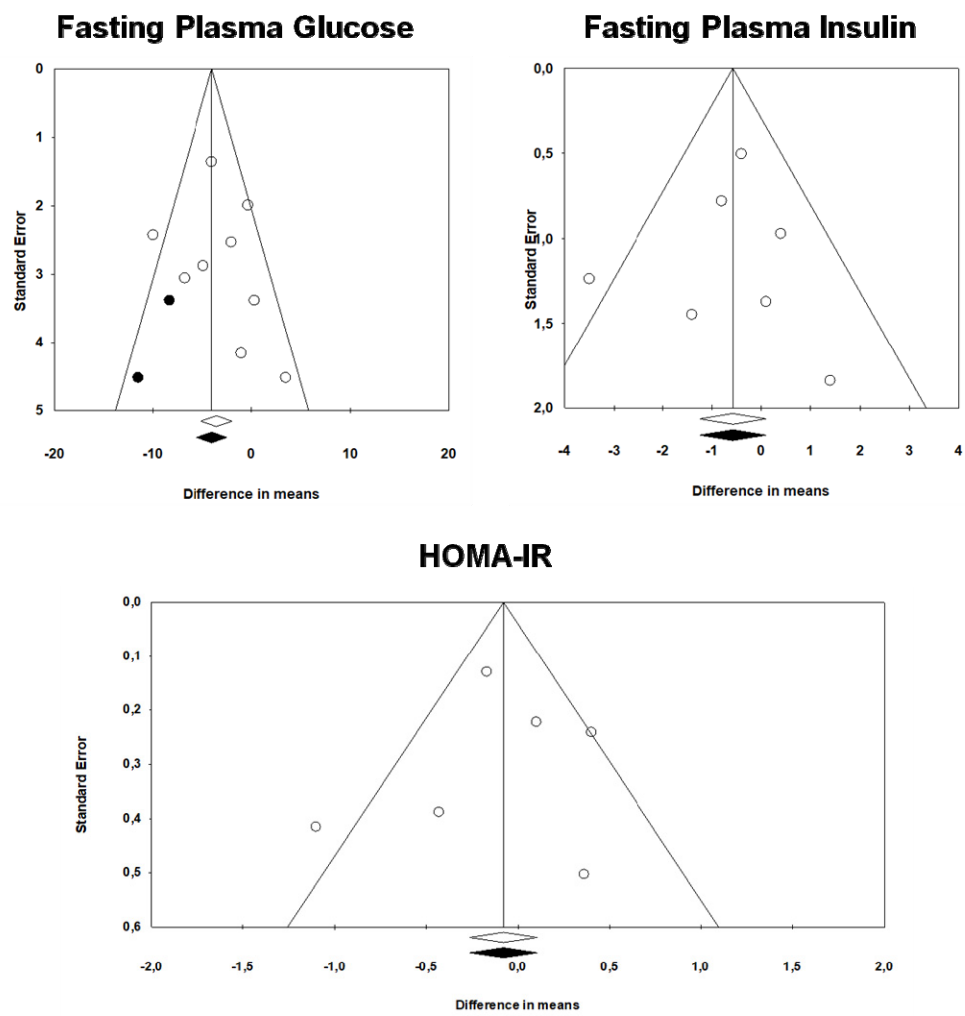
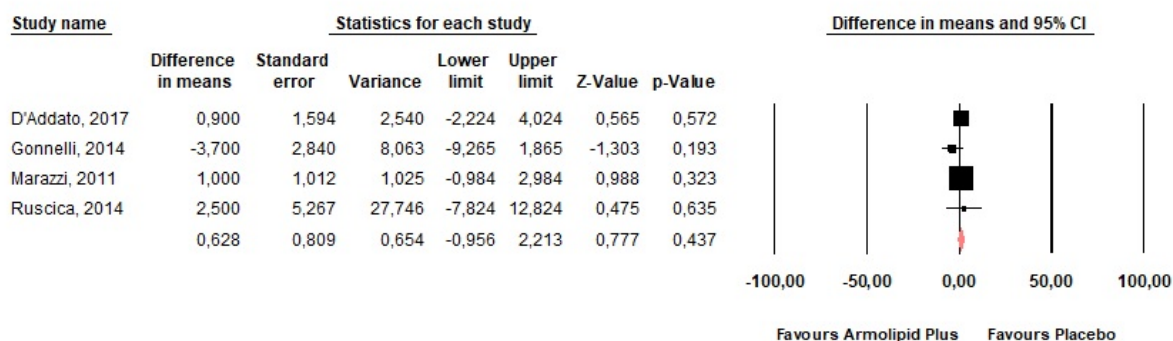


Figure S8. Forest plot displaying mean differences and 95% confidence intervals for the impact of supplementation with Armolipid Plus® on AST and CPK.

