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| a) glucose | b)insulin |
| c)HbA1c | d) HOMA-IR |
| **Supplementary figures 1.** Sensitivity analysis of the weighted mean difference (WMD) for a) glucose, b) insulin and c) HbA1c, d) HOMA-IR | |

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| a)weight | b)BMI |
| **Supplementary figures 2.** Sensitivity analysis of the weighted mean difference (WMD) for a) weight, b) BMI | |

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| a)cholesterol | b)LDL |
| c)HDL | d)TG |
| e)CRP |  |
| **Supplementary figures 3.** Sensitivity analysis of the weighted mean difference (WMD) for a) cholesterol, b) LDL, c) HDL, d) TG e) CRP | |

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| --- | --- |
| a) SBP | b)DBP |
| **Supplementary figures 4.** Sensitivity analysis of the weighted mean difference (WMD) for a) SBP, b) DBP | |