1. The effect of CLA supplementation on A) TAG (mg/dl)



1. The effect of CLA supplementation on TC (mg/dl)



1. The effect of CLA supplementation on LDL (mg/dl)



1. The effect of CLA supplementation on HDL (mg/dl)



1. The effect of CLA supplementation on SBP (mmHg)



1. The effect of CLA supplementation on DBP (mmHg)



1. The effect of CLA supplementation on WC (cm)



1. The effect of CLA supplementation on FFM (kg)



**Supplemental file 1.** Forest plot detailing weighted mean difference and 95% confidence intervals (CIs) for the effect of CLA supplementation on A) TAG (mg/dl); B) TC (mg/dl); C) LDL (mg/dl); D) HDL (mg/dl); E) SBP (mmHg); F) DBP (mmHg); G) WC (cm); and H) FFM (kg).

\*Effect in the figures is effect size that shows level of changes in variables after supplementation with CLA compared with control group.

A)



B)



C)



D)



E)



F)



**Supplemental file 2.** Non-linear dose-response relations between CLA supplementation and absolute mean differences. Dose-response relations between dose (mg/day) and absolute mean differences in on A) TAG (mg/dl); B) TC (mg/dl); C) LDL (mg/dl); D) HDL (mg/dl); E) body weight (kg); and F) BMI (kg/m2).

A)



B)



C)



D)



E)



F)



**Supplemental file 3.** Non-linear dose-response relations between CLA supplementation and absolute mean differences. Dose-response relations between duration of intervention (week) and absolute mean differences in A) TAG (mg/dl); B) TC (mg/dl); C) LDL (mg/dl); D) HDL (mg/dl); E) body weight (kg); and F) BMI (kg/m2).

A)



B)



C)



D)



E)



F)



**Supplemental file 4.** Linear dose-response relations between CLA supplementation and absolute mean differences. Dose-response relations between dose (mg/day) and absolute mean differences in A) TAG (mg/dl); B) TC (mg/dl); C) LDL (mg/dl); D) HDL (mg/dl); E) body weight (kg); and F) BMI (kg/m2).

A)



B)



C)



D)



E)



F)



**Supplemental file 5.** Linear dose-response relations between CLA supplementation and absolute mean differences. Dose-response relations between duration of intervention (week) and absolute mean differences in A) TAG (mg/dl); B) TC (mg/dl); C) LDL (mg/dl); D) HDL (mg/dl); E) body weight (kg); and F) BMI (kg/m2).