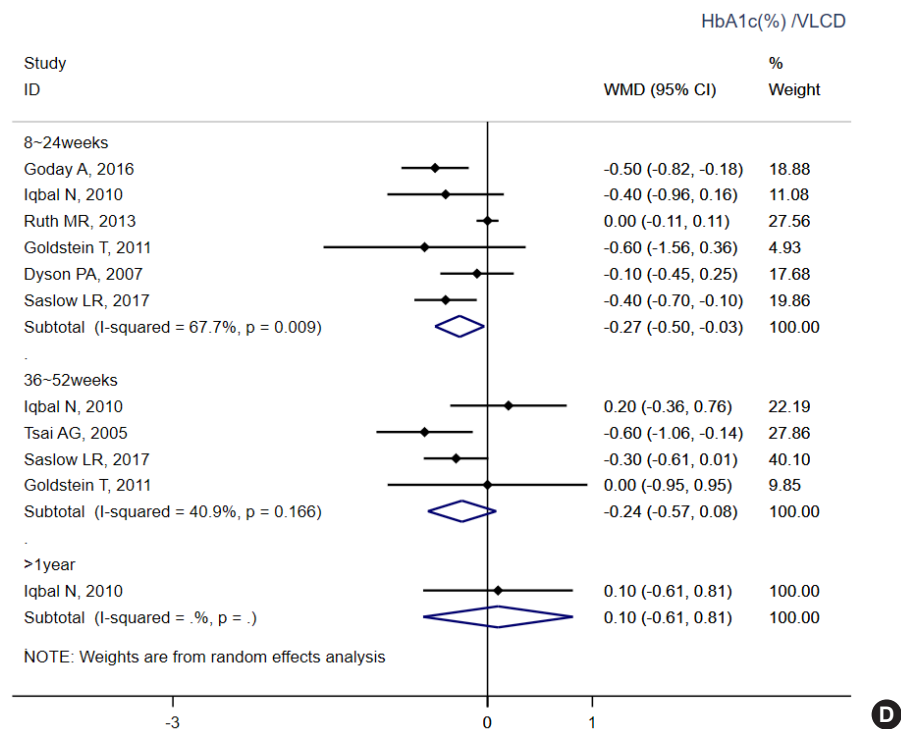
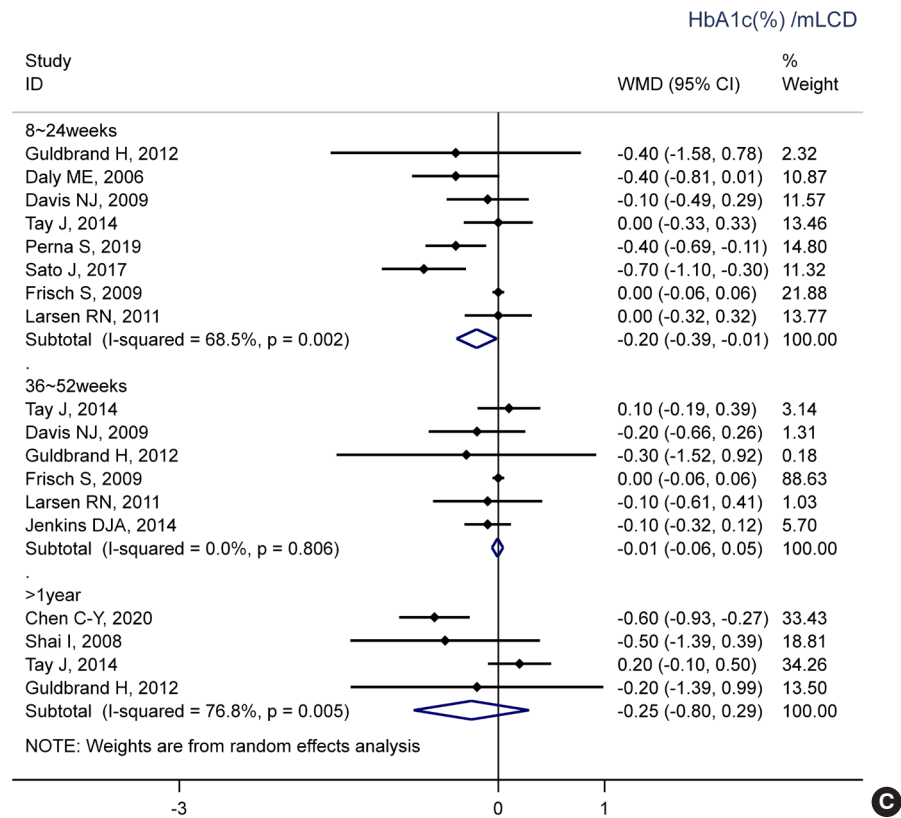
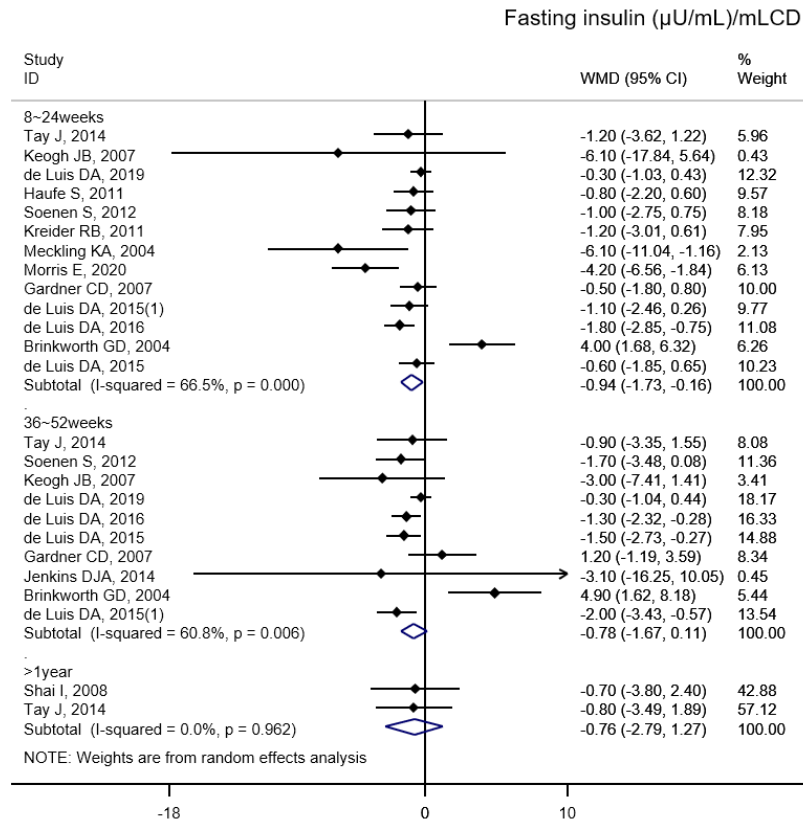


