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| a) | b) |
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| Supplemental Figures 1. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD supplement on fasting glucose on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |

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| a) | b) |
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| Supplemental Figures 2. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD supplement on insulin on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |

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| a) | b) |
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| Supplemental Figures 3. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD supplement on HOMA-IR on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |

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| a) | b) |
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| Supplemental Figures 4. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD supplement on TC on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |

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| a) | b) |
| Supplemental Figures 5. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD on LDL-C on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |

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| a) | b) |
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| Supplemental Figures 6. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD on HDL-C on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |

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| a) | b) |
| Supplemental Figures 7. Forest plots from the meta‐analysis of clinical trials investigating the effects of GFD on TG on a) duration (week) and b) type of participants (celiac/none-celiac). WMD: weighted mean | |