**Table S5:** The subsequent reports of original studies

|  |  |  |
| --- | --- | --- |
| Original Studies | Reports of original studies | Reason for inclusion (reported parameters) |
| Jorge et al. (2011) | Oliveira et al. (2012) | Body fat, body weight, fasting blood glucose, LDL-C and HDL-C. |
| (Magalhães et al., 2019) | Magalhães et al. (2020) | Fasting blood glucose |