**Supplementary Fig. 9.** Effects of carbohydrate-restricted diets on fasting glucose, glycosylated hemoglobin (HbA1c), and fasting insulin levels in adults with overweight/obesity. (A) Moderately-low or low carbohydrate diet (mLCD) on fasting blood glucose. (B) Very-low carbohydrate diet (VLCD) on fasting blood glucose. (C) mLCD on HbA1c. (D) VLCD on HbA1c level. (E) mLCD on fasting insulin. (F) VLCD on fasting insulin. WMD, weighted mean difference; CI, confidence interval. (Continued to the next page)

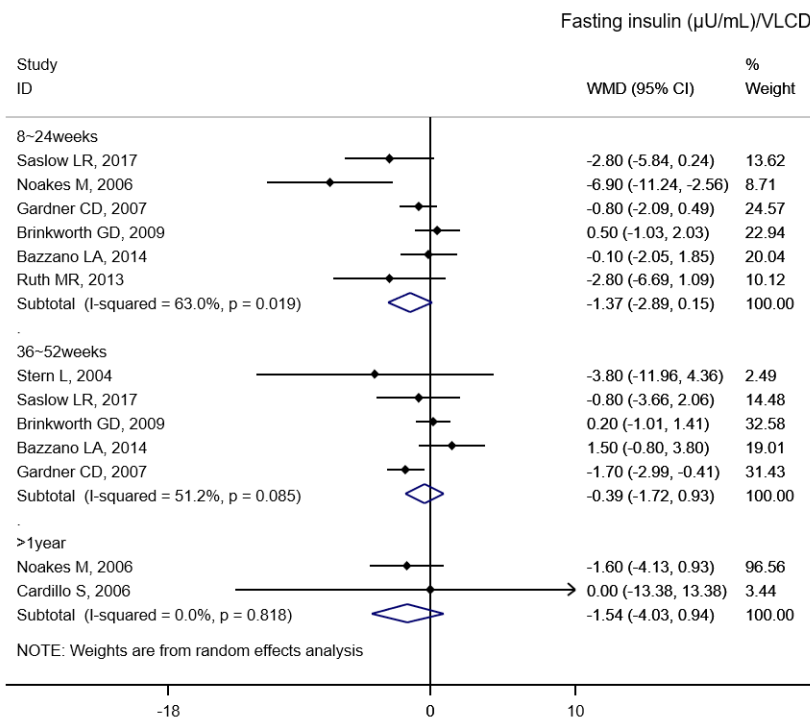


Supplementary Fig. 9. Continued.

(Continued to the next page)



E



F

Supplementary Fig. 9. Continued.