Aspartate Aminotransferase



Creatine Phosphokinase

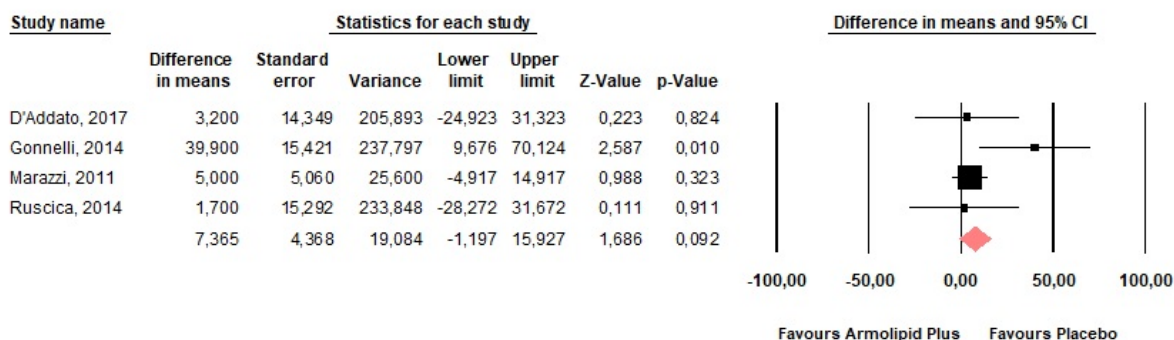
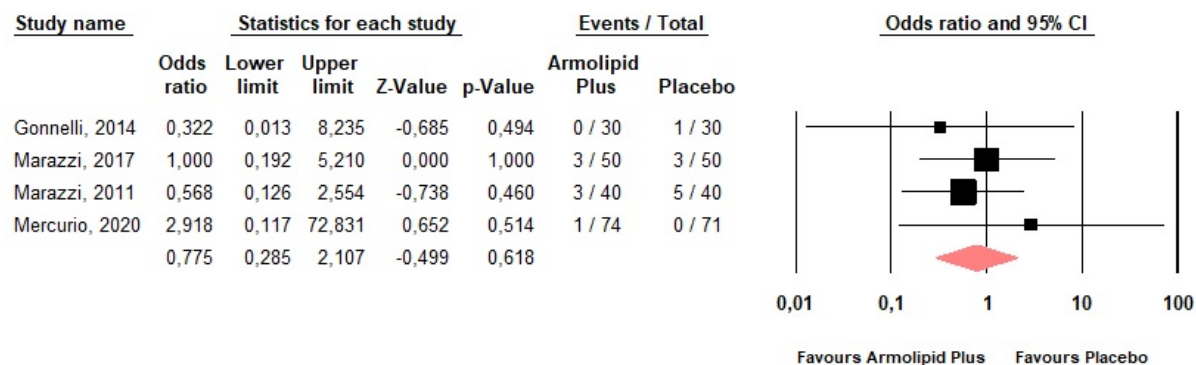


Figure S9. Forest plots displaying the risk of treatment-emergent adverse events during supplementation with Armolipid Plus®.

