

**Supplementary Table 7.** Quality of the evidence assessment for included studies evaluating the effects of carbohydrate-restricted diets in adults with overweight/obesity: VLCD

No of studies	Quality assessment					No. of patients			Effect		Quality
	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	VLCD	Control	Relative (95% CI)	Absolute	
BW, kg (follow-up 8–24 wk; better indicated by lower values)											
14	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	591	675	-	MD, 3.67 lower (4.84–2.51 lower)	Moderate
BMI, kg/m <sup>2</sup> (follow-up 8–24 wk; better indicated by lower values)											
5	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	160	228	-	MD, 1.88 lower (3.11–0.65 lower)	Moderate
WC, cm (copy; follow-up 8–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	120	113	-	MD, 4.11 lower (8.70 lower –0.49 higher)	Low
Fat mass, kg (follow-up 8–24 wk; better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	85	83	-	MD, 3.01 lower (6.29 lower –0.27 higher)	Low
Fat free mass, kg (follow-up 8–24 wk; better indicated by higher values)											
3	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	85	83	-	MD, 1.05 lower (1.75–0.35 lower)	Low
Fat mass, % (follow-up 8–24 wk; better indicated by lower values)											
4	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	219	296	-	MD, 1.88 lower (2.87–0.89 lower)	Moderate
SBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
9	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	4	502	-	MD, 1.97 lower (3.68–0.25 lower)	Moderate
DBP, mm Hg (follow-up 8–24 wk; better indicated by lower values)											
9	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	404	502	-	MD, 0.68 lower (1.79 lower –0.44 higher)	Low
TG, mg/dL (follow-up 8–24 wk; better indicated by lower values)											
13	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	Reporting bias	488	571	-	MD, 21.33 lower (30.46–12.21 lower)	Low

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Supplementary Table 7. Continued

No of studies	Design	Risk of bias	Quality assessment				No. of patients			Effect		Quality
			Inconsistency	Indirectness	Imprecision	Other considerations	VLCD	Control	Relative (95% CI)	Absolute		
LDL-C, mg/dL (follow-up 8–24 wk; better indicated by lower values)												
12	Randomized trials	Serious	No serious inconsistency	No serious indirectness	No serious imprecision	None	469	554	-	MD, 7.52 higher (3.34–11.70 higher)	Moderate	
HDL-C, mg/dL (follow-up 8–24 wk; better indicated by higher values)												
13	Randomized trials	Serious	Serious	No serious indirectness	No serious imprecision	None	488	570	-	MD, 30 higher (1.79–6.82 higher)	Low	
HbA1c, % (follow-up 8–24 wk; better indicated by lower values)												
6	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	179	175	-	MD, 0.23048 lower (2.87 lower–0.01 higher)	Low	
Fasting insulin, µU/mL (follow-up 8–24 wk; better indicated by lower values)												
6	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	255	348	-	MD, 1.37 lower (2.89 lower –0.15 higher)	Low	
Fasting glucose, mg/dL (follow-up 8–24 wk; better indicated by lower values)												
9	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	382	348	-	MD, 0.44 lower (2.66 lower –1.78 higher)	Low	
CRP, mg/L (follow-up 8–24 wk; better indicated by lower values)												
5	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	178	193	-	MD, 0.63 lower (1.41 lower –0.15 higher)	Low	
Adiponectin, µg/mL (follow-up 8–24 wk; better indicated by higher values)												
2	Randomized trials	Serious	No serious inconsistency	No serious indirectness	Serious	None	93	88	-	MD, 0.75 higher (0.29–1.21 higher)	Low	

VLCD, very-low carbohydrate diet; CI, confidence interval; BW, body weight; MD, mean difference; BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; DBP, diastolic blood pressure; TG, triglyceride; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; HbA1c, glycosylated hemoglobin; CRP, C-reactive protein.