Supplementary 1. Risk of bias assessment.

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| **studies** | **Random sequence generation** | **Allocation concealment** | **Selective reporting** | **Other sources of bias** | **Blinding (participants and personnel)** | **Blinding (outcome assessment)** | **Incomplete outcome data** | **General risk of bias** |
| Zambell et al. 2000 | L | H | H | H | U | H | H | High  |
| Berven et al. 2000 | L | H | H | H | L | U | L | High  |
| Blankson et al. 2000  | L | L | H | H | L | U | L | Moderate  |
| Medina et al. 2000 | L | H | H | H | U | H | L | High  |
| Thom et al. 2001 | L | H | H | H | L | U | L | High  |
| Mougios et al. 2001 | L | H | H | L | L | U | L | Moderate |
| Riserus et al. 2001 | L | H | H | H | L | U | L | High  |
| RISerus et al. 2002  | L | H | H | L | L | U | H | High  |
| Kreider et al. 2002 | L | H | H | L | L | U | L | Moderate  |
| Noone et al. 2002  | L | H | H | L | L | U | L | Moderate  |
| Kamphuis et al. 2003  | L | H | H | H | L | U | L | High  |
| Kamphuis et al. 2003 | L | H | H | H | L | U | L | High  |
| Malpuech‐Brugère et al. 2004  | L | H | H | H | L | U | L | High  |
| Riserus et al. 2004 | L | H | H | H | L | U | H | High  |
| Gaullier et al. 2004  | U | H | H | H | L | U | L | High  |
| Riserus et al. 2004  | L | H | H | H | L | U | H | High  |
| Gaullier et al. 2005  | L | L | H | L | L | L | L | Low |
| Desroches et al. 2005 | L | H | H | L | H | H | L | High  |
| Nugent et al. 2005  | L | H | H | L | L | U | L | Moderate |
| Colakoglu et al. 2006  | L | H | L | H | H | H | H | High  |
| Pinkoski et al. 2006 | L | H | H | L | L | U | L | Moderate |
| Larsen at al. 2006 | L | L | H | L | L | U | L | Low |
| Taylor et al. 2006 | L | H | H | H | L | U | H | High  |
| Adams et al. 2006 | L | L | H | L | L | U | L | Low |
| Steck et al. 2007  | L | H | H | H | L | U | L | High  |
| Watras et al. 2007 | L | L | H | H | L | U | H | High  |
| Lambert et al. 2007  | L | H | H | H | L | U | L | High  |
| Nazare et al. 2007 | L | H | H | H | L | U | L | High  |
| Gaullier et al. 2007 | L | L | H | H | L | U | L | Moderate |
| Attar-Bashi etval. 2007 | L | L | H | L | L | U | L | Low |
| Sneddon et al.2008  | L | H | L | H | L | U | H | High  |
| Kim et al. 2008 | L | H | H | L | L | U | L | Moderate  |
| Park et al. 2008 | L | H | L | H | L | U | L | Moderate  |
| Aryaeian et al. 2008 | L | H | H | H | L | U | L | High  |
| Raff et al. 2008 | L | H | H | L | L | U | L | Moderate  |
| Goedecke et al. 2009 | L | H | H | L | L | U | L | Moderate  |
| Son et al. 2009 | L | L | H | L | L | U | L | Low |
| Norris et al. 2009 | L | L | H | L | L | U | L | Low |
| Zhao et al. 2009 | L | H | H | H | L | U | L | High  |
| Tavakkoli Darestani et al. 2010 | L | L | L | L | L | U | L | Low |
| Michishita et al. 2010 | L | L | H | H | L | U | L | Moderate |
| Venkatramanan et al. 2010 | L | H | H | L | H | H | L | High  |
| Sluijs et al. 2010 | L | L | H | L | L | U | L | Low |
| MacRedmond et al. 2010 | L | L | H | H | L | U | L | Moderate |
| Brown et al. 2011 | L | H | H | L | H | H | H | High  |
| Joseph et al. 2011  | L | H | H | H | L | U | H | High  |
| Plourde et al. 2011  | U | H | H | H | L | U | L | High  |
| Pfeuffer et al. 2011 | L | H | H | H | L | U | H | High  |
| Chen et al. 2012 | L | L | H | L | L | U | L | Low |
| DeGuire et al. 2012  | L | H | H | H | L | U | L | High  |
| Rubin et al. 2012  | L | L | H | H | L | U | L | Moderate |
| Bulut et al. 2013 | L | H | H | H | L | U | L | High  |
| Lopes et al. 2013 | L | L | H | L | L | U | L | Low |
| Shadman et al. 2013 | L | H | H | L | L | U | L | Moderate |
| Lopez-Plaza et al. 2013 | L | L | L | L | L | U | L | Low |
| Carvalho et al. 2013 | L | H | H | H | l | U | L | High  |
| Eftekhari et al. 2013 | L | L | H | H | L | U | L | Moderate  |
| Tajmanesh t al. 2015 | L | L | H | H | L | U | L | Moderate  |
| Ebrahimi-Mameghani et al. 2016 | L | L | H | L | L | L | L | Low |
| Pina et al. 2016 | L | H | H | L | L | U | L | Moderate  |
| Madry et al. 2016 | L | L | H | H | L | U | L | Moderate  |
| Ghobadi et al. 2016 | L | L | H | L | L | U | L | Low |
| Ribeiro et al. 2016 | L | L | H | L | L | U | L | Low |
| Abedi et al. 2018 | L | L | H | L | H | H | L | High  |
| Rezvani et al. 2018 | L | L | H | L | L | U | L | Low |
| Fouladi et al. 2018 (a) | L | L | H | L | H | H | H | High  |
| Shahmirzadi et al. 2019 | L | L | H | L | L | U | L | Low |
| Chang et al. 2020 | L | L | L | H | L | U | L | Low  |
| Madry et al. 2020 | L | L | H | H | L | U | H | High  |

Abbreviations: L, low-risk of bias; H, high-risk of bias; U, unclear-risk of bias \*General Low Risk<2 high risk, General moderate risk=2 high risk, General high risk>2 high risk

Supplementary 2. Funnel plots for the effect of CLA supplementation on A) body weight (kg); B) BMI (kg/m2); C) WC (cm); D) FM (kg); E) BFP (%); F) FFM (kg).

A)



B)



C)



D)



E)



F)



Supplementary 3. Non-linear dose-response relations between green tea consumption and absolute mean differences. Dose-response relations between dose (mg/day) and absolute mean differences in A) body weight (kg); B) BMI (kg/m2); C) WC (cm); D) FM (kg); E) BFP (%); F) FFM (kg).

A)



B)



C)



D)



E)



F)



Supplementary 4. Non-linear dose-response relations between green tea consumption and absolute mean differences. Dose-response relations between duration of intervention (week) and absolute mean differences in A) body weight (kg); B) BMI (kg/m2); C) WC (cm); D) FM (kg); E) BFP (%); F) FFM (kg).

A)



B)



C)



D)



E)



F)



Supplementary 5. linear dose-response relations between green tea consumption and absolute mean differences. Dose-response relations between dose (mg/day) and absolute mean differences in A) body weight (kg); B) BMI (kg/m2); C) WC (cm); D) FM (kg); E) BFP (%); F) FFM (kg).

A)



B)



C)



D)



E)



F)



Supplementary 6. linear dose-response relations between green tea consumption and absolute mean differences. Dose-response relations between duration of intervention (week) and absolute mean differences in A) body weight (kg); B) BMI (kg/m2); C) WC (cm); D) FM (kg); E) BFP (%); F) FFM (kg).

A)



B)



C)



D)



E)



F)