Musculoskeletal Disorders



Gastrointestinal Disorders

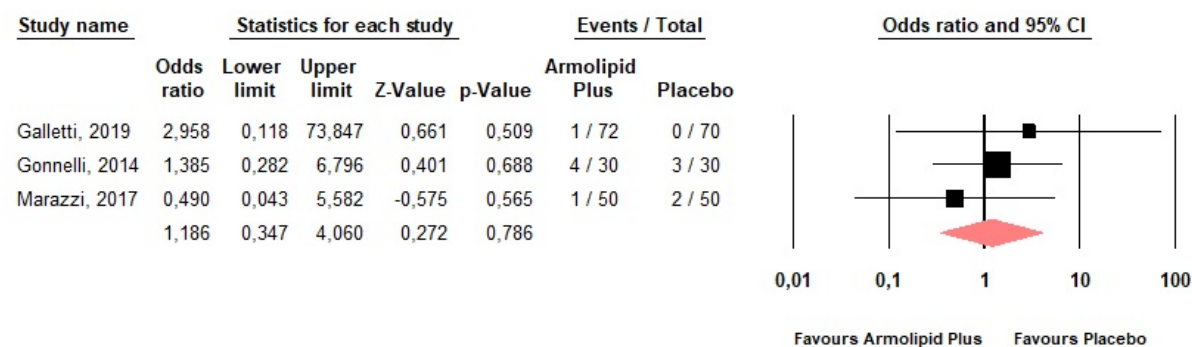


Figure S10. Funnel plot detailing publication bias for the effect of supplementation with Armolipid Plus® on serum concentrations of ALT.

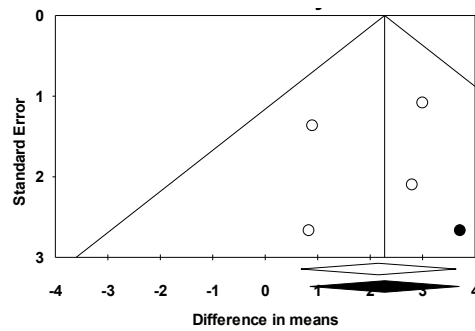


Figure S11. Funnel plot detailing publication bias for the effect of supplementation with Armolipid Plus® on serum concentrations of AST.

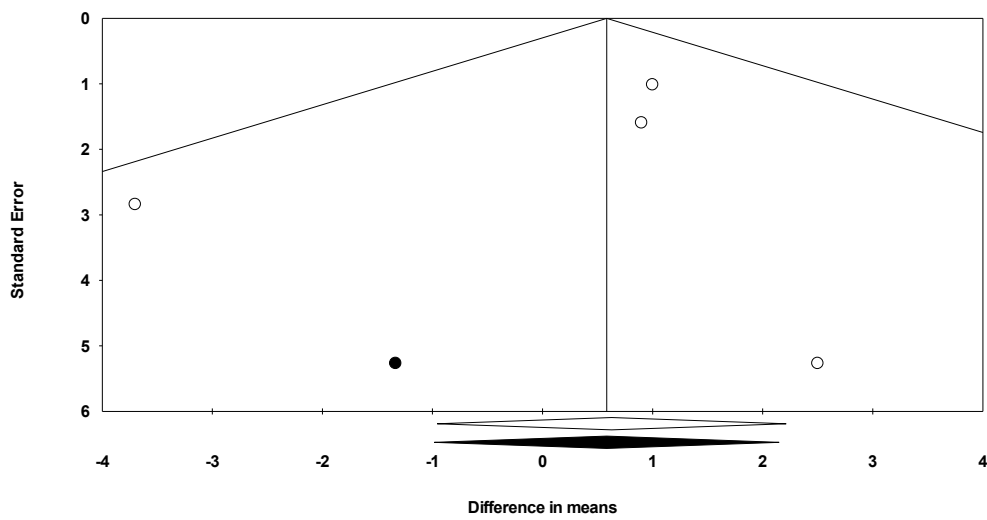


Figure S12. Funnel plot detailing publication bias for the effect of supplementation with Armolipid Plus® on serum concentrations of CPK.

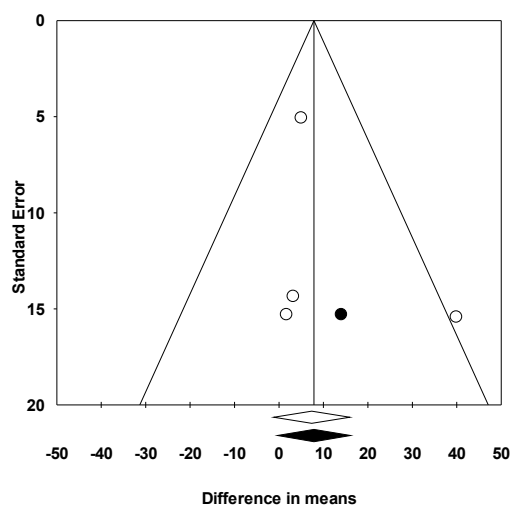


Figure S13. Funnel plot detailing publication bias for risk of treatment-emergent adverse events during supplementation with Armolipid Plus®.

